

Stand Alone 6 – First Aid
Session 5 – Adult/Child CPR
LD 34 – First Aid

Date Revised: 11/19/19

Course Goal: To teach recruit officers how to provide first aid and CPR. Utilize CAPRA

Session Goal: To teach recruit officers the knowledge and skills necessary to provide high quality CPR.

Learning Objectives:

- Identify the components of the Chain of Survival [34.III.A]
- Demonstrate Cardiopulmonary Resuscitation (CPR) for adults, children, and infants, following American Heart Association (AHA) Guidelines for CPR and Emergency Cardiovascular Care (ECC) at the Healthcare provider level including: [34.III.B]
 - Ventilation duration [34.III.B.1]
 - Pulse location [34.III.B.2]
 - Compression depth [34.III.B.3]
 - Compression rate [34.III.B.4]
 - Compression-to-ventilation ratio (one-person CPR) [34.III.B.5]
 - Compression-to-ventilation ratio (two-person CPR) [34.III.B.6]

Session Time: 1-hour

Resources:	
<ul style="list-style-type: none"> • Classroom with tables • White board • Dry-erase markers 	
Session Summary: This module is a facilitated discussion of CPR, including one and two-person adult and child CPR.	
Outline	Instructor Notes
I. Components of the Chain of Survival [1] [34.III.A] A. Immediate recognition of cardiac arrest and activation of the emergency response system B. Early cardiopulmonary resuscitation (CPR) with an emphasis on chest compressions C. Rapid defibrillation D. Effective advanced life support E. Integrated post-cardiac arrest care II. Cardiopulmonary Resuscitation (CPR) [2] [34.III.B] A. Definition [2.1] 1. Method of artificially restoring and maintaining a victim’s breathing and circulation. 2. Key element of basic life support	Facilitated discussion (1 hour): [1] Ask – What is the chain of survival? Seeking: It represents the rapid steps that must be taken when someone experiences sudden cardiac arrest. [2] Ask – What factors could affect our decision to administer basic life support? Seeking: <ul style="list-style-type: none"> • Proficiency (Competence) • Recent training • Age of victim • Liability

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<p>3. Clinical death</p> <ol style="list-style-type: none"> a. The moment breathing and circulation stop b. May be reversible if basic life support techniques are initiated [3] <p>4. Biological death</p> <ol style="list-style-type: none"> a. Breathing and circulation stop b. Brain cells die due to lack of oxygen c. Irreversible changes take place d. Vital organs begin to deteriorate e. If any doubt exists as to if the victim is alive, CPR should be started <p>5. Do not resuscitate (DNR) [4]</p> <ol style="list-style-type: none"> a. A valid DNR or no CPR directive is a reason for not beginning CPR b. If there is doubt that the order may not be valid, start CPR <p>B. Adult CPR</p> <p>1. One person [5]</p> <ol style="list-style-type: none"> a. Determine responsiveness <ol style="list-style-type: none"> 1) Tap and shout 2) Assess for breathing 3) Activate EMS 4) Get AED if available b. Pulse check [6] <ol style="list-style-type: none"> 1) Check the carotid pulse [34.III.B.2] <ol style="list-style-type: none"> a) Locate the trachea, using 2 or 3 fingers b) Slide fingers into the groove between the trachea and the muscles at the side of the neck 2) Check pulse for 5-10 seconds 3) If you do not definitely feel a pulse <ol style="list-style-type: none"> a) Begin CPR [7] b) Starting with chest compressions c. Chest compressions <ol style="list-style-type: none"> 1) Position yourself at the victim's side 2) Make sure the victim is lying supine <ol style="list-style-type: none"> a) Firm, flat surface b) If a head/neck injury is suspected, keep the head, neck, and torso in a line when rolling the victim 	<ul style="list-style-type: none"> • Recall (Memory) • Scene Safety • Availability of PPE's • Knowledge of victim's infection (HIV, Hepatitis-C, etc.) <p>[2.1] Ask – What is Cardio Pulmonary Resuscitation (CPR)?</p> <p>[3] Ask – What is the benefit of CPR?</p> <ul style="list-style-type: none"> • Follow-up – Why is it important to know CPR? • Follow-up – How does knowing CPR help us do our job as police officers? <p>[4] Ask – How does a valid 'DNR' affect our duties as first responders?</p> <p>[5] Explain – the procedure for performing one-person CPR on an adult.</p> <p>[6] Explain – how to check for a pulse on an adult.</p> <p>[7] Ask – What is the first thing you should do if you do not definitely feel a pulse? Why?</p>
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<ul style="list-style-type: none">3) Put the heel of one hand on the center of the victim’s chest on the lower half of the breastbone4) Put the heel of your other hand on top of the first hand5) Straighten your arms and position your shoulders directly over your hands6) Push hard and fast [8]<ul style="list-style-type: none">a) Press down at least 2 inches with each compression [34.III.B.3]b) Deliver compressions at a rate of at least 100 per minute [34.III.B.4]c) At the end of each compression, make sure you allow the chest to recoil completely7) Minimize interruptionsd. Ventilation [9]<ul style="list-style-type: none">1) Open the airway<ul style="list-style-type: none">a) Head-tilt/chin-liftb) Jaw thrust2) Give 2 breaths [34.III.B.1]<ul style="list-style-type: none">a) 1 secondb) Chest should visibly rise3) If the breaths do not go in<ul style="list-style-type: none">a) Reposition the headb) Give 2 more breathse. Compression cycle [34.III.B.5]<ul style="list-style-type: none">1) 30 compressions2) 2 breaths3) Reassess after 5 cycles (approximately 2 minutes)2. Two person [10]<ul style="list-style-type: none">a. More efficient than one person<ul style="list-style-type: none">1) Chest compressions are interrupted less2) Rescuers do not tire as easilyb. Determine responsivenessc. Pulse checkd. Chest compressionse. Compression cycle [34.III.B.6]<ul style="list-style-type: none">1) 30 compressions to 2 breaths2) Every 5 cycles (approximately 2 minutes) duties should be	<p>[8] Ask – Why do you think it is important to push hard and fast when doing compressions?</p> <p>[9] Explain – how to open the airway prior to giving ventilations.</p> <p>[10] Ask – What do you think are the benefits of two-person CPR?</p>
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<p>switched</p> <p>3) Switching duties with the second rescuer should take less than 5 seconds</p> <p>f. All findings, counting, etc. should be announced clearly and out loud to avoid confusion between the assisting</p> <p>C. Child CPR [11]</p> <p>1. 1 year to puberty [12]</p> <p>2. One person</p> <p>a. Determine responsiveness</p> <p>1) Assess for breathing</p> <p>2) Shout for help</p> <p>3) If someone responds</p> <p>a) Send them to activate EMS</p> <p>b) Send them to get an AED</p> <p>4) If alone and the child collapsed in front of you</p> <p>a) You may leave the child to activate EMS</p> <p>b) Obtain an AED</p> <p>5) If unwitnessed</p> <p>a) Perform CPR for 5 cycles (approximately 2 minutes)</p> <p>b) Activate EMS</p> <p>b. Pulse check</p> <p>1) Check the carotid pulse</p> <p>2) Check no longer than 10 seconds</p> <p>3) If no pulse, or less than 60 beats per minute with poor perfusion, start compressions</p> <p>c. Chest compressions</p> <p>1) For small children, you may use either 1 or 2 hands [13]</p> <p>2) Start compressions within 10 seconds of recognition of cardiac arrest</p> <p>3) At least 1/3 the depth of the chest (or approximately 2 inches)</p> <p>d. Ventilation</p> <p>e. Compressions cycle</p> <p>1) 30 compressions to 2 breaths</p> <p>2) After 5 cycles</p> <p>a) Activate EMS</p> <p>b) Get an AED</p> <p>c) Use the AED as soon as it is available</p>	<p>[11] Explain – the procedure for performing CPR on a child.</p> <p>[12] Ask – For the purposes of CPR and rescue breathing, what age do you think is considered a child?</p> <ul style="list-style-type: none">• Why is it important to differentiate between an adult and child for CPR purposes?• How does child CPR differ from adult? <p>[13] Ask – What should you consider when giving compressions to small children?</p>
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<p style="text-align: center;">d) You can leave the victim to activate EMS and get an AED</p> <p>3. Two person</p> <ul style="list-style-type: none">a. Determine responsivenessb. Pulse checkc. Chest compressionsd. Ventilatione. Compression cycle<ul style="list-style-type: none">1) 15 compressions to 2 breaths2) Every 5 cycles (approximately 2 minutes) duties should be switched3) Switching duties with the second rescuer should take less than 5 seconds <p>D. Stopping CPR [14]</p> <ul style="list-style-type: none">1. The victim's breathing resumes2. The officer is relieved by an equally or higher medically trained person3. The officer is too exhausted to continue4. Environmental hazards endanger the rescuer <p>E. Infant CPR will be addressed in Session-6.</p>	<p>[14] Ask – Under what circumstances would a first responder stop giving CPR?</p>
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