

## Cardiac Arrest

### Lesson Topic: Cardiac Arrest

**Class duration: 2 x 75 minutes**

### Lessons for this unit are in the following order:

1. Introduction to First Aid and CPR Principles
2. Airway- Choking
3. Breathing and Circulation Emergencies
4. Cardiac Arrest
5. Wound Care
6. Bone, Muscle and Joint Injuries

Time	Activity
3 min	<p><b>General Notes</b></p> <ul style="list-style-type: none"><li>• You need time to set up mannequins and take apart mannequins for cleaning at the beginning and end of each class. Leave 10 minutes at the beginning and 10 minutes at the end for this set up and take down</li><li>• Students are never to share mannequins. They must have their own</li><li>• The following series of lessons can be used as a training guide for health care courses but DO NOT cover the entire CPR/ FA program and thus, no official certifications can be given based on the lessons presented in this unit.</li><li>• These lessons have been developed from the current Canadian Red Cross Standard CPR/ FA guidelines</li></ul> <p><b><u>CLEANING EQUIPMENT</u></b></p> <ul style="list-style-type: none"><li>• It is the responsibility of the instructor to ensure that all the equipment used during the course is clean and safe for use.</li><li>• Some mannequins have disposable plastic bags that come out of the mouth and cover the mannequin's face (preferable).</li><li>• Others have individual faces that you can put on before each participant's practice and take off after the participant has finished.</li><li>• Only use equipment models that can be decontaminated after class according to the recommendations below.</li></ul> <p>Equipment decontamination must be completed after each session for the following equipment:</p> <ul style="list-style-type: none"><li><input type="checkbox"/> Mannequins</li><li><input type="checkbox"/> Pocket masks</li><li><input type="checkbox"/> Reusable barrier devices</li><li><input type="checkbox"/> Any other equipment that comes into contact with body fluids</li></ul> <ul style="list-style-type: none"><li>• Other first aid equipment, such as bandages and clothes on the dolls, should be washed after each class so that they look clean for the next class.</li></ul>

**Mannequin, BVM and Barrier Device Decontamination During Class**

- The best way to ensure that participants have clean equipment is to use one piece of equipment for each participant.
- During practice sessions, each participant must clean the mannequin's entire face and the inside of its mouth after use. Demonstrate the procedure that they should use:
  1. Wipe the mannequin's face with an alcohol wipe.
  2. Allow the alcohol to air dry, because blowing on the device will recontaminate the device you are trying to decontaminate.
  3. Throw away the alcohol wipe.

**Note:** Alcohol wipes should be readily available for participants to use before and during class.

**Mannequin, BVM and Barrier Device Decontamination After Class**

As soon as possible after the end of each class, clean all mannequins properly. You will need:

- ☐ Decontaminating solution
  - ☐ Gauze pads
  - ☐ A baby-bottle brush
  - ☐ Soap and water
  - ☐ Basins or buckets
  - ☐ Non-sterile disposable gloves
  - ☐ Any other supplies recommended by the mannequin manufacturer
  - ☐ Safety equipment for the person(s) cleaning the equipment
1. Follow all Workplace Hazardous Materials Information System (WHMIS) precautions and wear appropriate safety equipment when cleaning equipment and using decontamination solutions.
  2. Follow the manufacturer's recommendations for correctly taking apart the mannequin.
  3. Scrub each part with warm soapy water, rinse it, and decontaminate it with the decontaminating solution. It is just as important to scrub vigorously with soap and water as it is to scrub with bleach.
  4. Wash the mannequin's body, hair, and clothes periodically to keep the mannequins clean and attractive.

**\*\*\* SEE WHMIS/ MSDS SHEETS ATTACHED FOR BLEACH AND ISOPTOPYL ALCOHOL\*\*\***

**Mannequin Decontaminating Solution**

1. To prepare decontamination solution, add 60mL of household bleach (i.e.,  $\frac{1}{4}$  cup) to 4L of clean water (i.e., 1 gallon).
2. Make a new solution for each class and throw it out after you've used it.
3. Do not use scented bleach because the perfume may leave a taste on the plastic.
4. When soaking equipment in the bleach solution, let it sit for 10 minutes.
5. Since some people find bleach objectionable, you can use a 70%-alcohol solution (isopropanol or ethanol) instead. Although alcohol kills many bacteria and viruses, there are some that it will not kill. However, if you scrub the mannequin's face vigorously with 70% alcohol and a clean gauze pad, it is highly unlikely that any infectious disease will be transmitted

**Materials Needed**

1. Adult ventilating mannequins (and baby ventilating mannequins when teaching CPR-C or CPR HCP) with full torso or a mannequin that can demonstrate proper AED pad placement\*
2. AED trainers\*
3. Equipment cleaning supplies
4. Barrier devices and latex-free gloves\*
5. OVERVIEW of CPR handout (see file attached)

**1. Cardiac Arrest**

- The powerpoint has been provided
- Check the notes below for additional teaching strategies and when to have the students practice each skill learned
- There are MSDS sheets attached for bleach and Isopropyl alcohol