

# **CPR (Cardio Pulmonary Resuscitation) and AED (Automated External Defibrillator)**

## **Information August 29, 2013**

Today's Session will begin at 3:30 PM

While you are waiting, please do the following:

**Configure your speakers and microphone and by going to:**

**Tools – Audio – Audio setup wizard**

### Presenters

Alison Ellison

**Children's Healthcare of Atlanta**

Georgina Howard

Therese McGuire

Michael Tenoschok

**Georgia Department of Education**



# \*Student Safety\*

Student safety is the most important piece to be considered for all classroom activities.

- **Students should be instructed to never practice/perform CPR or AED procedures on each other or any person.**
- CPR and AED practice should only be done in accordance with:
  - 1) An instructional program developed by the American Heart Association or the American Red Cross,  
or
  - 2) An instructional program which is nationally recognized and is based on the most current national evidence based emergency cardiovascular care guidelines for cardiopulmonary resuscitation and the use of an automated external defibrillator. (O.C.G.A. § 20-2-149.1)
- Today's information is for information. Each local system should follow local procedures for instructional planning and curriculum development.



# Today's Objectives

To provide

- ✓ information concerning Georgia's new CPR and AED rule and legislation.
- ✓ CPR and AED specific information for high school teachers.
- ✓ positive practices for CPR/AED instruction and highlight practices to be avoided.
- ✓ *Good Samaritan* Information.
- ✓ sample resources.



# Health and Physical Education

## CPR/AED for High School Students

SB 212 (O.C.G.A. § 20-2-149.1) as passed during the 2013 legislative session and will include the addition of CPR and AED (Automated External Defibrillator) instruction requirements to the existing high school health and physical education programs in the 2013-2014 school year.



# CPR Continued

Requirements include that each local board of education which operates a school with grades nine through 12 shall provide instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator to its students as a requirement within one of the required health or physical education courses.



# CPR Continued

The instructional program shall include either of the following: **1) An instructional program developed by the American Heart Association or the American Red Cross,**

**or**

**2) An instructional program which is nationally recognized and is based on the most current national evidence based emergency cardiovascular care guidelines for cardiopulmonary resuscitation and the use of an automated external defibrillator.**



# CPR Continued

Such instruction shall incorporate the psychomotor skills necessary to perform cardiopulmonary resuscitation and to use an automated external defibrillator. Each local board of education shall report adherence to this requirement as determined by the Georgia Department of Education.



# 160-4-2-.12 COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION PROGRAM PLAN.

- Defines psychomotor:
  - (c) Psychomotor skills – skills that use hands-on practice to support cognitive learning.
- Provides information specific to inclusion in graduation required courses:
  - Beginning in the 2013-2014 school year, each local board of education which operates a school with grades nine through 12 shall provide instruction in cardiopulmonary resuscitation (CPR) and the use of an automated external defibrillator to its students as a requirement within one of the required health or physical education courses (Health (17.011), Personal Fitness (36.051), or Advanced Personal Fitness (36.061) ) to satisfy this requirement.



# Certification – Not Needed

- ✓ Instructors will not need to be certified.
- ✓ Students will be instructed on proper technique but will not be issued certification cards as they had in the past.
- ✓ CPR and AED instruction (without certification) can be completed in one or two 55 minute class periods.
- ✓ Programs including certification also meet the requirement. (They exceed the requirement)



# CPR and AED Information for High School Teachers

## Hands Only CPR

- ✓ ***Hands Only CPR*** is the new method.
- ✓ ***Hands Only CPR*** is CPR with compressions only, no breaths.
- ✓ ***Hands Only CPR*** is only for the adult/teen victim.
- ✓ It is best used in emergencies where someone has seen another person suddenly collapse. It can be used by any rescuer in any emergency CPR situation.



# Procedures for Hands Only CPR

1) Call 911

2) Push hard and fast (to the beat of the disco song “Stayin’ Alive” or “Man in the Mirror”) in the center of the chest until help arrives.

3) Your hands become his heart, and create circulation.

\*\*There are no breaths administered to the victim with Hands Only CPR.



# Research –Benefits of Hands Only CPR

- It is easier to remember and to do.
- More victims will get lifesaving bystander CPR.
- Victims who were observed “going down”, were breathing, have oxygen on board, and the rescuer just needs to circulate it.
- Victims who get effective bystander CPR in the first 1-3 minutes after a collapse, can have triple the survival rate, or more if an AED is also used.



# AED Information

- An AED will not shock someone who does not need to be shocked
- You just turn it on and follow the voice prompts and pictures on pads
- Once on, never remove pads or turn it off, it will continue to cycle and recheck the victim every 2 minutes, taking you back to CPR each time



# A few instruction Do's and Don'ts

## DO

- ✓ Provide psychomotor practice time with something that “gives”.
- ✓ Use the hands only technique.
- ✓ Include an AED demonstration.
- ✓ Follow the law and rule and be sure you are implementing an instructional program which is nationally recognized and is research based.
- ✓ Build instructional unit based on the guidelines set in the rule and law.

## Don't

- ✓ Implement instruction based on how you were taught.
- ✓ Use material or information that does not reflect the latest techniques.
- ✓ Skip the psychomotor practice.
- ✓ You should not teach pulse check. It can delay response and is not necessary.



# 10 Most Important Things to Remember to Teach

1. Make sure scene is safe.
2. Victim who needs CPR and AED is unresponsive,
3. not breathing normally/ or only gasping,
4. and may be jerking.
5. Call 911 or send one person to call 911 and get the AED if there is one.
6. Push hard and fast, middle of chest.
7. Push 2 inches down, 2 inches up, rate of 100/minute.
8. Minimize interruptions to compressions.
9. Use AED as soon as it arrives. Turn on and follow voice prompts.
10. Continue until EMS arrives, switching rescuers every 2 minutes if possible.



# Common Errors Students Make

## Error

- Hand placement: Most often too low on the breastbone
- Poor body position to maintain good compressions
- Not pushing hard enough or fast enough
- Not allowing complete chest recoil with each compression

## Correction

- Lower half of sternum: on imaginary line between nipples
- Kneeling at side of chest, shoulders over hands, elbows locked
- Push down at least 2 inches, at a rate of at least 100/min
- Each compression should be down 2 inches, and up 2 inches to allow the heart to refill with blood.



# Have No Fear: Address Their Fear Factors

- It's important that they can do the skill and that they are not afraid to try:
  - Worried about germs: no need to breathe on victim
  - Worried about liability: Good Samaritan Law
  - Worried about doing it perfectly: It doesn't have to be perfect. The only thing you can do wrong is nothing. If count or sequence is "off", it's still OK and likely to help.
  - Count out loud, it will help keep you focused.



# Good Samaritan Law

- There is a Good Samaritan law in all 50 states that covers you for doing the best job you can do with CPR and the AED, no matter what the outcome is.
- It does not keep someone from suing you, but should keep a suit from going forward, as long as you do not accept payment for helping.
- Therefore, liability should not be a concern.



# Resources/Next Steps

- Sample Lesson Objectives(Down Load Option)
- Information on ordering DVD's, etc. (Down Load)
- More food for thought, ideas for teaching (Down Load)
- Have fun with this; students usually enjoy it
- It is critically important to making your whole community more heartsafe.



# Tell Your Students:

- CPR is a life skill everyone should have.
- You are most likely to use CPR on friend or loved one.
- 85% of sudden cardiac arrests happen at home.
- Bystander CPR can double or triple survival rate.
- Every minute without CPR reduces survival by 10%.
- You can't hurt, you can only help!



# Contact Information

Alison Ellison BSN, NCSN  
Project S.A.V.E. Coordinator  
Children's Healthcare of Atlanta  
[alison.ellison@choa.org](mailto:alison.ellison@choa.org)  
404-785-7201

Georgina M. Howard, RN, MS  
School Nurse Specialist  
Georgia Department of Education  
404-657-8309 Office  
[ghoward@doe.k12.ga.us](mailto:ghoward@doe.k12.ga.us)

Therese McGuire, Ed.S.  
Program Specialist  
Health and Physical Education  
Georgia Department of Education  
[tmcguire@doe.k12.ga.us](mailto:tmcguire@doe.k12.ga.us)  
Phone: 404.651.7859

Mike Tenoschok, Ed.D.  
Program Specialist  
Health and Physical Education  
Georgia Department of Education  
[mtenoschok@doe.k12.ga.us](mailto:mtenoschok@doe.k12.ga.us)  
Phone (404) 463-1785

