**HP-CPR Time Planning Worksheet** 4.4 - 12/2022

Date:\_\_\_\_\_\_\_ Location:\_\_\_\_\_\_\_\_\_\_\_\_

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| **HP-CPR Course 4 hours** | | | | | |
| Timeline | | Module | Title | Estimated time | Notes |
|  | | | | | |
|  | Definition & Introduction | | | 10-15 min. |  |
|  | | | | | |
|  | Module **1** | | *Culture* | 10 min. |  |
|  | | | | | |
|  | Module **2** | | *Science of CPR* | 20 min. |  |
|  | | | | | |
|  | Module **3** | | *HP-CPR Overview* | 15 min. |  |
| **1:00** | | | | | |
|  | Break | | | 10 min. | *As needed and time allows* |
| **1:10** | | | | | |
|  | Module **4** | | *Initial Assessment* | 5-10 min. |  |
|  | | | | | |
|  | Module **5** | | *Chest Compressions* | 20-25 min. |  |
|  | | | | | |
|  | Module **6** | | *Controlled Ventilations* | 10-15 min. |  |
|  | | | | | |
|  | Module **7** | | *Compressions and Ventilations* | 20 min. |  |
| **2:10** | | | | | |
|  | Break | | | 10 min. | *As needed and time allows* |
| **2:20** | | | | | |
|  | Module **8** | | *Defib Familiarization* | 15 min. |  |
|  | | | | | |
|  | Module **9** | | *Coordination / Communications* | 10-15 min. |  |
|  | | | | | |
|  | Module **10** | | *Practice & Scenarios* | 30-45 min. |  |
| **3:20** | | | | | |
|  | Break | | | 10 min. | *As needed and time allows* |
| **3:30** | | | | | |
|  | \*Module **11** | | ALS Integration | 10-30 min. | *Video only or Practice* |
|  | | | | | |
|  | \*Module **12** | | Mechanical CPR | 15-60 min. |  |
| **4:00** | | | | | |
|  | Wrap up and \*Evaluations | | | 5-15 min. |  |
| **4:15** | **End of Class** | | | | |

Enter planned times in “Timeline” column. At the beginning of each module tell Pod Managers how long the module will take or give them a copy of the Worksheet. If all Pods finish a module ahead of schedule, no need to take full time; move to next module.