

**Every hour in the U.S. approximately 38 people will have a cardiac arrest event outside of the hospital. Nine out of ten people will not survive. However, if lifesaving CPR is performed, a victim's chance of surviving can double, or even triple.** (AHA website)

## **Suggested Course Syllabus**

Introduce yourself and anyone helping you. Point out exits and location of rest rooms. Pass around a sign in sheet and ask everyone to register

Explain that Sudden Cardiac Arrest (SCA) is a condition where the electrical activity of the heart stops working properly and the heart muscle does not receive a signal to contract. The heart will stop beating and very quickly the person will begin to gasp/stop breathing and go unconscious. Refer to the fact sheet for more information about SCA.

Hands-only CPR is effective in keeping the body tissues alive because the compressions move the blood around the body and also push air out of the lungs, which allows oxygenated air to return to the lungs between compressions.

Hands-only CPR is appropriate for anyone who has started puberty through adulthood. Infants and children still require rescue breathing along with compressions. Individuals interested in learning those skills should contact a local CPR instructor for the appropriate course.

Play one of the survivor stories from the DVD or from the MT HeartRescue website.

Start the AHA Family & Friends DVD (you can skip the part about inflating the manikins if you have done this prior to class. Use the supplied pump to reduce disease transmission risk)

Stop after the section on hands-only-CPR. Answer any questions participants may have. Don't get too technical – keep focused on Hands-only-CPR. Ask the group to pair off and give each pair a manikin.

Have the group start practicing. Listen for the click. Float around the room offering advice, correcting body mechanics or incorrect technique. Have each person give compressions for 2 minutes so can feel how demanding it is. If possible, have a metronome keep a 100 bpm rhythm. (There are several apps to download onto a smart phone)

Remember – quality compressions are best, but any CPR is better than no CPR. There are no CPR “cops” out there that are going to penalize poor performance – do the best you can. Give everyone plenty of time to practice and to feel comfortable doing compressions.

Gather the class back together as a group. Watch the section of the video on AEDs. If available, demonstrate how an AED works. Remind participants that the AED will “talk them through” the steps for application and they can't accidentally shock someone who doesn't need it. Remind participants it is better, if possible, to have someone continue CPR while another person applies the AED pads rather than stopping CPR. Answer any questions.

Keep everyone engaged and on task. Class should last no longer than 30-35 minutes.

Thank everyone for attending and encourage them to take a CPR reminder card. Remind them to spread the word about CPR and invite them to host a class at work, at church, or for any other group.

After the class, repack the tote: clean the manikins with the provided wipes. Note any damaged manikins or missing supplies. Return the tote to where you checked it out and notify someone of missing or damaged supplies. Go to the MT HeartRescue website and enter your class data. Click Facilitator Login in the right shaded area. User name is **facilitator** and the password is **shock**. Fill-in the information and click submit. Recording your data is IMPORTANT!

Thank you for being a CPR facilitator.