**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. |  |
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|  | 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. |  |
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|  | Module **5** | *Chest Compressions* | 20-25 min. |  |
|  |
|  | Module **6** | *Controlled Ventilations* | 10-15 min. |  |
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|  | 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.