

High Performance CPR (HP-CPR) Course Objectives

Overall Objective: Given 2 or more providers, BLS/ALS equipment, and an instrumented manikin, demonstrate assessment and treatment for: Cardiac Arrest.

1. Single Rescuer Skills:

- 1.1 Wear appropriate PPE: (minimum - eye protection and gloves)
- 1.2 Minimize pauses
- 1.3 Perform Initial Assessment - check for LOC, breathing and pulse < 10 sec
- 1.4 Perform Chest Compressions with good body mechanics (use metronome):
 - 1.4.1 Depth of 50-60 mm
 - 1.4.2 Complete Recoil
 - 1.4.3 Rate of 110
- 1.5 Perform ventilations w/BVM to achieve initial chest rise (350-500 ml)
- 1.6 Demonstrate use of AED or Monitor/Defibrillator:
 - 1.6.1 Attach patches
 - 1.6.2 Announce: “Analyzing” / “Clear” / “No Shock Advised” or “Shocking” / “Shock Delivered”
 - 1.6.3 Deliver a defibrillatory shock

2. Team Skills:

- 2.1 Minimize Pauses
- 2.2 Coordination and Communications - Use and respond to HP-CPR Commands:
 - 2.2.1 “Hover”
 - 2.2.2 “Rotate”
 - 2.2.3 “Start CPR” / “Stop CPR”
 - 2.2.4 “Switch”
 - 2.2.5 “Check Pulse” (Femoral)
 - 2.2.6 “Analyzing” / “Clear” / “No Shock Advised” or “Shocking” / “Shock Delivered”
 - 2.2.7 Count Compressions i.e.: “27, 28, 29, 20” (30:2) or “8, 9, 10” (Continuous Compressions)
 - 2.2.8 Countdown, i.e.: “30 seconds” / “15” / “10, 9, ...3, 2, 1”

2.3 Understand responsibilities and demonstrate skills of:

- 2.3.1 Assessor
- 2.3.2 Compressor
- 2.3.3 Ventilator
- 2.3.4 AED
- 2.3.5 Monitor/Defibrillator operator
- 2.3.6 Timekeeper

2.4 Ventilations with Compressions:

- 2.4.1 30:2 - 2 ventilations 2-3 seconds (total time)
(Compressor controls pause)
- 2.4.2 Continuous Compressions with interposed ventilation < 1 sec
(Deliver on the upstroke of the 10 compression)

3. Peer Feedback / Coaching:

- 3.1 Continuously evaluate Team HP-CPR performance
- 3.2 Give and receive peer feedback/coaching

4. Participate in class discussion including:

- 4.1 Positive attitude
- 4.2 Constructive, respectful, professional interaction
- 4.3 Self-reflection on personal insights and performance

5. Complete Course Evaluation