

CARDIOPULMONARY RESUSCITATION

This session provides participants with an understanding of CPR and how it fits into the overall health care profession.

CATEGORY

- Health
- CPR

OBJECTIVES

By the end of this session, participants will be able to:

- Explain the history of the development of cardiopulmonary resuscitation (CPR).
- Understand the difference between cardiac arrest and heart attack.
- Describe the differences between hands-only CPR and traditional CPR.
- Determine when to use an automated external defibrillator (AED).
- Perform hands-only CPR.

SUPPLIES

- Laptop computer with Internet access, or equipment to view videos
- Alcohol-based hand sanitizer
- CPR manikin
- Disposable mouth shields for practice purposes
- Nonsterile, nonlatex disposable gloves
- Disinfecting disposable wipes
- AED training device

PREPARATION

- Arrange for a certified CPR instructor to speak to the group.

VIDEOS

Reminder: Any time you use an outside source, be sure you follow the content owner's or website's permission requirements and guidelines.

Advisors should preview videos before showing them to make sure they are appropriate for the post. The following are suggested videos that Advisors may find helpful in planning this session:

- ["CPR Through the Years"](#) from the American Heart Association News (includes information regarding 2015 CPR changes)
- ["Using an AED"](#) from the American Red Cross

RESOURCES

Reminder: Any time you use an outside source, be sure you follow the content owner's or website's permission requirements and guidelines.

The following are suggested resources that Advisors may find helpful in planning this session:

- [“CPR Facts and Stats”](#) from the American Heart Association. The [American Heart Association](#) is a national voluntary health agency to help reduce disability and death from cardiovascular diseases and stroke.
- [“History of CPR”](#) from the American Heart Association
- [“Two Steps to Staying Alive With Hands-Only CPR”](#) from the American Heart Association
- [“Cardiac Arrest vs. Heart Attack”](#) from the American Heart Association
- [“Cardiopulmonary Resuscitation \(CPR\): First Aid”](#) from the Mayo Clinic
- [“Adult First Aid/CPR/AED Ready Reference”](#) from the American Red Cross
- [“What Is an Automated External Defibrillator?”](#) from the American Heart Association

ADVISOR NOTE: Text in italics should be read aloud to participants. As you engage your post in activities each week, please include comments, discussions, and feedback to the group relating to **Character, Leadership, and Ethics**. These are important attributes that make a difference in the success of youth in the workplace and in life.

ACTIVITIES

Introduction

Tell participants: *Cardiopulmonary resuscitation, commonly known as CPR, is a lifesaving technique used when someone’s breathing or heartbeat has stopped. CPR delivers chest compressions and/or rescue breathing to keep oxygenated blood flowing to the brain and other vital organs until emergency care arrives.*

CPR instruction is a critical lifelong skill that is necessary for everyone to learn. Today’s session is an introduction only and is not meant as a replacement for a certified CPR skills course. It is highly recommended that everyone take a full-length CPR course that includes a skills practice session from a nationally accredited organization.

ACTIVITY 1

History of CPR and Introduction to Hands-Only CPR

- Show [“CPR Through the Years”](#) from the American Heart Association News, and address any participant questions.
- Introduce hands-only CPR, and address any participant questions.

ACTIVITY 2

AED Video and Practice

- Explain automatic external defibrillators including a brief overview of their history, purpose, and requirements for use.
- Watch the [“Using an AED”](#) video from the American Red Cross, and address any participant questions.
- Demonstrate proper AED use.

ACTIVITY 3

Speaker

- Explain the differences between cardiac arrest and heart attack.

- Discuss the need for CPR knowledge and skills.
- Describe key learnings and benefits of taking a certified CPR course.
- Review educational requirements for traditional CPR and hands-only CPR.
- The speaker may choose to include the following activities, if appropriate:
 - Describing and demonstrating the traditional CPR sequence
 - Describing and demonstrating hands-only CPR
 - Demonstrating the proper use of nonsterile gloves and a disposable mouth shield
 - Helping participants practice hands-only CPR using proper technique

ACTIVITY 4

CPR and AED Practice

- If time is available, practice appropriate skills with guidance from the certified CPR instructor.
- Practice AED sequence with proper technique.

ADVISOR NOTE

Some sample questions are below. They are designed to help the participants apply what they have learned to their own interests. You are welcome to use these questions or develop your own questions that relate to your post or specific focus area.

REFLECTION

Focusing Questions

- *Do you know anyone in your family or close to you who has received CPR or performed CPR on someone else? Can you tell us about it?*
- *Do you think there is a need to increase CPR knowledge? Why or why not?*
- *Do you think additional AEDs are needed throughout your community? Why or why not? What could you do to help?*
- *Did you feel comfortable performing CPR? Why or why not?*
- *What did you learn during today's discussion?*

Analysis Questions

- *What types of ethical situations do you think could arise related to performing CPR?*

Generalization Questions

- *What can you do now, during your time as a student, to prepare yourself for this or a similar career in the medical field?*
- *Why is this topic important?*

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