

Essential Questions?

- What does CPR stand for?
- What is cardiac arrest?
- What is an AED?
- What are the steps to hands only Cardiopulmonary Resuscitation?

8.PCH.4 Analyze
necessary steps to
prevent and respond to
– unintentional injury

8.PCH.4.2 Demonstrate basic CPR techniques and procedures on a mannequin and pass a Red Cross or American Heart Association approved test of CPR skills.

Statement of Objectives:

- *By the end of the next several lessons you will be able to demonstrate basic CPR techniques and procedures on a mannequin and learn the skills required to pass an American Red Cross or American Heart Association approved test of CPR skills.*

Cardiopulmonary Resuscitation

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What does CPR stand for?

- **Cardiopulmonary resuscitation**
 - is a potentially lifesaving skill that is used in sudden death emergencies.
 - By “sudden death” we mean an event that results in the sudden cessation (stopping) of respiration and circulation.

What is sudden death?

- Heart attack
 - (yes)
- Drowning
 - (yes)
- Cancer
 - (no)
- Electrocution
 - (yes)
- Severe bleeding
 - (no)
- Asphyxiation
 - (yes)

Cardiopulmonary Resuscitation:

- *It is estimated that about 60 percent of heart attacks resulting in cardiac arrest occur in the presence of a witness who (if that person knew cardiopulmonary resuscitation) might be able to save the victim.*
- About two-thirds of the deaths caused by cardiac arrest occur before victims can reach a hospital.
- Sudden cardiac arrest is the leading cause of death in adults. CPR doubles a person's chance of survival from sudden cardiac arrest.
- 75% of all cardiac arrests happen in people's homes. CPR provides oxygenated blood to the brain and heart and keeps these organs alive until defibrillation shocks the heart back to a normal rhythm.

Terms

- Hands-Only CPR = uses only chest compressions
- Cardiac arrest = heart stops beating
- Unresponsive = person does not talk, move, or respond when talked to or shaken
- AED = computer device that provides a shock to restart the heart

- If you are not currently trained in Adult CPR, the steps following are an abbreviated version.
- The initial steps for CPR are as follows:

Hands-Only CPR

Two steps to save a life:



Call 911



Push hard and fast in
the center of the chest

American Heart Association

www.bethebeat.org

Be the Beat (Softball)

American Heart Association

Be the Beat

- Hands-Only CPR Video (2 min)
- Use the information in the video to complete the worksheet.
- To find the video
 - Look in the Video Gallery box.
 - Select “Hands-Only CPR”
 - Hands on chest on a baseball field

SAMPLE SKILL CARD

HANDS-ONLY CPR

If you see a teen or
adult suddenly
collapse

First

Ask if they are
okay?

Next

Call 911.
Locate an AED.

Then

Push hard and fast in
the center of the
chest.

If you see an adult collapse:

1. Check the scene for your safety
2. Tap and shout. “Are you okay?”
3. Look, Listen and Feel for any signs of breathing
4. Tell someone to call 911 and get an AED
5. Start compressions
 - Hands in the center of the chest on sternum
 - Push hard and fast
 - Push at least 2” and at the rate of 100 beats/minute
6. Don’t stop until medical help or an AED arrives

Compressions should be in the center of the chest between the nipples



Show Your Skills

- Hands in middle of chest
- Push hard and fast
- Push at least 2 inches
- Keep the Beat (100 BPM)
 - “Staying Alive” or “Man in the Mirror”



OR Go To

<http://www.metronomeonline.com/>
and select 100 on the wheel

AED

- An automatic external defibrillator sends an electronic shock to restart the heart
 1. Turn on AED and follow automated instructions.
 2. Adjust victim's clothing to enable AED skin contact.
 3. Open pad package and plug in pad connector.
 4. Peel pad backing and apply both pads.
 5. Wait and stand clear as AED performs analysis.
 6. If instructed, press shock button.



Facts

- Everyday approx. 800 people suffer cardiac arrest
- Fewer than 8% survive (64 out of 800)
- Less than 1/3 of cardiac arrest victims receive CPR from an bystander
- CPR can more than double the chance of survival
- Sudden cardiac arrest is the leading cause of death in adults.

New thoughts in CPR

- [Official AHA Hands-Only CPR Demo Video](#)
- [Guidelines for CPR](#)

Independent Practice:

- Have each student go to the following website and complete the Learn CPR user quiz and report their results:
- [Learn CPR quiz](#)

United Streaming Videos

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|--|-------|--|
| | | <u>American Red Cross Emergency Test</u> |
| | 22:00 | <u>First Response: C.A.R.E. CPR</u> |
| | 27:21 | First Response: The ABCD's of CPR: Child and Infant |
| | 27:14 | First Response: The ABCD's of CPR: Adult Bystander |

Homework

1. Write the steps of Hands-Only CPR
2. Write a paragraph (at least 5 sentences) about why knowing Hands-Only CPR is important how it could impact your future.
3. Share and teach this information to your family. Have each family member sign your homework.

Closure:

- *Today we have demonstrated how to handle a choking emergency and the techniques and procedures for properly performing CPR. You have demonstrated that you could use these skills in an emergency to save someone's life.*