

Memo: Important information for all IHF instructors

Dear Instructor,

We would like to take this time to thank you for all the training you did in 2023. Over 70,000 people were trained through the various CPR programmes. All this training really does make a difference to survival, and we cannot thank you enough for your part in it.

Please read the information below carefully, as we would like to remind you of a few things when it comes to training.

Using materials appropriately

The AHA programme is a set programme and has a specific video (Digital or USB format) and lesson plans for each course. It is important that the appropriate course is taught to the course participants. It is also essential that the instructor uses the materials correctly, this means that instructors should never demonstrate skills while teaching. The correct video should be used for all elements of the course, out of date DVDs should not be used. If the appropriate materials and correct format of the course are not adhered to, this course should not be certified.

Heartcode courses

For anyone doing Heartcode, students are to complete part 1 of the course before attending the practical component. If they do not have the certificate that proves they completed part 1 then they cannot attend the practical session. Please also ensure it is the correct certificate for the correct course and completed within two years.

Instructor Certification

As an instructor, it is your responsibility to stay current. Recertification should be completed every two years and before expiry. To recertify you must have taught 4 certified courses in the preceding two years and a faculty member must observe you teaching a course. Only the IHF programme managers can grant an extension. Once the paperwork is submitted to resus@irishheart.ie, you will receive your e-cert if all is in order.

For those who also require a PHECC CFR cert, you will receive this by post. Please note that you must have taught a minimum of four CFR Community Add-On Courses in the two years of your certification to recertify as CFR Community Instructor, so it is important that the records of these courses are submitted to your Training Site.

Breaths

A reminder that we have added memos on breaths to the notice board on the IHF instructor portal. Please make sure that you use this portal.

Link: <https://irishheart.ie/what-is-cpr/cpr/cpr-instructors-portal-private/>

password: CPR_instructor

Ratio's

On all AHA/IHF courses, the ratio is 1 instructor to 6 candidates. The only exception to this rule is when conducting part 2 of the heartcode, where the ratio can be as high as 1:9.

Busting some myths

The 7 P's - There is no such thing and under no circumstances should this ever be taught in class. It is adequate to say the chest is clear. Adding extra information confuses students. The emphasis should be on the quality of CPR.

Breaths are gone – Breaths are not gone, as above please refer to the notice board in relation to the same.

Issuing certs- Only official certificates are recognised. If you issue your own certificate neither Irish Heart Foundation/ PHECC/American Heart Association will endorse this course.

Please note that receiving this email doesn't guarantee that you are still in cert, please contact us for your certification status.

Best of luck with your training during the coming year and remember, we are here to assist you.

Resus Team