



**Irish Heart  
Foundation**

## **INSTRUCTOR PACK**

# **IRISH HEART FOUNDATION CERTIFIED CARDIAC FIRST RESPONSE (CFR) COMMUNITY COURSE OUTLINE 2022**

**Please Note:** The Information contained in this document relates solely to Cardiac First Response Community Courses taught through the Irish Heart Foundation's CPR & ECC Training Programme.

**The course standards and requisites contained in this document may differ from those used by other PHECC recognised institutions, however they must be adhered to for ALL IHF recognised CFR Community Courses.**

**Our Mission:  
To Strengthen the Chain of Survival in Every  
Community**

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**Please note that this document refers to the Irish Heart  
Foundation certified CFR Community Course only**

## **CARDIAC FIRST RESPONSE TRAINING**

The Irish Heart Foundation (IHF) is recognised to provide Cardiac First Response (CFR) Community at both provider and instructor level by the Pre-Hospital Emergency Care Council (PHECC).

PHECC is an independent statutory agency with responsibility for standards, education, and training in the field of pre-hospital emergency care. PHECC is the Irish EMS regulator and maintains a statutory register of pre-hospital emergency care practitioners.

The Irish Heart Foundation (IHF) is dually recognised by the American Heart Association (AHA) as an International Training Centre and by the Irish Pre-Hospital Emergency Care Council (PHECC) as a recognised training institution. In providing the CFR Community Course, the Foundation uses the standard IHF/AHA Heartsaver CPR AED course **OR** the BLS Provider course as the course basis with the additional *IHF Supplement* module from the CFR Course added to cover the appropriate PHECC CFR Course requisites.

Please note that if instructors are providing the CFR courses through other PHECC recognised training institutions they are required to solely use the PHECC materials (PHECC course videos and instructor manual) and follow the standard PHECC protocols and course requisites. Where an instructor is teaching the course through the Irish Heart Foundation's programme and issuing an IHF/PHECC certificate the course must use either the AHA Heartsaver CPR AED or BLS Provider Course as its basis followed by the appropriate *IHF Supplement* module on the PHECC CFR Course following the Foundation's requisites.

## **INSTRUCTOR REQUISITES**

Dually certified IHF/AHA and IHF/PHECC CFR Instructors can deliver the CFR Community Course through the Foundation's programme where they are currently certified. To maintain certification as a PHECC CFR instructor 4 CFR community courses need to be taught in the previous two years prior to recertification.

Please note during guideline changes, instructors may be required to do an online update or products orientation course.

## IHF CFR COMMUNITY COURSE DELIVERY

When taught through the Irish Heart Foundation's Programme the CFR Community Course can be made relevant to the students who are completing the course by choosing the appropriate IHF/AHA course to be used as its basis.

General public should complete a CFR Community Course where the Heartsaver CPR AED Course, including adult and infant modules is used. Please note that the child module is optional due to the similarities in the PHECC Child and Adult BLS CPGs and this forms the basis of course. Healthcare professionals should complete the BLS Provider Course. The chosen IHF/AHA course should then be followed by the CFR *IHF Supplement* Module on the PHECC CFR Course.

Please note that all BLS & Heartsaver Instructors should be using the updated AHA materials ((2020) for all courses and should no longer be using interim materials.

**The Foundation will only recognise CFR Courses where the course format follows that set by the IHF and will not recognise any variations including those being taught by other PHECC recognised institutions.**

## CFR INSTRUCTOR CERTIFICATION

It should be noted that completing online AHA and CFR Instructor updates **is not instructor recertification**. Instructors will maintain the same certification date as they held with their previous CFR Community certification. New instructor cards will only be issued when instructor renewal is completed. Instructor renewal is completed by IHF provincial faculty members only.

It is not compulsory for IHF/AHA Instructors to retain dual IHF/AHA and IHF/PHECC Certification. If CFR Instructor certification lapses while IHF/AHA certification is maintained Instructors can continue to teach IHF/AHA Courses but will be uncertified to teach the CFR Courses.

**Please note: Certified IHF/AHA Instructors who do not hold current PHECC CFR Instructor Certification are not certified to teach the CFR Course through the Irish Heart Foundation's Programme.**

## **INSTRUCTOR – STUDENT RATIO**

All PHECC CFR Community Courses being taught and recognised through the Irish Heart Foundation's programme **MUST** be taught with a maximum instructor to student ratio of **one instructor: six candidates**.

Other PHECC recognised institutions may use different ratios but for IHF recognised PHECC CFR Courses there are to be no exceptions to the one instructor: six candidates' ratio.

## **PHECC CFR COMMUNITY COURSE MATERIALS**

In order to deliver the IHF CFR Community Course PHECC materials are required in addition to the standard AHA course materials. The following materials are available to purchase from the IHF:

- CFR Community Student Handbook
- CFR Community Instructor Handbook

**You will find the video to run the CFR course in the CFR section of the instructor portal, please follow the instructions on the link provided to download and access the course.**

### **CFR Community Student Handbooks:**

It is strongly recommended that each student on a PHECC CFR Community Course is given a copy of the CFR student handbook. This handbook should be used in addition to the IHF/AHA texts. Please note that PHECC have set a maximum retail price to students for the CFR Community Student Handbooks of €6 each.

Please remember the above PHECC materials should be used **in addition to** the standard IHF/AHA Course materials, i.e. texts, MCQs, skills assessment sheets, etc.

We would strongly recommend that instructors review and make sure they are familiar with the CFR instructor manual and CFR Community Student Handbook. Specifically reading pages 5 – 14 of the CFR Instructor Manual will provide information regarding the course menu screens, course icons, sections of the CFR course along with course planning and preparation.

## **COURSE COMPLETION CARDS & PAPERWORK**

The IHF CFR Community Course uses IHF/AHA Courses as a base for each course therefore IHF CFR Community Courses are dually certified as IHF/AHA **and** IHF/PHECC courses.

Candidates who successfully complete an IHF CFR Community Course should therefore be issued with:

An IHF/AHA Heartsaver CPR AED Provider Card

**OR**

An IHF/AHA BLS Provider Card

**AND**

An IHF/PHECC CFR Community Card

**IHF CFR Community Course completion cards are issued by the Irish Heart Foundation directly to Training Sites and can only be ordered by Training Site Coordinators.**

When submitting CFR Community post course paperwork please ensure that it is noted which AHA course was used as the basis for each course, e.g. CFR Community HS if the Heartsaver CPR AED course was used or CFR Community HCP if the BLS Provider was used. Instructors should also ensure that a record of the CFR card numbers issued to candidates is included with post-course paperwork.

## STUDENT ASSESSMENT

The relevant IHF/AHA skills assessment sheets (Heartsaver CPR AED or BLS Provider) should be used for **ALL** skills assessments on an IHF CFR Community Course. Skills assessment sheets are available from your Training site Coordinator. The PHECC skills assessment sheets therefore do not need to be used on the IHF CFR Community Course.

There is no PHECC CFR Community written exam however where the BLS Provider Course is used as a basis for the course the BLS Provider written exam **must** be completed.

No adjustments, variations or alternatives are acceptable to any assessments or exams and please note that interim assessment sheets/exams should no longer be used.

Evaluation forms should be completed by candidates for all courses being recognised by the IHF including the CFR Courses. There is a suggested Post Course Evaluation Form on page 8 of this document or you may use your own evaluation form to gain post course feedback from candidates.

## TIMETABLE FOR STANDARD IHF CFR COMMUNITY SUPPLEMENT MODULE

General public should complete a Heartsaver CPR AED Course (including adult and infant modules. Please note that the child module is optional due to the similarities in the PHECC Child and Adult BLS CPGs) and healthcare professionals should complete the BLS Provider Course. This should then be followed by the standard CFR *IHF Supplement* Module for CFR Community as detailed below.

On the PHECC CFR Course Main Menu Instructors should click on the ***IHF Supplement*** title which appears on the opening screen and on the following screen select ***CFR Community*** and the course will then proceed as follows:

<b>Section</b>	<b>Description</b>	<b>Type of Lesson (approx minutes)</b>
<b>1</b>	Introduction	Watch (15 mins)
<b>2</b>	Stroke	Watch & Practice (2½ mins + practice time)
<b>3</b>	Heart Attack	Watch & Practice (4 mins + practice time)
<b>4</b>	Patient Handover & CFR Report	Watch & Practice (2 mins + practice time)
<b>5</b>	Infection Control	Watch & Practice (2½ mins + practice time)
<b>6</b>	Post Event	Watch (4 mins)
<b>7</b>	Team Resuscitation	Watch & Practice (8½ mins + practice time)
<b>8</b>	Course Conclusion	Watch (1 min)

**Instructors and Cardiac First Responder groups may also find the modules on the main menu titled *CFR Responder Groups* and *CFR Extras* useful for further skills refresher sessions for participants.**



## LESSON PLANS FOR IHF CFR COMMUNITY SUPPLEMENT MODULE

Section	Description	CFR Instructor Manual Reference	CFR Student Handbook Reference	PHECC CPG/Medication Formulary
<b>1</b>	Introduction	Section 1: Introduction Page 15	Section 1: Introduction Pages 6, 7, 8 & 9	-
<b>2</b>	Stroke	Section 22: Stroke Page 37	Section 8: Stroke Pages 34 & 35	CPG: Stroke (page 52 of Student Handbook)
<b>3</b>	Heart Attack	Section 23: Heart Attack Page 38	Section 9: Heart Attack Pages 36 & 37	CPG: Cardiac Chest Pain – Acute Coronary Syndrome (page 51 of Student Handbook) Medication Formulary: Aspirin (page 56 of Student Handbook)
<b>4</b>	Patient Handover & CFR Report	Section 24: Handover and CFR Report Page 39	Section 11: Patient Handover and the CFR Report Page 40	CFR Report Form (page 46 of Student Handbook)
<b>5</b>	Infection Control	Section 25: Infection Control Page 40		
<b>6</b>	Post-Event Issues	Section 26: Post Event Issues Page 41	Section 12: Additional Information Pages 41, 42 & 43	
<b>7</b>	Team Resuscitation	Section 16: Team Resuscitation Page 30	Section 10: Team Resuscitation Pages 38 & 39	CPG: Basic Life Support Adult (page 47 of Student Handbook) CPG: Team Resuscitation (page 55 of Student Handbook)
<b>8</b>	Course Conclusion			

## QUERIES

It is every instructor's responsibility to ensure they deliver CFR training through the Foundation's programme following the appropriate course ratios and training standards as set out in this document alongside the CFR instructor manual and student handbook and the AHA Heartsaver and BLS instructor manuals (as appropriate).

If you have any queries regarding the delivery of the CFR Community, or any IHF course please don't hesitate to contact the Resus Department at the Irish Heart Foundation at [resus@irishheart.ie](mailto:resus@irishheart.ie) or by phone at 01 668 5001 to talk to anyone in the team.

## OTHER RESOURCES

- PHECC CFR Instructor Manual
- PHECC C CFR Community Handbook
- IHF BLS & Heartsaver Instructor Manuals
- [www.irishheart.ie](http://www.irishheart.ie)
- PHECC Website – <https://www.phecit.ie/>
  - CFR Community Level Education and Training Standard
  - PHECC Responder Examination Handbook
- IHF Instructor portal  
<https://irishheart.ie/what-is-cpr/cpr/cpr-instructors-portal-private/>  
Password: CPR\_instructor



### Course Evaluation

Date: \_\_\_\_\_ Instructors: \_\_\_\_\_

Please answer the following questions about your **Instructors**

My instructor:

1. Provided feedback and assistance while I was practicing my CPR skills
  - a. Yes
  - b. No
  
2. Answered all my questions
  - a. Yes
  - b. No
  
3. Was professional and courteous to students
  - a. Yes
  - b. No

Were there any strengths or weaknesses of your instructor that you would like to comment on?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please answer the following questions about the **course content**

1. The course learning objectives were clear.
  - a. Yes
  - b. No
  
2. The overall difficulty of the course was
  - a. Too hard
  - b. Too easy
  - c. Appropriate
  
3. The content was presented clearly
  - a. Yes
  - b. No
  
4. The quality of videos and written materials was
  - a. Excellent
  - b. Good
  - c. Fair
  - d. Poor

Were there any strengths or weaknesses of the course content that you would like to comment on?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please answer the following questions about your **CPR skills**

1. The course prepared me to successfully pass the skills session
  - a. Yes
  - b. No
  
2. I am confident I can use the skills the course taught me
  - a. Yes
  - b. No
  - c. Not sure
  
3. I feel I will be able to respond in an emergency because of the skills I learned in this course
  - a. Yes
  - b. No
  - c. Not sure

Were there any further comments you would like to make on your skills following the course?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Were there any other strengths or weaknesses of the course that you would like to comment on?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Thank you for your feedback.**

5. The equipment was clean and in good working conditions
  - a. Yes
  - b. No

**Please return this evaluation form to your instructor before you leave the class, you can also send further comments on your course directly to the Irish Heart Foundation at [resus@irishheart.ie](mailto:resus@irishheart.ie).**

# NOTES