



# Public Health – Seattle and King County Emergency Medical Services Division

## CPR in the Schools

### Lesson # 5- Putting it into Practice

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# Lesson #5: Putting It Into Practice

## Lesson Objectives:

In this lesson you will be able to

- » demonstrate how to appropriately respond to cardiac and choking emergencies
- » identify the appropriate procedures for responding to cardiac and choking emergencies
- » describe how confident you are in responding to cardiac and choking emergencies



# Responding to Cardiac and Choking Emergencies

Do you know **HOW** to respond appropriately?

You will show this by:

1. Roleplaying various scenarios (shows you can respond appropriately)
2. Taking a Competency Exam (shows you know the information)

Do you **BELIEVE** that you can respond appropriately?

You will show this by taking the Confidence Post-Assessment.



# Roleplay # 1 Roles

1. Responder
2. 911 Call-taker
3. Peer Assessor (Adult CPR Checklist)
4. Peer Assessor\*



# Roleplay #1: Cardiac Emergency

You are staying late for a basketball practice at school and are one of the last ones to leave.

You go into the locker room to get your stuff and see your coach lying on the ground next to his office. **No one else is in the locker room.** There is no AED in the school.



# Roleplay # 2 Roles

1. 911 Call-taker
2. Responder
3. Peer Assessor (Infant Choking/CPR Skills Sheet)
4. Peer Assessor\*

# Roleplay #2: Infant Choking & CPR



You are babysitting for your 9-month old nephew. You are home alone. When he is crawling around on the floor, he finds a small toy and puts it in his mouth. He is sitting on the ground and he looks like he is having trouble breathing. He has swallowed the toy. You get closer and you notice that he is not breathing.

# Roleplay # 3 Roles

1. Peer Assessor (Adult CPR Skills Sheet)
2. Co-Responder
3. Responder
4. 911 Call-taker\*



# Roleplay #3: Using an AED

You and another teammate walk into the locker room and see your coach lying on the ground next to his office.

Your teammate tells you to call 911 and get an AED, as he starts CPR.



# Roleplay # 4 Roles

1. Co-Responder/Call 911
2. Peer Assessor (Child CPR Checklist)
3. 911 Call-taker\*
4. Responder



# Scenario #4:

## Choking Child & CPR

You are at your friend's house when his six year old brother swallows a piece of hamburger that gets stuck in his throat.

He isn't coughing and can't breathe.

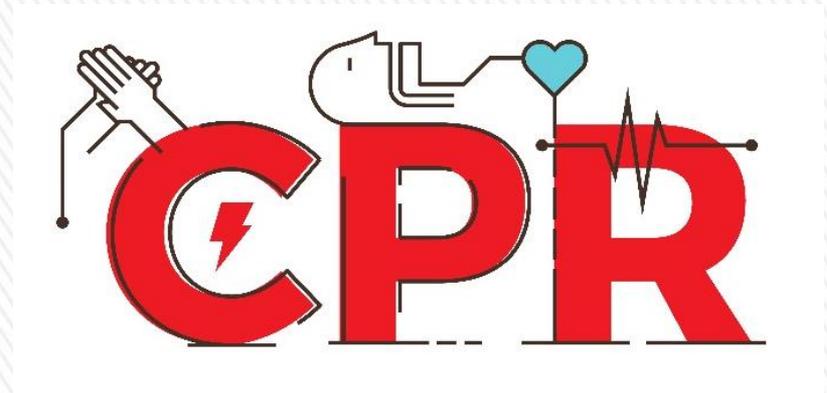


# CPR & AED Training

**Did you**

» Learn the Plays?

» Practice the Skills?



**Do you feel** that you have the knowledge and confidence to respond appropriately in an emergency so that you can **Save a Life?**

# Competency Exam Directions

- » Circle the letter of the correct response for each of the questions

# Confidence Assessment Directions

- » Circle the letter of the response that best matches how confident you feel in responding to each of those emergencies **right now**

# Credits

## King County Emergency Medical Services

- > *Anne Curtis, CPR/PAD Program Manager, KC EMS Division*
- > *Bosaiya, KC Emergency Medical Services, Videographer*

## Gonzaga University

- > *Nichole Calkins, Ed.D., Assistant Professor of Physical Education Pedagogy: designed/created curriculum components: lessons, PPTs, handouts*

## Highline School District

- > *Claudia House, Middle School Health teacher: reviewed lessons*

## Shoreline Fire Department

- > *Gabriel DeBay; Shoreline Fire Department; Firefighter Paramedic, MICP, BLS Instructor*

## Eastside Fire & Rescue

- > *Michele Overholt, Eastside Fire & Rescue, FF/EMT, BLS Instructor*

## The Voice Guy

- > *Jim Cissell, Video Voiceover*