

How to do CPR

Target Audience: 8th Grade

Team Members: Olivia Bleser, ShelbyAnn Jones, Savannah Blair,
and Ronald Nickelson

School Address: 22980 E 13 Mile Road, St. Clair Shores MI

48082

State: Michigan

Date: Jan. 26, 2016

Lesson Plan

Goal

- Our goal for the 8th grade students is to inform them of CPR, give directions on how to perform it and have them feel confident in doing so.

Instruction Plan

1. Hand out CPR cheat sheet then go over powerpoint with students. The powerpoint will consist of how to perform CPR, in what cases to do so, how to properly use an AED, how to perform CPR on each age and how to approach someone you feel might need CPR.
2. Students will then be allowed to practice CPR on mannequins with an instructor to guide them. Half of them get to perform on adults while the other half gets to perform on babies.
3. After being able to practice they will take a quiz to see what they have learned.
4. After completing the quiz we will say our goodbyes and let them keep their little CPR cheat sheet.

Supportive Information

Works Cited

"Cardiopulmonary Resuscitation (CPR): First Aid." - *Mayo Clinic*. 06 Feb. 2015.

Web. 04 Feb. 2016.

Untrained CPR Instructions

- **Uninterrupted chest compressions**

About 100 a minute until paramedics arrive. You do not need to try rescue breathing.

Trained CPR Instructions

- **Start chest compressions**

Start chest compressions before checking airways and giving rescue breaths.

Not Confident CPR Instructions

- **Just use chest compressions**

With 100 per minute.

Before you begin

- **Check Person for consciousness.**
- **Tap or shake person and ask to make sure if they are okay.**
- **If two people are available one should call 911.**
- **If an AED is immediately available, deliver one shock then begin CPR.**

Compressions to restore blood circulation

1. **Put person on their back on firm ground.**
2. **Kneel next to the person's neck and shoulders.**
3. **Place the heel of one hand over the center of the person's chest (between the nipples). Place your other hand on top of the first hand. Keep elbows straight and shoulders over your hands.**
4. **Use your upper body weight as you push down on the chest at least 2 inches. Push hard at a rate of about 100 compressions a minute.**
5. **If you haven't been trained for CPR continue chest compressions until sign of movement or until paramedics arrive. If you are trained, go on checking airways and giving rescue breaths.**

Breathing for the Person

- 1. Open airway by tilting the head by lifting their chin.**
- 2. Prepare to give two rescue breaths. Give the first breath, lasting one second to see if the chest rises, then give the second breath.**
- 3. Resume chest compressions and breaths with a ratio of 30:2**
- 4. If the person is showing signs of movement and an AED is available, apply and follow prompts.**
- 5. If an AED isn't available continue CPR**

Performing CPR on an Infant

- 1. Place the baby on his or her back on a firm, flat surface.**
- 2. Place two fingers between the nipples in the center of the chest.**
- 3. Gently compress the chest about 1.5 inches.**
- 4. Count aloud as you pump in a fairly rapid rhythm. You should pump 100 compressions a minute.**
- 5. Look for signs of breathing.**
- 6. Prepare to give 2 rescue breaths. Blow gentle puffs of air. Watch to see if baby's chest rises.**

7. Check for lodged objects in throat. If seen sweep it out with finger.

Presentation Outline

9:37-9:43 Introduction and setup

9:43-9:47 Powerpoint

9:47-10:17 Practice in two groups baby/adult (Pictures 1-12)

10:17-10:20 Quiz and review answers (13-15)

10:20-10:22 Conclusion and goodbyes

Written Presentation

Material

021415 CPR G5
2 col. by 7 inches on 5 col. grid

Hands-only CPR

For witnessed sudden collapse



1. CHECK AND CALL

1. Check the scene, then Check the person.
2. Tap on the shoulder and shout, "Are you okay?" and quickly look for breathing.
3. CALL 9-1-1 if no response.
4. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS.



TIPS

- Whenever possible use disposable gloves when giving care.
- Occasional gasps are not breathing.

2. GIVE CHEST COMPRESSIONS

1. Place the heel of one hand on the center of the chest.
 2. Place the heel of the other hand on top of the first hand, lacing your fingers together.
 3. Keep your arms straight, position your shoulders directly over your hands.
 4. Push hard, push fast.
 - Compress the chest at least 2 inches.
 - Compress at least 100 times per minute.
- Let the chest rise completely before pushing down again.
5. Continue chest compressions.



3. DO NOT STOP

Except in on of these situations:

- You see an obvious sign of life (breathing).
- Another trained responder arrives and takes over.
- EMS personnel arrive and take over.
- You are too exhausted to continue.
- An AED is ready to use.
- The scene becomes unsafe.

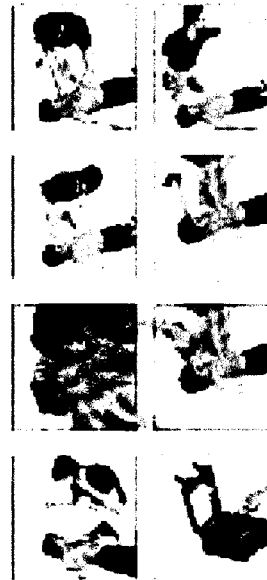
AED AUTOMATED EXTERNAL DEFIBRILLATOR

If an AED is available:

1. Turn on AED.
2. Wipe chest dry.
3. Attach the pads.
4. Plug in connector, if necessary.
5. Make sure no one is touching the individual.
6. Push the "Analyze" button, if necessary.
7. If shock is advised, push the "Shock" button.
8. Perform compression and follow AED prompts.

Go to redcross.org or call your chapter to sign up for training in full CPR, First Aid, Baby/Infant Training, Pet First Aid and much more.
 Source: American Red Cross STEVE LOFREZ/STAFF

Heartsaver®
Child CPR AED



Tap and shout

Yell for help. Send someone to phone 911 and get an AED.

Look for no breathing or only gasping

Push hard and fast. Give 30 compressions.

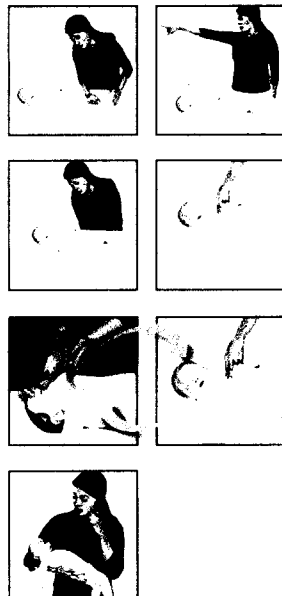
Open the airway and give 2 breaths

Repeat sets of 30 compressions and 2 breaths.

If you are alone after 5 sets of 30 compressions and 2 breaths, phone 911, and then resume sets of 30:2.

When the AED arrives, turn it on and follow the prompts.

Heartsaver®
Infant CPR



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Open the airway and give 2 breaths

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CPR
 KENNEDY MIDDLE SCHOOL BY GRADE
 7/8/15

By:
Olivia, Ron, Savannah, and Shelby

WHAT IS IT?

CPR stands for Cardiopulmonary Resuscitation.

It should be used if someone is not breathing and the heart has stopped beating. This is called Cardiac Arrest.

DIFFERENT KINDS OF CPR.

There are different types of CPR. There is the 2 person and 1 person CPR. Adult/child CPR compared to baby CPR is very different.

Also, you can have a defibrillator near by which can also change the system of doing CPR.

HOW TO DO CPR.

Check to make sure if the area is safe around the patient.

Approach the patient, and check the pulse and breathing, call 911, or tell someone nearby to call 911.

Kneel next to the patient and place hands, one on top of the other, over the patient's heart.

With arms extended/stiff, start compressions. Pressing down 2 inches, counting each out loud.

Each set is 2 breaths every 30 compressions. Making 120 compressions within every minute.

Continue CPR until help arrives.

check for how to P/R

Include start CPR when P/R

2-PERSON CPR

Rescuer 1 performs compressions. While rescuer 2 maintains the airway and gives breathes. Making sure to watch for the chest to rise.

1st rescuer should be making compressions 2 inch deep, and fast enough to make sure the chest comes back up. But making sure to make 4 sets of 30 within every 1 minute.

Every 4 sets rescuer 1 and rescuer 2 switch duties, to ensure the arms are not getting too weak for compressions.

~~when~~

INFANT CPR

Place infant on a firm and flat surface.

Place 2 fingers in the center of the chest (just below the nipple line).

Press the chest about 1 and half inches down.

*For every 15 compressions give the patient 2 breaths.

Do 8 sets of compressions, totaling in 120 compressions per minute.

~~30:2~~ for 1 person

USING THE BREATHING BAG VERSUS NOT USING IT.

Breathes can be done with a rescue breathing bag or by mouth.

Cover the mouth and nose of the patient with the mouthpiece of the bag. Tilt the head back to open the airway. Squeeze the bag gently twice.

W/O the bag, plug the nose with your forefingers placing your mouth completely over the patient's mouth. Give them two breathes.

Make sure to watch the chest to see if the lungs are inflating.

Infant cover mouth & nose

USING THE DEFIBRILLATOR/ AED

Make sure the patient is not in, or touching water.

Place adhesive pads, one on the right upper chest (directly below collar bone) and one on the left side of the body under the armpit.

turn on AED, clear the victim, when everyone is clear (not touching any part of the body) press the shock button.

Continue compressions immediately after the shock.

30-2 ratio of compressions-breathes.

Name: _____

CPR Quiz

1. What do you do **FIRST** when approaching the person?
 - a) Start CPR immediately
 - b) Check pulse and breathing, Call 911
 - c) Shake the patient to wake them
2. How many compressions do you do for each set?
 - a) 30
 - b) 10
 - c) 20
3. How many fingers do you use to give an infant compressions?
 - a) 5
 - b) 3
 - c) 2
4. Before you shock a patient with an AED, what do you make sure of?
 - a) Nobody is touching the patient (Clear)
 - b) Patient is not in or touching water
 - c) All of the above
5. With a 2-person CPR, when do rescuer 1 and 2 switch duties?
 - a) After every compression
 - b) Every 4 sets
 - c) Never

Name: _____

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Feedback Tools

Name: Ally Cormier

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5/5

**Lake Shore High School
Medical Careers II Class
HOSA Health Education Project
Evaluation**

Student Presenters:

Olivia Bleser Ronald Nickelson
Shelby Ann Jones Savannah Blair

Topic: CPR

Grade Level: 8th

	Yes	No	Comments
Students were on time	X		
Presentation was planned well	X		Olivia, Ron, Shelby and Savannah put a lot of work into this presentation
Visual aids and handouts were appealing and age appropriate	X		Students enjoyed keeping the CPR Cheat Sheet
Students presented useful information	X		Definitions at beginning of lesson really helped
Students maintained the interest of your students	X		All students were actively engaged in all of the lesson.

Other comments or suggestions:

All 4 students did an excellent job presenting the material to the class. 😊

Teacher's Name: Mary McGuire

Teacher's Signature: Mary McGuire

Would you be interested in having Medical II student presenters in the future? Yes No

HS fax 586.285.8904 Attn: H Martin-Lynch

Conclusion

In the conclusion of our project we successfully accomplished our goal to teach the 8th grade class to perform CPR on both infants and adults. They also learned how to use the AED and breathing bags as well. Our instructions were given at the beginning of class to give the students an example of how CPR should be performed. By doing this we could tell that it greatly affected how the students performed CPR. Each part of our team helped demonstrate to groups of kids on each step of CPR. After each group member was done explaining to their group the steps of CPR the students were allowed to perform the task on the manikins. After the students were given the time to practice we evaluated what they had learned by giving them a mini quiz. By giving the quiz we learned that the students had successfully learned CPR.