
AED

Learning Objectives:

1. Operate an Automated External Defibrillator (AED)
2. Understand how to register an AED In King County

AGENDA

This lesson can be added to the Adult Hands Only CPR lesson plan, following Step 5- “Observe class participants practicing CPR skills using manikins”

- Describe how an AED works
- Describe and demonstrate how to use an AED
- Explain AED registration in King County

MATERIALS NEEDED

- AED Trainer/ Pads
- Adult CPR manikin
- Cell phone loaded with Pulse Point AED
- Pulse Point brochures

ACTIVITY

1. DESCRIBE HOW AN AED WORKS

- An AED is a device that analyzes the heart’s rhythm in a person suffering a possible sudden cardiac arrest. The AED looks for a certain type of abnormal heart rhythm that causes cardiac arrest and will correct this rhythm with a shock. The shock can be lifesaving.
- The AED will only deliver a shock if it is truly needed
- The shock may return the heart to a normal rhythm and normal function
- You don’t need to be certified or take a course to learn how to use an AED. It is easy to use and designed to prompt you through its use

2. DESCRIBE AND DEMONSTRATE HOW TO USE THE AED

- Call 911 and continue compressions
- Turn on AED
- Expose patient’s bare chest
- Apply pads according to pictures on the pads
- Follow AED prompts (when advised by the AED, clear the patient and stop chest compressions)
- Return to performing compressions after shock is delivered, or AED advises to restart CPR
- Continue with compressions until AED re-analyzes heart rhythm (about every two minutes) or the patient awakens



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3. OBSERVE PARTICIPANTS PRACTICE APPLYING AED PADS TO ADULT MANIKIN AND PROVIDE FEEDBACK AS NECESSARY

4. EXPLAIN AED REGISTRATION IN KING COUNTY

- Public AEDs must be registered with King County (RCW 70.54.310)
- The location of the AED will be provided to 911 dispatchers
- If there is an AED where the caller is located, 911 will tell them where to find it. This direction makes it easier for the caller to find the AED
- If you have an AED at work, school, place of worship, etc. you can register it at www.kingcounty.gov/aed

5. EXPLAIN PULSE POINT AED Mobile app

- People can download Pulse Point AED to report and update AEDs they see in the community
- Verified AEDs will be displayed in the app
- Demonstrate the Pulse Point app
- Hand out Pulse Point brochures

6. QUESTIONS

Adaptations for limited English/VPSI communities:

- Instructors teach lesson in native language of students
- Use Interpreters to assist with lecture portion of lesson plan
- Allow for additional hands-on practice with instructor observation and feedback
- Be aware of cultural norms around touching others while applying AED pads to patient
- Supplement with written materials in native language
- Some AEDs can be switched to give instructions in other languages