

COURSE OUTLINE

Basic Life Support for Health Care Professionals

Course Description

AH 130. Basic Life Support for Health Care Professionals. 0.5 hour credit. This course will enable the student to recognize the need and to perform basic cardiac life support to persons in respiratory or cardiac arrest, according to the guidelines of the American Heart Association.

Course Relevance

Rates of survival from sudden cardiac arrest can be improved by strengthening the chain of survival in every healthcare setting and the community. The student completing this course will be part of the chain of survival, therefore improving survival rates.

Required Materials

AH 130 Textbook:

Stapleton, E., Auderheide, T., Hazinski, M., and Cummins, M. (2000). *BLS Healthcare providers*. Wappingers Falls, NY: Laerdal Medical Corporation, South Deerfield, MA: Channing L. Bete Co., Inc., Deerfield, IL: WorldPoint ECC, Inc.

Learning Outcomes

The intention is for the student to be able to

1. Recognize someone with a foreign body airway obstruction and in cardiac or respiratory arrest
2. Give the proper care to someone with a foreign body airway obstruction
3. Give proper care to someone in cardiac or respiratory arrest

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following primary PACT skill areas:

1. Speaking
 - Practical examinations, in the form of a scenario where the student will direct others to properly perform basic life support skills.
2. Field Related Technology
 - The student will perform the proper technique in the use of an automatic external defibrillator (AED).

Secondary skills (developed but not documented):

Leadership
Teamwork

Critical Thinking
Problem Solving

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Performance of recognizing an adult, child, or infant in respiratory or cardiac arrest and correctly taking steps to render treatment
2. Return demonstration of basic life support

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 - A. The chain of survival: early access, early cardiopulmonary resuscitation (CPR), early defibrillation, and early advanced care
 - B. ABC: Airway, Breathing, and Circulation
 - C. Risk factors and prevention of heart attacks and stroke
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Assessment and administration of proper care to each person
 - B. Legal and ethical obligations to performing and stopping CPR
- III. Concepts – Key concepts that must be understood to address the issues:
 - A. Recognizing someone who is at risk of respiratory or cardiac arrest
 - B. That without controlling or providing an airway, we are unable to help anyone in respiratory or cardiac arrest
 - C. A person should always be pulseless and apneic before applying an AED
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Adult one/two rescuer CPR with AED
 - B. Child one/two rescuer CPR with AED
 - C. Infant one/two rescuer CPR
 - D. Foreign body airway obstruction (FBAO), on an adult, child, and infant both responsive and unresponsive
 - E. Ventilating an adult, child, and infant with mouth to mouth, mouth to mask, and a bag valve mask

Learning Units

- I. Adult basic life support
 - A. Mouth to mouth
 - B. Mouth to mask
 - C. Bag valve mask ventilation
 - D. Signs of circulation and chest compressions
 - E. One rescuer CPR
 - F. Two rescuer CPR
 - G. FBAO responsive and unresponsive
 - H. Skills evaluation
- II. AED
 - A. Basic operations of AED

- B. Single shock scenario
 - C. Scenario and peer practice
 - D. AED skills evaluation
- III. Pediatric basic life support for (both child and infant)
- A. Mouth to mouth
 - B. Mouth to mask
 - C. Bag valve mask ventilation
 - D. Signs of circulation and chest compressions
 - E. One rescuer CPR
 - F. Two rescuer CPR
 - G. FBAO responsive and unresponsive
 - H. Skills evaluation

Learning Activities

Instruction by lecture and video. A large portion of class is doing the hands on skills and learning the proper steps to performing CPR.

Grade Determination

The student will be graded on the necessary skills to perform CPR according to the American Heart Association guidelines. This is accomplished by skills evaluation (the Major Summative Assessment Tasks) and a twenty-five question multiple choice exam. The student must pass the exam with an 84% to successfully complete the course.