

PLEASE...

I need the name, email, mailing address and phone for all participants **ASAP** so I can prepare the student sheets and roster.

You may **GO HERE:** <http://www.cpr-guy.com/links/#Sign-In> to enter your information in a "Google form" - it just takes a minute.

A PRE-Printed student sheet will be prepared for you if you complete the Google form.

REMINDER ...

(If not able to attend, please advise)

You have signed up for an American Heart Association BLS provider **BASIC** class to be held on

Friday June 25, 2021 at RETC

Class Starts promptly at 8:30 am - you need to be in class and "signed in" at that time

THIS WILL BE A GL2020 CLASS

NOTE:

You **MUST** be able to perform the skills of CPR to earn a credential.

This includes

Performing CPR ON THE FLOOR

Being able to compress the manikin's chest at least 2"

Performing CPR Compressions and breaths for several minutes at a time

Successfully completing Written and Skills tests

All manikin / equipment to participant ratio will be 1-1 - no sharing of equipment.

We'll be using Prestan ADULT manikins with real time feedback, so you'll be able to monitor your own performance (two green lights are GREAT!).

All manikins are cleaned, and lungs, are replaced every class - used or not.

"Wipes" will be available - as will be hand sanitizer and extra masks.

Non-contact thermometer is available if desired.

A PRE-Printed student sheet will be prepared for you if you complete the Google form.

I have also attached the AHA's "High-Quality-CPR-GL2020", and my "GL2020 CPR-PRO-SKILLS SHEET" for your information. **I suggest you review these prior to class.**

Thank you.

Bob Diaz - Instructor

Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	<i>If a mobile device is available, phone emergency services (9-1-1)</i>		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio <i>without advanced airway</i>	<i>1 or 2 rescuers</i> 30:2	<i>1 rescuer</i> 30:2 <i>2 or more rescuers</i> 15:2	
Compression-ventilation ratio <i>with advanced airway</i>	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	<i>1 rescuer</i> 2 fingers or 2 thumbs in the center of the chest, just below the nipple line <i>2 or more rescuers</i> 2 thumb-encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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GL2020 CPR PRO Skills Check

1. Compression only CPR. (for when you don't have a barrier device)
2. Basic CPR skills – Single Rescuer adult, child and Infant (C - A - B)
 - a. Check responsiveness
if none – Get "Local" help and/or Activate the "System": 9-1-1 or in-house
 - b. Look for breathing (5 to 10 Seconds with pulse check)
 - c. Check pulse: If NONE Start CPR; If Pulse, start Rescue Breathing
 - >> Adult/Child: Carotid Artery (5 to 10 Seconds with breathing check)
 - >> Infant: Brachial Artery (5 to 10 Seconds with breathing check)
 - i. If none – Activate the "System": 9-1-1 or in-house (USE CELLPHONE)
 - d. Landmark for compressions
 - i. Adult/Child: Heel of Hand; Center of Chest / Lower half of Sternum
 - ii. Infant: 2 fingers, 2 thumbs or the heel of 1 hand; Just below nipple line (GL2020)
 - e. Compression depth
 - i. Adult: AT LEAST 2" but less than 2.4"
 - ii. Child: ½ the depth of the chest (approx. 2" or 5 cm)
 - iii. Infant: ⅓ the depth of the chest (approx. 1½" or 4 cm)
 - f. Compression rate
 - i. All patients: AT LEAST 100 compressions per minute, and less than 120
3. Proper use of pocket mask
4. Proper use of Bag Valve Mask (BVM)
5. Rescue Breathing (for a patient with a pulse) DO NOT HYPERVENTILATE!
 - a. Adult: 1 breath every 6 seconds (10 breaths per minute) (GL2020)
 - b. Child or Infant: 1 breath every 2 to 3 seconds (20-30 breaths per minute) (GL2020)
6. Compressions to Breaths ratio
 - a. All single rescuers and ALL Adult
 - i. 30 compressions to 2 breaths
 - b. Multiple rescuers
 - i. Child: 15 compressions to 2 breaths
 - ii. Infant: 15 compressions to 2 breaths
 1. Compress using Double Thumb Hand Encircling Technique
7. Use of the Automated External Defibrillator (AED)
 - a. How to use/pad placement. (Turn ON first; Upper Right / Left Side on rib cage)
 - b. Precautions/Special Considerations.
 - i. Hairy chest (Shave)
 - ii. Wet chest (Dry)
 - iii. AEDs and children/Infants (Use Pediatric Functions)
 - iv. Implanted medical devices (Relocate pad if possible)
 - v. Body piercings (Relocate pad)
 - vi. Medication Patch (Remove)
8. Foreign Body Airway Obstruction (FBAO)
 - a. Adult and Child
 - i. Conscious: Abdominal thrusts/Chest Thrusts
 - ii. Unconscious: CPR (look in mouth before ventilation)
 - b. Infant
 - i. Conscious: Back blows/Chest Thrusts
 - ii. Unconscious: CPR (look in mouth before ventilation)
9. Treating patient with protected airway (ET tube).
 - a. Continuous compressions / 1 breath every 6 seconds (Adult); 1 breath every 2 to 3 seconds (Infant) (GL2020)

Stroke

Stroke Screening Tool: **B.E.F.A.S.T**

Recognize	}	B alance: Sudden change in balance or coordination
		E yes: Sudden vision loss or double vision
Call 9-1-1	}	F ace: Facial Droop
Evaluate		A rms: Sudden arm numbness or weakness
		S peech: Slurred Speech
		T ime: Note time – CALL 9-1-1

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- Seek medical care. Call 9-1-1
- If responsive, position the person on their back with head and shoulders slightly raised.
- If the person is unresponsive,
 - If Breathing adequately.
 - Place in recovery position.
 - If not breathing >> Start CPR
- Protect affected extremities.



REMEMBER

Strokes happen to people of ALL ages

Infants to Seniors

If you see the signs of a **STROKE** in
ANYONE

IMMEDIATELY seek medical care!!!!