

## Crafton Hills College Course Outline

1. **Discipline:** Respiratory Care
2. **Department:** Allied Health Services
3. **Course Title:** Cardiopulmonary Resuscitation: Basic Life Support Healthcare Provider
4. **Course I.D.:** RESP 051X4
5. **Prerequisite(s):** None  
**Corequisite(s):** None  
**Departmental Recommendation(s):** None
6. **Semester Units:** 1.0
7. **Minimum Semester Hours:**  
Lecture: 8                      Lab: 24                      Clinic: 0                      Field: 0
8. **Need for the Course:**

The Crafton Hills College Respiratory Care Program must comply with the standards of Committee on Accreditation for Respiratory Care as well as standards specified by the Respiratory Care Board of California for accreditation in order to be accredited. In addition, we must meet the contract obligations of affiliate hospitals, which call for all students participating in clinical rotations to be trained in Basic Life Support at the Healthcare Provider level.

This course is one in a series of courses leading to a Certificate of Completion in the Certified Respiratory Therapist Program and will be required by all students who enroll in the Respiratory Care Programs. The class will help prepare the student for employment as a Respiratory Care Practitioner. The course is open to all students who wish to be trained as basic life support healthcare providers and will provide students a safe and controlled environment to gain the necessary skills to perform cardiopulmonary resuscitation in healthcare sites.

9. **Goals for the Course:**

Open to all students who wish to be trained as Basic Life Support Healthcare Providers, this course is appropriate to the college's mission in that it is part of a complete vocational education program leading to employment. This is one in a series of courses integral to a complete vocational education program to train the Respiratory Care Practitioner. This series of courses and completion of an Associate Degree will provide students with the cognitive and psychomotor skills necessary to make them eligible for the entry-level examination process and successful practice at this level as a Respiratory Care Practitioner.

The goal for the course is to reduce disability and death from cardiac and respiratory emergencies and stroke by improving the Chain of Survival in every clinical site and, ultimately, every community.

10. **Catalog Description:**

RESP 051X4

Page 1 of 8

Last Updated: 02/02/05

Board Approved: 5/12/05

Semester Effective: Fall 2005

Instruction in basic life support that either (a) prevents circulatory or respiratory arrest (or insufficiency) through prompt recognition and intervention, early entry into the Emergency Medical Services system, or both, or (b) externally supports the circulation and respiration of a victim of cardiac or respiratory arrest through cardiopulmonary resuscitation. A Basic Life Support Healthcare Provider is one who has successfully completed the written examination and all performance (skills) testing of an American Heart Association Basic Life Support Healthcare Provider Course according to American Heart Association requirements. The card that comes as a result of this course is good for two years. This course may be taken four times.

**11. Schedule Description:**

Instruction in basic life support.

**12. Entrance Skills:**

- A. Requisite Skills:** None
- B. Recommended Skills:** None

**13. Course Objectives:**

**Upon satisfactory completion of the course, students will be able to:**

- A.** Perform and identify cardiopulmonary resuscitation, including
1. Airway
    - a. Determine unresponsiveness
    - b. Get help
    - c. Position the victim
    - d. Open the airway
  2. Breathing
    - a. Determine breathlessness
    - b. Give two rescue breaths
    - c. Option for obstructed airway
  3. Circulation
    - a. Determine pulselessness
    - b. Activate Emergency Medical Services system
    - c. Begin chest compressions
      - i. Landmark check
      - ii. Hand position
      - iii. Compression rate
  4. Cardiopulmonary resuscitation cycles
    - a. Compressions to breaths
    - b. Number of cycles
    - c. Reassessment
  5. Option for entrance of second rescuer: "I know CPR. Can I help?"
    - a. First rescuer ends cardiopulmonary resuscitation
    - b. Second rescuer checks pulse (five seconds)
    - c. If no pulse, second rescuer begins cardiopulmonary resuscitation
    - d. First rescuer monitors second rescuer
  6. Option for pulse return. If no breathing, give rescue breaths
- B.** Perform and identify adult one-rescuer cardiopulmonary resuscitation, including
1. Airway
    - a. Determine unresponsiveness
    - b. Call for help
    - c. Position the victim
    - d. Open the airway

2. Breathing
    - a. Determine breathlessness
    - b. Ventilate twice
  3. Circulation
    - a. Determine pulselessness
    - b. Activate Emergency Medical Services system
    - c. Begin chest compressions
  4. Compression/ventilation cycles
    - a. Perform four cycles of fifteen compressions and two ventilations
    - b. Reassessment
    - c. Determine pulselessness
    - d. Continue cardiopulmonary resuscitation
    - e. Ventilate twice
    - f. Resume compression/ventilation cycles
- C.** Perform and identify adult foreign body airway obstruction management: conscious, including
1. Assessment
  2. Determine airway obstruction
  3. Perform Heimlich Maneuver
  4. Perform abdominal thrusts in a victim with obstructed airway who becomes unconscious
    - a. Positioning
      - i. Position the victim
      - ii. Call for help
    - b. Foreign body check: perform finger sweep
    - c. Ventilate
    - d. If airway is obstructed, perform abdominal thrusts
    - e. Foreign body check: If airway remains obstructed; perform finger sweep
    - f. Sequencing: If airway remains obstructed, repeat sequence
- D.** Perform and identify adult foreign body airway obstruction management: unconscious, including
1. Assessment
    - a. Determine unresponsiveness
    - b. Call for help
    - c. Position the victim
    - d. Open the airway
    - e. Determine breathlessness
  - 2, Breathing attempt
    - a, Ventilate
    - b. If airway is obstructed, ventilate
    - c. If airway remains obstructed, activate Emergency Medical Services system
    - d. Perform Heimlich Maneuver
  - 3, Perform abdominal thrusts
  4. Foreign body check: Perform finger sweep
    - a. Breathing attempt: Ventilate
    - b. Sequencing
    - c. Repeat sequence
- E.** Perform and identify child one-rescuer cardiopulmonary resuscitation, including
1. Airway
    - a. Determine unresponsiveness
    - b. Call for help
    - c. Position the victim
    - d. Open the airway
  2. Breathing
    - a. Determine breathlessness

- b. Ventilate twice
    - 3. Circulation
      - a. Determine pulselessness
      - b. Activate Emergency Medical Services system
      - c. Begin chest compressions
    - 4. Compression/ventilation cycles: Do ten cycles of five compressions and one ventilation
    - 5. Reassessment: Determine pulselessness
    - 6. Continue cardiopulmonary resuscitation
    - 7. Ventilate once
    - 8. Resume compression/ventilation cycles
  - F. Perform and identify child foreign body airway obstruction management: conscious, including
    - 1. Assessment: Determine airway obstruction
    - 2. Heimlich Maneuver
    - 3. Perform abdominal thrusts (only if victim's cough is ineffective and there is increasing respiratory difficulty)
    - 4. If victim with obstructed airway becomes unconscious perform
      - a. Positioning
        - i. Position the victim
        - ii. Call for help
      - b. Perform foreign body check
      - c. Perform manual removal of foreign body if one is found; DO NOT perform blind finger sweep
      - d. Perform breathing attempt: Ventilate
      - e. Perform Heimlich Maneuver
      - f. If Airway is obstructed, perform abdominal thrusts
      - g. Perform foreign body check
      - h. If airway remains obstructed perform manual removal of foreign body if one is found; DO NOT perform blind finger sweep
      - i. Perform breathing attempt: Ventilate
      - j. Perform sequencing
      - k. If airway remains obstructed; repeat sequence
  - G. Perform and identify child foreign body airway obstruction management: unconscious, including
    - 1. Perform Assessment
      - a. Determine unresponsiveness
      - b. Call for help
      - c. Position the victim
      - d. Open the airway
      - e. Determine breathlessness
    - 2. Perform breathing attempt - Ventilate
    - 3. If airway is obstructed perform ventilate
    - 4. If airway remains obstructed perform activate Emergency Medical Services system
    - 5. Perform Heimlich Maneuver
    - 6. Perform abdominal thrusts
    - 7. Perform foreign body check
    - 8. If airway remains obstructed, manual removal of foreign body if one is found; DO NOT perform blind finger sweep
    - 9. Perform breathing attempt - Ventilate
    - 10. Identify and perform sequencing: Repeat sequence
  - H. Perform and identify infant cardiopulmonary resuscitation, including
    - 1. Assess the Airway
      - a. Determine unresponsiveness
      - b. Call for help
      - c. Position the infant

- d. Open the airway
  - 2. Breathing
    - a. Determine breathlessness
    - b. Ventilate twice
  - 3. Circulation
    - a. Determine pulselessness
    - b. Activate Emergency Medical Services system
    - c. Begin chest compressions

Do ten cycles of five compressions and one ventilation
  - 4. Perform reassessment
  - 5. Determine pulselessness: Continue cardiopulmonary resuscitation
  - 6. Resume compression/ventilation cycles
- I. Perform and identify infant foreign body airway obstruction management: conscious, including
  - 1. Assess and determine airway obstruction
  - 2. Perform Back blows
  - 3. Deliver four back blow Chest thrusts
  - 4. Deliver four chest thrusts
    - a. Sequencing
    - b. Repeat sequence
  - 5. Assess if an Infant with obstructed airway becomes unconscious
    - a. Call for help
    - b. Foreign body check
    - c. Manual removal of foreign body if one is found (tongue-jaw lift, NOT blind finger sweep)
    - d. Breathing attempt
    - e. Ventilate
    - f. Back blows: deliver four back blows
    - g. Chest thrusts: Deliver four chest thrusts
    - h. Foreign body check
    - i. Airway remains obstructed; manual removal of foreign body if one is found
  - 6. Assess if airway remains obstructed; repeat sequence
- J. Perform and identify infant foreign airway obstruction management: unconscious, including
  - 1. Assessment
    - a. Determine unresponsiveness
    - b. Call for help
    - c. Position the infant
    - d. Open the airway
    - e. Determine breathlessness
  - 2. Breathing attempt
    - a. Ventilate
    - b. Airway is obstructed; ventilate
    - c. Airway remains obstructed; activate Emergency Medical Services system
    - d. Services system
  - 3. Back blows: Deliver four back blows
  - 4. Chest thrusts: Deliver four chest thrusts
  - 5. Foreign body check: Airway remains obstructed; manual removal of foreign body if one is found (tongue-jaw lift, NOT blind finger sweep)
  - 6. Breathing attempt: Ventilate
  - 7. Sequencing: Repeat sequence
- K. Perform and identify adult two-rescuer cardiopulmonary resuscitation, including
  - 1. Airway: One rescuer (ventilator)
    - a. Determine unresponsiveness
    - b. Position the victim
    - c. Open the airway

2. Breathing: One rescuer (ventilator)
    - a. Determine breathlessness
    - b. Ventilate twice
  3. Circulation: One rescuer (ventilator)
    - a. Determine pulselessness
    - b. State assessment results
    - c. Other rescuer (compressor)
    - d. Get into position for compressions
    - e. Locate landmark notch
  4. Perform Compression/ventilation cycles
    - a. Compressor: Begin chest compressions
    - b. Ventilator
      - i. Ventilate after every fifth compression and check compression effectiveness
      - ii. Minimum of ten cycles
      - iii. Call for switch when fatigued - Switch: Simultaneously switch
      - iv. Move to chest
    - c. Compressor: Move to head
  5. Continue cardiopulmonary resuscitation: Resume compression/ventilation cycles
- L. Perform and identify child two-rescuer cardiopulmonary resuscitation, including
1. Airway - One rescuer (ventilator)
    - a. Determine unresponsiveness
    - b. Position the victim
    - c. Open the airway
  2. Breathing
    - a. One rescuer (ventilator)
    - b. Determine breathlessness
    - c. State assessment results
  3. Circulation: One rescuer (ventilator)
    - a. Determine pulselessness
    - b. Ventilate twice
  4. Other rescuer (compressor)
    - a. Get into position for compressions
    - b. Locate landmark notch
    - c. Compression/ventilation cycles
  5. Compressor: Begin chest compressions
  6. Ventilator
    - a. Ventilate after every fifth compression and check compression effectiveness
    - b. Minimum of ten cycles
    - c. Call for switch
  7. Compressor
    - a. Call for switch when fatigued
    - b. Switch: Simultaneously switch
  8. Ventilator: Move to chest
  9. Compressor
    - a. Move to head
    - b. Continue cardiopulmonary resuscitation
  10. Resume compression/ventilation cycles

**2. Representative Texts and Instructional Materials:**

American Heart Association (current ed.) *Support for Healthcare Providers*. Dallas, TX: American Heart Association.

**3. Course Content:**

RESP 051X4

Page 6 of 8

Last Updated: 02/02/05

Board Approved: 5/12/05

Semester Effective: Fall 2005

- A. Cardiopulmonary resuscitation
- B. Adult one-rescuer cardiopulmonary resuscitation
- C. Adult foreign body airway obstruction management: conscious and if victim becomes unconscious
- D. Adult foreign body airway obstruction management: unconscious
- E. Child one-rescuer cardiopulmonary resuscitation
- F. Child foreign body airway obstruction management: conscious and if victim becomes unconscious
- G. Child foreign body airway obstruction management: unconscious
- H. Infant cardiopulmonary resuscitation
- I. Infant foreign body airway obstruction management: conscious and if victim becomes unconscious
- J. Infant foreign body airway obstruction management: unconscious
- K. Adult two-rescuer cardiopulmonary resuscitation
- L. Child two-rescuer cardiopulmonary resuscitation

**4. Methods of Instruction:**

- A. Lecture
- B. Video
- C. Reading assignments
- D. Demonstration of equipment and techniques as applied to patients in a variety of settings, using demonstration and return demonstration, before practice on a mannequin
- E. Handouts
- F. Overheads
- G. Mannequins
- H. Barrier devices for airways
- I. Automated External Defibrillator

**5. Assignments and Methods of Evaluation:**

- A. Pass the written examination with a score of 84% or greater mandated by the American Heart Association to receive a CPR card.
- B. Competent performance of all of the following:
  - 1. Cardiopulmonary resuscitation
  - 2. Adult one-rescuer cardiopulmonary resuscitation
  - 3. Adult foreign body airway obstruction management:
  - 4. conscious and if victim becomes unconscious
  - 5. Adult foreign body airway obstruction management:
  - 6. unconscious
  - 7. Child one-rescuer cardiopulmonary resuscitation
  - 8. Child foreign body airway obstruction management: conscious and if victim becomes unconscious
  - 9. Child foreign body airway obstruction management: unconscious
  - 10. Infant cardiopulmonary resuscitation
  - 11. Infant foreign body airway obstruction management:
  - 12. conscious and if victim becomes unconscious
  - 13. Infant foreign body airway obstruction management: unconscious
  - 14. Adult two-rescuer cardiopulmonary resuscitation
  - 15. Child two-rescuer cardiopulmonary resuscitation
- C. Grades are determined by:
  - 1. Proficiently accomplishing performance objectives and written test on first attempt for an A.
  - 2. Proficiently accomplishing performance objectives and written test on second attempt for a B.

3. Proficiently accomplishing performance objectives and written exam for a C.
4. Inability to proficiently accomplish performance objects passes written exam For D
5. Unsuccessful completion of objectives and written exam receives an F.

18. **Distributed Education Methods of Instruction:** None