

Lesson 1

Child CPR AED Introduction

9 minutes



Discussion

- Describe the course agenda for Child CPR AED.
 - Inform students of breaks you have scheduled during this portion of the class.
- Remind students what they will learn in Child CPR AED. At the end of Heartsaver Child CPR AED, students will be able to
 - Describe how high-quality CPR improves survival
 - Explain the concepts of the Chain of Survival
 - Recognize when someone needs CPR
 - Give effective breaths by using mouth-to-mouth or a mask
 - Perform high-quality CPR for a child
 - Describe how to perform CPR with help from other bystanders
 - Demonstrate how to use an AED on a child
 - Describe when and how to help a choking adult or child
- For further detail on the video and scenarios to be shown during the course, refer to the course path outlines in Part 4: Additional Resources in the instructor manual.
- Remind students of the course completion requirements:
 - Students must pass the Child CPR Skills Test.
 - To pass the optional exam, students must score at least 84%.



Play Video

The video will show and discuss

- Child CPR AED



Practice While Watching (Optional)

These videos are optional:

- Scene Safety and Assessment
- Chest Compressions
- Giving Breaths (Mouth-to-Mouth)

Lesson 2

Use an AED (Child)

14 minutes

Part 1: Using an AED

Part 2: Putting It All Together

Learning Objective

Tell students that at the end of this lesson, they will be able to

- Demonstrate how to use an AED on a child

Instructor Tips

- When leading a discussion, ask your students open-ended questions that focus on their perspective to engage their minds and increase their participation.
- When answering a question, acknowledge the individual with eye contact, and then answer to the entire room, coming back to the questioner periodically.
- There may be multiple sets of pads (for an adult, child, or infant) supplied with the AED. The focus of this lesson is the use of an AED on a child.



Student Workbook

Students can turn to the Use an AED section in CPR and AED Use for Children in the student workbook to follow along.



Play Video

The video will show and discuss

- How to use an AED



Video Pauses: AED Review

During the pause, show students the AED trainer and

- Explain how to use the AED trainer
- Emphasize following the AED prompts
- Remind students that the AED trainer in class will not give a real shock
- Direct students to have the AED trainers accessible
- Tell students they are now going to practice using the AED
 - Remind students of these AED special considerations: the person
 - Is lying in water or water is covering the chest
 - Has an implanted defibrillator or pacemaker
 - Is wearing jewelry



Students Practice: Using an AED

- Lead students by teaching the steps for using an AED. First show the steps while using your AED trainer, and then have students practice.

Instructions for Students

- Turn the AED on and follow prompts.
 - Turn it on by pushing the On button or lifting the lid.
 - Follow the prompts, which will tell you everything you need to do.
- Attach the AED pads. Before you place the pads, quickly scan the child to see if there are any special situations that might require additional steps (see Special Situations in the CPR and AED Use for Children section of the student workbook).
 - Use the child pads if the child is an infant to 8 years old. If child pads are not available, use adult pads.
 - Use adult pads if the child is older than 8 years.
 - Peel away the backing from the pads.
 - Following the pictures on the pads, attach them to the child's bare chest. Make sure the pads do not touch each other. If the pads will touch, put one pad on the child's chest and the other on the child's back.
 - Plug the pads connector into the AED if necessary.
- Let the AED analyze.
 - Loudly state, "Clear," and make sure that no one is touching the child.
 - The AED will analyze the heart rhythm.
 - If a shock is not needed, resume CPR.
- Deliver the shock if needed.
 - Loudly state, "Clear," and make sure that no one is touching the child.
 - Push the Shock button.
 - Immediately resume CPR.



Play Video

The video will show and discuss

- Putting it all together (child CPR AED)



Video Pauses

- Tell students they will practice putting it all together by practicing scene safety and assessment, providing chest compressions, giving breaths (with a mask or mouth-to-mouth), and using an AED. Students will complete 2 cycles of 30 compressions and 2 breaths.
 - On the Child CPR Skills Test, you have the option to test students on giving breaths mouth-to-mouth or giving breaths with a mask. Have students practice the skill for giving breaths that they will be tested on.
- Have students position themselves at the side of their manikins to begin practice. Students need to count out loud while providing compressions.



Students Practice: Putting It All Together

- Lead students by teaching the steps of scene safety and assessment, child compressions, giving breaths (with a mask or mouth-to-mouth), and using an AED. Refer to each skill in this lesson plan for detailed steps.
- Observe students and provide positive and corrective feedback on their performance.
 - Coach students on strengthening child high-quality CPR.
- Repeat the practice segment as many times as needed for all students to complete the practice session.

Lesson 3

Child CPR Skills Test

15 minutes

Instructor Tips

- For skills testing, it is important to be prepared and organized with student skills testing checklists. Review these before class, and have all materials ready to properly test students on every step.
- During skills testing, be efficient with the use of multiple instructors in the room, assigning each a different role, especially when there is a high volume of students in the classroom. This will ensure effective remediation, a smooth process, and efficiency for completing the class on time.
- Make sure students are provided a private setting for skills testing.



Discussion

Before the Child CPR Skills Test, read the following testing script aloud to the student (may be read to all students at once):

"This test is like a realistic emergency situation: You should do whatever you think is necessary to save the child's life. You will have to determine for yourself what you need to do. For example, if you check the response on the manikin and there is no response, then you should do whatever you would do for a person who is not responding. I will read a short scenario to you, but I won't be able to answer any questions. You can treat me like another rescuer who has arrived with you and tell me to do something to help you. If you make a mistake or forget to do something important, you should not stop. Just do your best to correct the error. Continue doing what you would do in an actual emergency until I tell you to stop. Do you have any questions before we start?"



Skills Test

- Refer to the Understanding the Child CPR Skills Testing Checklist section and the critical skills descriptors for specific direction on how to test students on child CPR skills. These are found in Part 4: Additional Resources in the instructor manual.
 - Check off each skill as the student demonstrates competency per the critical skills descriptors.
- After starting, if the student asks any questions about the skills or sequences, you should not give them the answer. Rather, tell the student, "Do what you think is best right now." If the student asks questions about what to do with the manikin, tell the student, "Check the manikin yourself and do what you think is needed to save a life." If the student seems unsure, do your best to explain that they will be assessing the manikin and doing whatever is necessary.

Remediation

For students who need remediation, follow these steps and refer to the remediation lesson plan.

- Determine where the students are having trouble during their Child CPR Skills Test.
- If needed, replay sections of video or practice skills to ensure learning.
- Retest skills as necessary.
- Some students may need additional practice or may need to repeat the course to demonstrate skills competency and to achieve a course completion card.

Lesson 4

Child Choking

3 minutes

Learning Objective

Tell students that at the end of this lesson, they will be able to

- Describe when and how to help a choking child



Student Workbook

Students can turn to Choking in an Adult, a Child, or an Infant in the student workbook to follow along.



Play Video

The video will show and discuss

- Child choking
 - Relief of choking in a responsive child
 - Relief of choking in an unresponsive child



Discussion

Review child choking with students by asking the following:

- Where should you give thrusts for a severely choking child?
 - Slightly above the belly button for abdominal thrusts
 - For a large child: Center of the chest for chest thrusts
- What is different about your body position when you give thrusts to a child vs when you give thrusts to an adult?
 - You may need to kneel to perform thrusts because of the child's size.
- What should you do for a choking child who becomes unresponsive?
 - Lower the child gently to the ground and start CPR. Every time you open the airway to give breaths, look for the object in the back of the throat. If you see an object, take it out. Do not perform a blind finger sweep.

If students would like to practice their hand placement for abdominal thrusts for the relief of choking in a child, students can place hands on themselves with your review or (optional) you can allow the students to practice hand placement on you.

If teaching additional topics, skip the conclusion at this time and go to the Infant CPR or First Aid Lesson Plans.

Lesson 5

Conclusion

2 minutes

Instructor Tips

- When summarizing what the course has covered, allow students to lead this discussion at times by asking 1 or 2 students (maximum, for class time efficiency) what they observed/learned during the course.
- During the summary and closing, provide students with clear direction on how they can further study and seek out additional resources provided by the AHA to help with postclassroom training.



Play Video

The video will show and discuss

- Conclusion



Discussion

To conclude the course:

- Thank students for their participation.
- Summarize what students learned during the course. Refer to the course path outlines found in Part 4: Additional Resources in the instructor manual.
- Make sure that students complete the evaluation form.