

Las Positas College
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Course Outline for EMS 70A

COMMUNITY CPR

Effective: Fall 2010

I. CATALOG DESCRIPTION:

EMS 70A — COMMUNITY CPR — 0.59 units

Development of the knowledge, skills and personal judgment necessary to initiate and perform basic life support techniques in cardiopulmonary resuscitation (CPR). Designed to citizens in the community. Successful completion of the knowledge and skills test qualifies for American Red Cross Community (CPR) or American Heart Association Adult and Pediatric Heart Saver Certificate.

0.44 Units Lecture 0.15 Units Lab

Grading Methods:

Discipline:

	MIN
Lecture Hours:	8.00
Lab Hours:	8.00
Total Hours:	16.00

II. NUMBER OF TIMES COURSE MAY BE TAKEN FOR CREDIT: 4

III. PREREQUISITE AND/OR ADVISORY SKILLS:

IV. MEASURABLE OBJECTIVES:

Upon completion of this course, the student should be able to:

1. identify the links in the American Heart Association (AHA) Chain of Survival
2. describe the steps of Cardiopulmonary Resuscitation (CPR)
3. identify a patient in cardiac arrest
4. describe the safe and accurate use of an AED
5. demonstrate Cardiopulmonary Resuscitation
6. identify the signs of severe or complete Foreign Body Airway Obstruction (FBAO)
7. demonstrate how to relieve a Foreign Body Airway Obstruction in a responsive victim
8. distinguish the signs of heart attack, stroke, respiratory arrest
9. describe strategies to prevent Sudden Infant Death Syndrome (SIDS) and injuries in children
10. exhibit good infection control techniques

V. CONTENT:

- A. Activating appropriate emergency response system; phoning 911
- B. Signs of cardiac arrest
- C. Performing CPR; 1-rescuer CPR for an adult, child and infant
- D. Safe and accurate use of the AED for adults and children older than 8 years old or approximately 25 kg in weight
- E. Signs of foreign body airway obstruction
- F. Relief of foreign body airway obstruction in the responsive victim of any age
- G. Using a barrier device
- H. Signs of heart attack, stroke
- I. Strategies to prevent Sudden Infant Death Syndrome (SIDS) and injuries in children
- J. Infection control

VI. METHODS OF INSTRUCTION:

- A. **Lecture** -
- B. **Audio-visual Activity** - Audio-visual materials
- C. **Demonstration** - Skills demonstration
- D. **Discussion** -

VII. TYPICAL ASSIGNMENTS:

A. Perform Heartsaver CPR and AED skills B. Class discussion C. Read text D. Watch instructional videos

VIII. EVALUATION:

A. **Methods**

1. Exams/Tests

2. Other:
 - a. Skills demonstration
 - b. Written final exam

B. Frequency

1. No Quizzes (2 session course)

IX. TYPICAL TEXTS:

1. American Heart Association *Heartsaver CPR with AED.*, -, 2006.

X. OTHER MATERIALS REQUIRED OF STUDENTS:

- A. CPR face mask for the manikin
- B. Pocket mask