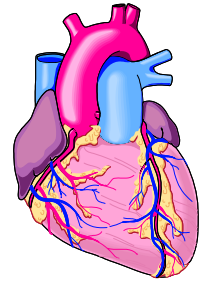


EMC 104

Healthcare Provider CPR



Class Schedule:

Saturday and Sunday

Date: as assigned in schedule book

Time: 9:00 a.m.- 5:00p.m.

Dizney # 238

Instructor: Sandy L. Hunter MA, NREMT-P
Office: 225 Dizney
Phone: 622-1028
E-mail: Sandy.Hunter@eku.edu
Office Hours: By Appointment

COURSE DESCRIPTION:

Basic cardiac life support skills for healthcare student or professional. Includes obstructed airway, one and two rescuer procedures for adult, child and infant victims (*when applicable*). Use of Automatic External Defibrillator (AED) will be included.

Required Text:

American Heart Association. (2001). BLS for healthcare providers. Dallas, TX: American Heart Association.

Students will not be allowed to complete the course without a personal copy of the textbook.

Required Equipment:

(rigid) pocket-mask with one-way valve

Attendance: Attendance at all class sessions is required, **any absence** may result in an **administrative failure** in the course. Two unexcused tardies will be considered as an absence.

GRADING: Successful (S) or Unsuccessful (U)

A minimum score of 84% on the American Heart Association written examination must be achieved to pass as well as an acceptable skills performance.

A score of Pass / Fail (awarded as S / U) will be awarded on the basis of the following:

1. 100% attendance AND
2. Successful completion of the American Heart Association standards.
3. Successful completion of the written exam with at least a grade of at least 84%.

□ *Course Progression will be provided by the written exam during this course.*



COURSE OBJECTIVES: Upon completion of this course the student will be able to:

1. Demonstrate effective procedures for clearing obstructed airways of foreign bodies in

- conscious and unconscious adult, child, and infant patients.
2. Demonstrate effective procedures for one and two rescuer CPR for adult, children, and infant patients.
 3. Demonstrate effective procedures for mouth to mask, mouth to mouth, and bag-valve-mask (BVM) ventilations.
 4. Demonstrate effective procedures for use of the AED on adult pulseless-apneic patients.

Disability Statement:

If you are registered with the Office of Services for Individuals with Disabilities, please make an appointment with the course instructor to discuss any academic accommodations you need. If you need academic accommodations and are not registered with the Office of Services for Individuals with Disabilities, please contact the Office directly either in person on the first floor of the Turley House or by telephone at (859) 622-1500 V/TTY. Upon individual request, this syllabus can be made available in alternative forms.

| | | | |
|---|---|---|---|
| <u>EKU Snow Day Schedule</u> | | | |
|  | <u>Regular Class Meeting</u> 09:15 a.m. | <u>Snow Day Class Meeting begins</u> 11:00 a.m. |  |
| Monitor local radio stations for any changes in this schedule! | | | |

ACADEMIC HONESTY: Eastern Kentucky University faculty and students are bonded by the principles of truth and honesty that are recognized as fundamental for a community of teachers and scholars. Because the public has a high degree of trust in health care providers, and because the College of Law Enforcement educates future health care providers, students are expected to behave in an ethical manner in all activities in all phases of the educational process. Academic dishonesty will not be tolerated. Knowledge of academic dishonesty is expected to be reported to the faculty.

COURSE SCHEDULE

Day 1

Due to the short- term nature of this class, a formal class schedule will not be required. As permits, the class will be divided between adult and pediatric scenarios, practice, and skill performance.

Day 2

Due to the short- term nature of this class, a formal class schedule will not be required. As permits, the class will be divided between adult and pediatric scenarios, practice, and skill performance.

Written exam - a passing score of 84% is required.

Study Guide for New CPR Test

Adult Chain of Survival

- ♥ Early Access
- ♥ Early CPR
- ♥ Early Defibrillation
- ♥ Early Advanced Care

Pediatric Chain of Survival

- ♥ Prevention
- ♥ Early CPR
- ♥ Early Access
- ♥ Early Advanced Care

Order of care for every patient

- A = Airway Infant is less than 1 year
- B = Breathing Child is 1-8 years
- C = Circulation Adult is greater than 8 years

Age Ranges

| CPR | Ratio Compressions: Breathing | Breathing | Compression: Rate & Location | Pulse |
|----------------------------------|--|--|---|--------------|
| Adult 1-Rescuer 2-Rescuers | 15:2 15:2 | Each breath 1 ½ - 2 sec. 1 breath every 5 sec. (12 breaths/min.) | (Lower ½ sternum) 100/minute 100/minute | Carotid |
| Child CPR | 5:1 | Each breath 1-1 ½ sec. 1 breath every 3 sec. | 100/minute (Lower ½ sternum) | Carotid |
| Infant CPR | 5:1 | Each breath 1-1 ½ sec. 1 breath every 3 sec. | At least 100/min. (One finger's breadth below nipple line) | Brachial |

- ♥ Two major components of an **ECC (Emergency Cardiac Care)** system are **BLS: (Basic Life Support) & ACLS: (Advanced Cardiac Life Support)**.
- ♥ Warning signs of **Stroke**: sever headache, slurred speech, weakness on one side of the body, and double vision.
- ♥ The major risk factor for coronary heart disease and stroke is **high blood pressure**.
- ♥ Warning signs of **Heart Attack (Acute Myocardial Infarction)**: severe pressure or discomfort in chest, sweating, dizziness, nausea, (left arm and/or jaw pain). There is actual tissue death (unlike “angina”)
- ♥ **Angina Pectoris** (pain or discomfort due to temporary lack of adequate blood supply to the heart muscle) is usually relieved in 2-15 minutes with rest and or medication.
- ♥ In a hypothermia victim (body temperature below 30 degrees) check for pulse for **30-45 seconds**.
- ♥ During a convulsive **seizure** protect the head. Objects should **NOT** be placed in the mouth and movements should not be restrained.
- ♥ With a **cardiopulmonary arrest in children**, deterioration usually occurs first in respiratory (breathing) system, then followed by deterioration of circulatory system (pulse stops).
- ♥ **SIDS**: Parents should put their infants “Back to Sleep”. It is a leading cause of death in infants.

Comparison of CPR Techniques For Infant, Child and Adult

| STEPS OF CPR | INFANT: 0 - 1 YEAR | CHILD: 1 – 8 YEARS | ADULT: > 8 YEARS |
|--|--|--|---|
| Establish Unresponsiveness | Tap the feet and call out | Shake & Call to them | Shake & Call to them |
| Stop & call EMS | Not @ this time --- just yell for help | Not @ this time --- just yell for help | Yes |
| Position of the victim | Yes - Supine | Yes - Supine | Yes - Supine |
| Open the airway | Yes (Sniffing position) | Yes (Head tilt – Chin lift) | Yes (Head tilt – Chin lift) |
| Look, listen & feel for breath (signs of life) | Yes | Yes | Yes |
| Two breaths | Yes (1-1 ½ seconds) | Yes (1 – 1 ½ seconds) | Yes (1 ½ - 2 seconds) |
| Pulse check | Brachial | Carotid | Carotid |
| Activate EMS | After 1 minute of CPR (if not done already) | After 1 minute of CPR (if not done already) | After establishing unresponsiveness |
| Locate hand position | 1 finger below nipple line | 2 fingers above sternal – rib notch | 2 fingers above sternal – rib notch |
| Compress with | 2 – 3 fingers (or thumbs in 2 rescuer) | Heel of 1 hand | Heel of 2 hands |
| Compression Depth | ½ - 1 inch | 1 – 1 ½ inches | 1 ½ - 2 inches |
| Rate of Compressions | At least 100 | 100 | 100 |
| Compression: Ventilation | 5:1 | 5:1 | 15:2 (1 or 2 persons) |
| Rescue breathing | 20 per minute (1 breath/3 secs.) | 20 per minute (1 breath/3 secs.) | 12 per minute (1 breath/5secs.) |
| Conscious Choking | 5 back blows/5 chest thrusts | Heimlich Maneuver | Heimlich Maneuver |
| Steps for Unconscious choking | 5 back lows/5 chest thrusts Look in the mouth Sweep object if seen Attempt to ventilate If unsuccessful, reposition & repeat | 5 abdominal thrusts Look in mouth Sweep object if seen Attempt to ventilate If unsuccessful, reposition & repeat | 5 abdominal thrusts Sweep the mouth Attempt to ventilate If unsuccessful reposition & repeat |