

Appendix 1

RECOGNIZING AND RESPONDING TO LIFE THREATENING SITUATIONS

EXPECTED OUTCOMES

After completing this module, it is expected you will be able to do the following:

- * stay calm;
- * apply basic emergency action principles of first aid;
- * identify life threatening situations;
- * make decisions and take appropriate steps to keep a victim alive, and keep injuries from getting worse until the emergency medical services system arrives;
- * demonstrate appropriate treatment for life threatening emergencies, including rescue breathing, obstructed airway techniques for conscious and unconscious victims, cardio-pulmonary resuscitation, severe bleeding and shock;
- * demonstrate appropriate technique for determining secondary injuries; and
- * demonstrate appropriate treatment for caring for secondary injuries and sudden illness including burns, eye and nose injuries, bites and stings, fractures, dislocations, sprains, strains, poisoning, diabetic emergencies, stroke, seizure, exposure to heat or cold, and emergency transport of endangered victims.

DESCRIPTION

This module covers life threatening and potential life threatening situations, how to recognize them when they occur, and what specific actions you must take to deal with them once they have happened.

This module consists of two components, either:

- 1) the American Red Cross Adult CPR course or the American Heart Association Heartsaver, BLS-C course including primary care for the victim of breathing cardiac emergencies; and
- 2) the American Red Cross Standard First Aid course, including the basic emergency action principles and skills of first aid that are needed for the emergency care of the injured and ill until medical care can be obtained.

Material on CPR will either be the American Red Cross Adult CPR course or the American Heart Association Heartsaver, BLS-C course. Whichever course is offered, you will attend a scheduled classroom session, view a film/video of rescuer skills, participate in skill practices, perform a return demonstration of practical skills, and complete an assessment test of knowledge.

Material on First Aid will be the American Red Cross Standard First Aid course. You will attend a scheduled classroom session, view film/video of treatment skills, participate in class discussion and workbook assignments, participate in skill practices, perform a return demonstration of practical skills and complete an assessment test of knowledge.

Time frames for these courses are tight. Please make a particular effort to arrive on time or early. Wear loose, comfortable clothing; a comfortable shirt and slacks are recommended. You will be participating in practice sessions and performing return demonstrations which include floor work. Avoid wearing jewelry that can catch or break.

HEALTH PRECAUTIONS

Practice sessions require strenuous activity. If you have any medical condition or disability that might prevent you from taking part in practice sessions, please contact your instructor prior to class so that alternative arrangements can be made for you to participate. Full participation is necessary to achieve successful completion and certification. In some cases where skills are unable to be demonstrated satisfactorily or full participation cannot be achieved, certification may not be possible.

If you have any of the conditions listed below, you should contact your instructor prior to class for advice on your ability to fully participate:

- * If you have any cuts or sores on your hands, head, face, lips or mouth (for example, cold sores).
- * If you are known to be sero-positive for Hepatitis B surface antigen (HBsAG).
- * If you have any respiratory infections, such as a cold or sore throat.
- * If you have recently been exposed to, or are showing symptoms of, any infectious disease (such as cold, flu, impetigo, etc.).

Skill practice checklists and reading materials required for CPR and First Aid will be provided by the trainers during the scheduled classroom experiences.

Information on environmental emergencies (tornados, etc.) is covered in Module 6.

ASSESSMENT

Successful completion and certification in this module is based on the following factors:

American Red Cross CPR - consists of a 4-hour session in which you will be taught Adult CPR. After completion of a written test of 25 questions with a minimum score of 80%, and a satisfactory return skills demonstration of rescue breathing, obstructed airway techniques for both conscious and unconscious victims and one rescuer adult victim CPR to an American Red Cross instructor, you will be awarded an Adult CPR card which will be valid for one year. A renewal of this card is required every year.

OR

American Heart Association CPR - will consist of a 6-8 hour session. A written evaluation will be used for all classes. Number of questions will vary according to instructor, and minimum passing score is 80%. You will also need to complete a satisfactory return skills demonstration of the adult, one-rescuer CPR, pediatric (infant and child) rescuer CPR, the adult foreign body airway obstruction, two-person adult CPR, two-person pediatric (infant and child) CPR. Module 7 on mouth-to-mask ventilation and cricoid pressure is optional, but still recommended and may be required by some instructors. Upon completion of these objectives, as verified by an American Heart Association instructor, you will be awarded a two-year BLS-C card. A renewal of this card is required every two years.

AND

First Aid - will be provided only through the American Red Cross and will consist of approximately 3 hours. During this course, you will be taught standard first aid to act in

emergency situations and to act as the first link in the emergency medical services system. After completion of a 25-question, multiple-choice test of knowledge covering critical information, and a satisfactory return demonstration of bleeding control techniques and splinting techniques for fractures, sprains and strains to a American Red Cross First Aid instructor, you will receive the American Red Cross Standard First Aid Certificate, valid for three years. A renewal of this certification every three years is required.

Upon successful completion of all factors and the attainment of the CPR and First Aid certificates, you will have obtained completion of this module.

NOTE: If you possess a minimum current certification in American Red Cross Adult CPR or American Heart Association Heartsaver, BLS-C that will not expire within the next six (6) months, you will not be required to repeat the CPR course. Show your certificate to your trainer (prior to the scheduled class) so that you can receive the necessary credit.

If you possess a minimum current certification in American Red Cross Standard First Aid that will not expire within the next six (6) months, you will not be required to repeat the First Aid course. Show your certificate to your trainer (prior to the scheduled class) so you can receive the necessary credit

CLASSROOM EXPERIENCE

CARDIO-PULMONARY RESUSCITATION (CPR)

LEARNING OBJECTIVES

As a result of completing this classroom experience, which includes in-class reading, review questions, discussion, film/video, skill practice, return demonstration and assessment, it is expected you will be able to:

1. recognize that heart and blood vessel diseases are the most common causes of death in the U.S.;
2. recognize important risk factors associated with heart attack and ways to reduce your risk of dying from a heart attack;
3. recognize the signals and symptoms associated with heart attack;
4. give first aid to a person who exhibits or complains of signals/symptoms of heart attack to reduce the risk of cardiac arrest;
5. demonstrate emergency action principles including proper sequencing of steps necessary to determine the need to begin basic life support in an emergency situation:
 - (a) procedure for determining "unresponsiveness"
 - (b) calling for help
 - (c) turning the victim - positioning
 - (d) performing a primary survey of airway, breathing and circulation;

6. recognize when Rescue Breathing is necessary and appropriate;
7. recognize when a victim's airway is obstructed;
8. recognize when CPR is necessary and appropriate;
9. recognize the responsibilities and limitations of a rescuer in administering CPR;
10. demonstrate proper techniques for administering care using the following individual skills:
 - (a) airway management
 - (b) rescue breathing
 - (c) obstructed airway techniques
 - (d) external cardiac compressions;
11. demonstrate proficiency in using combined skills in the following simulated full sequence situations that require you to determine proper emergency care for a victim to keep the brain and/or heart of the victim supplied with oxygen until more definitive care is available:
 - (a) breathing emergency
 - (b) choking emergency, conscious victim
 - (c) choking emergency, unconscious victim
 - (d) cardiac arrest;
12. know how to use your community's emergency medical services (EMS) system effectively.

CLASSROOM EXPERIENCE

FIRST AID

LEARNING OBJECTIVES

As a result of completing this classroom experience, which includes in-class reading, review questions, discussion, film/video, skill practice, return demonstration and assessment, it is expected that you will be able to:

1. stay calm and apply basic emergency action principles of first aid;
2. demonstrate emergency action principles including proper sequencing of steps necessary to determine the need to begin basic life support in an emergency situation:
 - (a) procedure for determining "unresponsiveness"
 - (b) calling for help
 - (c) turning the victim
 - (d) performing a primary survey of airway, breathing and circulation;
3. recognize that breathing emergencies, choking, heart attack, strokes, heavy bleeding, poisoning and shock are life threatening situations;
4. make decisions and take appropriate steps to keep a victim alive and keep injuries from getting worse until the emergency medical services system arrives;

5. demonstrate the proper techniques for controlling bleeding and shock:
 - (a) direct pressure
 - (b) elevation
 - (c) pressure bandage
 - (d) pressure points
 - (e) maintaining body temperature and position;

6. know the appropriate technique for determining secondary injuries in a conscious victim:
 - (a) interview victim using a systematic examination of the victim from head to toe;

7. demonstrate appropriate techniques for splinting and/or immobilizing a strain, sprain or suspected fracture of two or more of the following:
 - (a) forearm
 - (b) arm or shoulder
 - (c) leg
 - (d) ankle;

8. identify proper treatment for caring for each of the following secondary injuries and sudden illnesses:
 - (a) burns
 - (b) eye and nose injuries
 - (c) bites and stings
 - (d) poisoning
 - (e) diabetic emergencies
 - (f) stroke

- (g) seizure
 - (h) exposure to heat or cold;
9. understand when to move a victim and how;
 10. demonstrate your ability to make decisions and take appropriate steps to keep a victim alive and keep injuries from getting worse until the emergency medical services system arrives using combined skills in simulated full sequence situations, and
 11. know your role in the chain of survival and how to use your community's emergency medical services (EMS) system effectively.

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