

CPR SKILLSC PERFORMANCE SHEET

NAME :	DATE :
SERVICES :	STAFF NO :

STEPS	ACTIONS	PASS	FAIL	COMMENTS
MODULE 1	ADULT CPR			
1	Make sure the scene is safe for you and the victim.			
2	Responsiveness shout "are you alright?".			
3	Access for sign for unresponsiveness.			
4	Activate ems and get AED.			
5	Check the victim's pulse (5-10 sec).			
6	If you do not feel for pulse- perform 5 cycles of compression and rescue breath 30:2 (cab sequence).			
7	Place one hand on the victim's forehead and push with your palm to tilt head back.			
8	Place the fingers of the other hand under the bony part of the lower jaw near the chin. Lift the jaw and bring the chin forward.			
9	Place the mask on the victim's face using the bridge of the nose as a guide for correct positioning.			
10	Seal the mask against the face: <ul style="list-style-type: none"> Using the hand that is closer to the top of the victim's head, place your index finger and thumb along the edge of the mask. Place your thumb of your second hand along the bottom edge of the mask. 			
11	Place the remaining fingers of your second hand along the bonny margin of the jaw and lift the jaw, perform a head tilt chin lift to open the airway.			
12	While you lift the jaw, press firmly and completely around the outside of the edge of the mask to seal the mask against the face.			
13	Deliver air over 1 second and make the victim's chest rise.			

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MODULE 2	1-RESCUER CHILD ONE YEAR OF AGE TO PUBERTY			
1	Check the child for a response and check breathing. If there is no response and check breathing. If there is no response and no breathing only grasping, shout for help.			
2	If someone response send that person to activate the emergency response system and get an AED. Note: if the child collapsed suddenly and you are alone, leave the child to activate the emergency response system and get an AED and then return to the child.			
3	Check the child's pulse (5-10 sec). You may try to feel the child's carotid or femoral pulse.			
4	If within 10 seconds you don't definitely feel a pulse or if despite adequate oxygenation and ventilation, heart rate is less than 60/min with poor perfusion, perform cycles of compressions 100/min, depth 2 inches (5 cm) infants 1 ½ inches (4 cm). Ensure full chest recoil.			
5	After 5 cycles, if someone has not already done so, activate an emergency response system (EMS) and get an AED. Use the AED as soon as available.			
6	After 5 cycle check for carotid pulse or femoral pulse (5-20 sec) continue compressions (CAB sequence).			

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STEPS	ACTIONS	PASS	FAIL	COMMENTS
MODULE 3	1-RESCUER-INFANT CPR			
1	Check the child for a response and check breathing. If there is no response and no breathing only gasping, shout for help.			
2	If someone response send that person to activate the emergency response system and get an AED.			
3	Check the infant's brachial pulse (5-10 sec).			
4	If within 10 seconds you definitely feel a pulse or if despite adequate oxygenation and ventilation, heart rate is less than 60/min with poor perfusion, perform cycles of compressions and breaths (30:2) ratio starting with compressions.			
5	Place infant on a firm flat surface. Place two fingers in the center of the infant chest just below the nipple line. Do not press on the bottom of the breast bone.			
6	Press infants breast bone down at least 1 ½ inches (4 cm) at the rate of 100/min. Ensure full chest recoil.			
7	After 5 cycles, if someone has not already done so, activate the emergency response system (EMS) and get an AED. Use an AED as soon as available.			
8	After 5 cycles, check for brachial pulse (5010 sec) continue compressions(CAB sequence).			

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MODULE 4	RELEIVING CHOCKING - ADULT			
1	Assess sign of choking (universal choking signs).			
2	Stand or kneel behind the victim and wrap your arms around your victim's waist.			
3	Make a fist with one hand.			
4	Place the thumb side of the fist against the victim's abdomen, in the midline, slightly above the navel and well below the breastbone.			
5	Grasp the thumb side of the fist against the victim's abdomen with a quick forceful abdominal thrust.			
6	Repeat thrust until the object is expelled from the airway or the victim become unresponsive.			
7	Give each new thrust with a separate, distinct movement to relieve the obstruction.			

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STEPS	ACTIONS	PASS	FAIL	COMMENTS
MODULE 5	RELEIVING CHOCKING - INFANT			
1	Assess signs of infant chocking.			
2	Sit or kneel with the infant in your lap.			
3	Remove clothing from infant of not easy to do.			
4	Hold the infant face down with the head slightly lower than the chest, resting on your forearm. Support the infant's head and jaw with your hand. Take care to avoid compressing the soft tissue of the infant's throat. Rest your forearm on your lap or thigh to support the infant.			
5	Deliver up to 5 back slaps between the infant's shoulder blades using the heel of your hand. Deliver each slap with sufficient force to attempt to dislodge the foreign body.			
6	After delivering the 5 back slaps, place your free hand on the infants back, supporting the back of the infants head. The infant will be adequately cradled between your two forearms, with the palm of one hand supporting the face and the jaw while the palm of the other hand supports the back of the infant's head.			
7	Turn the infant as a unit carefully supporting the head and neck. Hold the infant's face up, with your forearm resting on your thigh. Keep the infants head lower that the trunk.			
8	Provide up to 5 quick downward chest thrust in the middle of the chest over the lower half of the breastbone (same as for chest compressions during CPR) deliver chest thrust at about 1 per second each with the intention of creating enough force to dislodge the foreign body.			
9	Repeat the sequence of up 5 back slaps and 5 chest thrust until the object is removed or the infant becomes unresponsive. Begin CPR.			
10	Do not perform blind sweeps in the infants or children because the sweeps may push the foreign body back in to the airway, causing further obstruction or injury. Only remove foreign body if visible.			
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MODULE 6	AIRWAY MANAGEMENT			
1	Identify of the equipment for intubation <ul style="list-style-type: none"> • Correct size. • Able to dismantle and assemble of equipment (breathing mask, bag & laryngoscope with blades. • Prepare for intubation on the various type of patient adult, pediatric. • Check the ETT cuff. 			
2	Maintain the airway – head tilt and chin leave or jaws thrust and use the correct size of airway. Correct method of measurement and correct way of airway insertion.			
3	Manual bagging the patient with breathing bag, on oxygen 15 liters / min.			
4	Able to assist doctor for intubation and demonstrate correct way of passing instrument e.g. Laryngoscope with blade.			
5	Demonstrate the technique of cricoid pressure.			
6	Listen to the lung for air entry.			
7	Able to demonstrate on how to secure ETT tube. Ensure marking level.			