

*This is general information and not specific medical advice for you, your child, or loved one. Always consult your doctor or other healthcare provider if you have any questions or concerns. Call 911 or go to the nearest emergency department in case of an urgent concern or emergency.*

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# Project S.A.V.E.

**Sudden Cardiac Arrest. Awareness. Vision for Prevention. Education**

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**Benchmark CPR/AED Video Training**



**Children's**<sup>SM</sup>  
Healthcare of Atlanta  
*Dedicated to All Better*

# Educational Activity Disclosure – PLACE HOLDER

## Course Title

Disclosures	Action
<b>Criteria for Successful Completion</b>	<ul style="list-style-type: none"> <li>• View entire recording</li> <li>• Completion of evaluation</li> </ul>
<b>Conflicts of Interest Statements for Planning Committee</b>	The planning committee members have no relevant financial relationship to declare.
<b>Conflicts of Interest Statements for Faculty/Presenters/ Authors</b>	The content experts/faculty/presenters/authors have no relevant financial relationship to declare.
<b>Commercial Support</b>	No commercial support is being received for this event.
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<b>Non-endorsement of Products</b>	No products are being displayed at this event
<b>Continuing Education</b>	<p><b><i>This continuing nursing education activity was provided by Children's Healthcare of Atlanta.</i></b> Children's Healthcare of Atlanta is an approved provider of continuing nursing education by the <b>Alabama State Nurses Association</b>, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.</p> <p><b>Contact hours: 1.0</b>  <b>Activity ID: nnnn-nnnn-nn</b>  <b>Expiration Date: mm/dd/yy</b></p>

# Project S.A.V.E.

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*Benchmark CPR/AED Video Training*

*Richard Lamphier, RN*



# Audience

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This education video is intended for Adults who:



# Audience

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This education video is intended for Adults who:

- Supervise children in schools



# Audience

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This education video is intended for Adults who:

- Supervise children in schools
- Coach athletics



# Audience

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This education video is intended for Adults who:

- Supervise children in schools
- Coach athletics
- Have minor children or family members at risk for sudden cardiac arrest





# Session Objectives

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Here are the specific objectives for this education:



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- Explain how to recognize a sudden cardiac arrest or cardiac emergency and describe the necessary steps for implementing the chain of survival.



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- Explain how to recognize a sudden cardiac arrest or cardiac emergency and describe the necessary steps for implementing the chain of survival.
- Demonstrate proper hand placement and depth of compressions for Benchmark CPR/AED.



# Session Objectives

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Here are the specific objectives for this education:

- Explain how to recognize a sudden cardiac arrest or cardiac emergency and describe the necessary steps for implementing the chain of survival.
- Demonstrate proper hand placement and depth of compressions for Benchmark CPR/AED.
- Demonstrate the proper and safe use of an Automated External Defibrillator, or AED.



# Sudden Cardiac Arrest

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# Sudden Cardiac Arrest vs. Heart Attack



## Sudden Cardiac Arrest vs. Heart Attack

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- Sudden Cardiac Arrest = Electrical Problem
  - Irregular, chaotic rhythm



## Sudden Cardiac Arrest vs. Heart Attack

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- Sudden Cardiac Arrest = Electrical Problem
  - Irregular, chaotic rhythm
- Heart Attack = Plumbing Problem
  - Clogged artery





## Sudden Cardiac Arrest vs. Heart Attack

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- Sudden Cardiac Arrest = Electrical Problem
  - Irregular, chaotic rhythm
- Heart Attack = Plumbing Problem
  - Clogged artery
- Heart Attack can lead to Sudden Cardiac Arrest



# In the Event of a Heart Attack

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- Time is Tissue



# In the Event of a Heart Attack

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- Time is Tissue
- Victim needs immediate intervention



# In the Event of a Heart Attack

---



- Time is Tissue
- Victim needs immediate intervention
- Be familiar with the symptoms



# In the Event of a Heart Attack

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- Time is Tissue
- Victim needs immediate intervention
- Be familiar with the symptoms
- Dial 9-1-1



# In the Event of a Heart Attack

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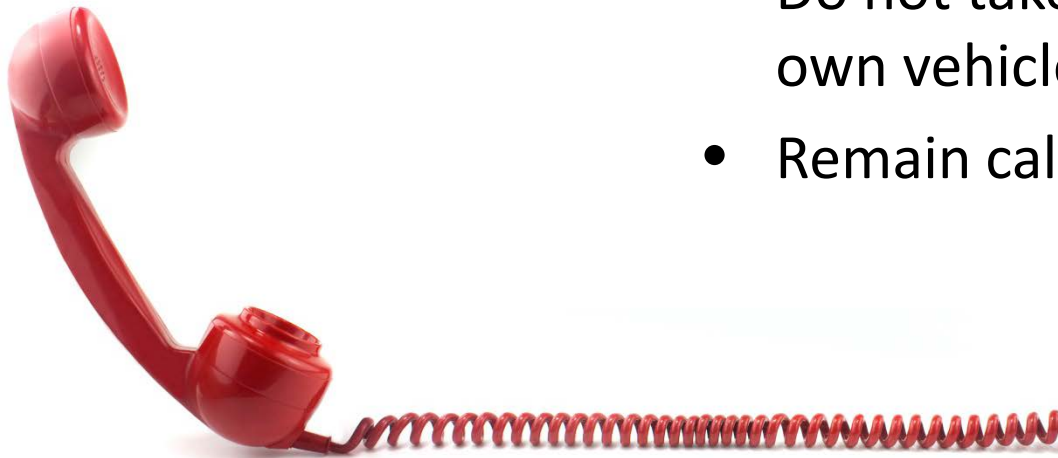
- Time is Tissue
- Victim needs immediate intervention
- Be familiar with the symptoms
- Dial 9-1-1
- Do not take the victim to the Emergency Room in your own vehicle



# In the Event of a Heart Attack

---

- Time is Tissue
- Victim needs immediate intervention
- Be familiar with the symptoms
- Dial 9-1-1
- Do not take the victim to the Emergency Room in your own vehicle
- Remain calm



# In the Event of a Heart Attack

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- Time is Tissue
- Victim needs immediate intervention
- Be familiar with the symptoms
- Dial 9-1-1
- Do not take the victim to the Emergency Room in your own vehicle
- Remain calm
- Get first aid kit and AED





# In the Event of a Heart Attack

---



- Time is Tissue
- Victim needs immediate intervention
- Be familiar with the symptoms
- Dial 9-1-1
- Do not take the victim to the Emergency Room in your own vehicle
- Remain calm
- Get first aid kit and AED
- Stay with victim until EMS arrives



# In the Event of a Sudden Cardiac Arrest

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# In the Event of a Sudden Cardiac Arrest

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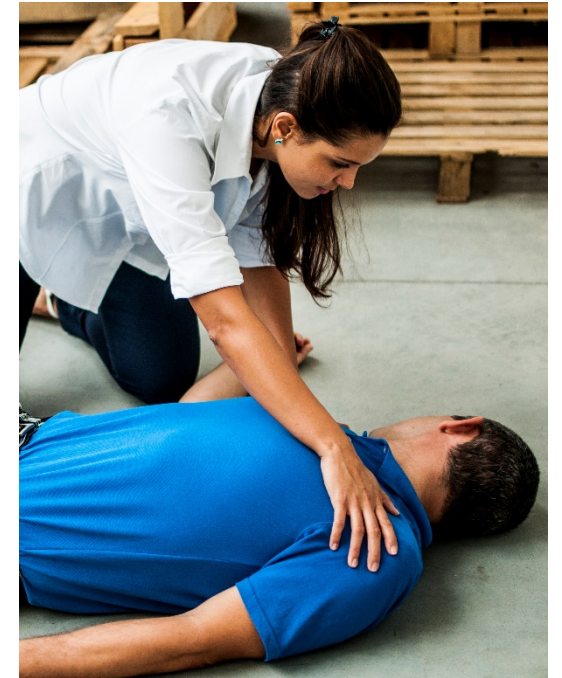
- Ensure it is safe for you to help the victim



# In the Event of a Sudden Cardiac Arrest

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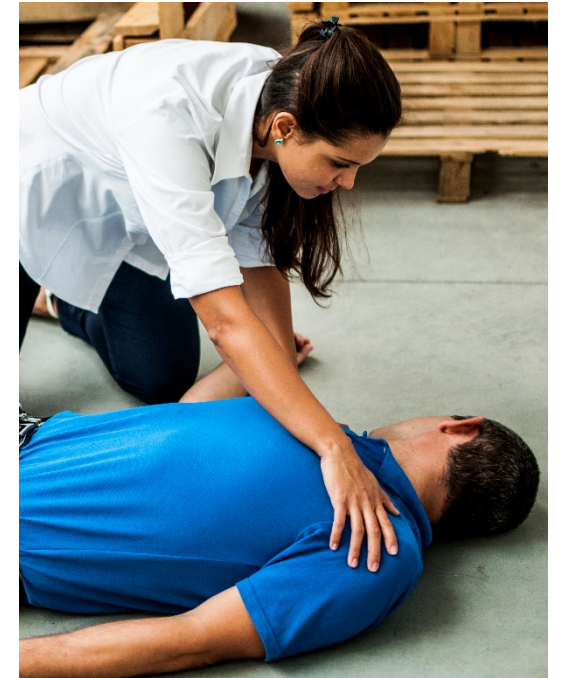
- Ensure it is safe for you to help the victim
  - Is the victim in a parking lot or road?



# In the Event of a Sudden Cardiac Arrest

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- Ensure it is safe for you to help the victim
  - Is the victim in a parking lot or road?
  - Do you smell gas?



# In the Event of a Sudden Cardiac Arrest

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- Ensure it is safe for you to help the victim
- Move the victim to a flat surface



# In the Event of a Sudden Cardiac Arrest

---

- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness



# In the Event of a Sudden Cardiac Arrest

---

- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help





# In the Event of a Sudden Cardiac Arrest

---

- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
  - Call 9-1-1



# In the Event of a Sudden Cardiac Arrest

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- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
  - Call 9-1-1
  - Implement Internal Response Team



# In the Event of a Sudden Cardiac Arrest

---

- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
  - Call 9-1-1
  - Implement Internal Response Team
  - Get the closest AED



# In the Event of a Sudden Cardiac Arrest

---

- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
  - Call 9-1-1
  - Implement Internal Response Team
  - Get the closest AED
  - Make specific requests



# In the Event of a Sudden Cardiac Arrest

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- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
- Check for normal breathing



# In the Event of a Sudden Cardiac Arrest

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- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
- Check for normal breathing
  - If gasping, begin compressions



# In the Event of a Sudden Cardiac Arrest

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- Ensure it is safe for you to help the victim
- Move the victim to a flat surface
- Check for responsiveness
- Solicit help
- Check for normal breathing
  - If gasping, begin compressions
  - Combine use of compressions and AED



# Benchmark CPR

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- \* Compressions only CPR is meant for individuals ages 10 and up.  
Reference the project S.A.V.E. website for specific care instructions for individuals younger than 10.





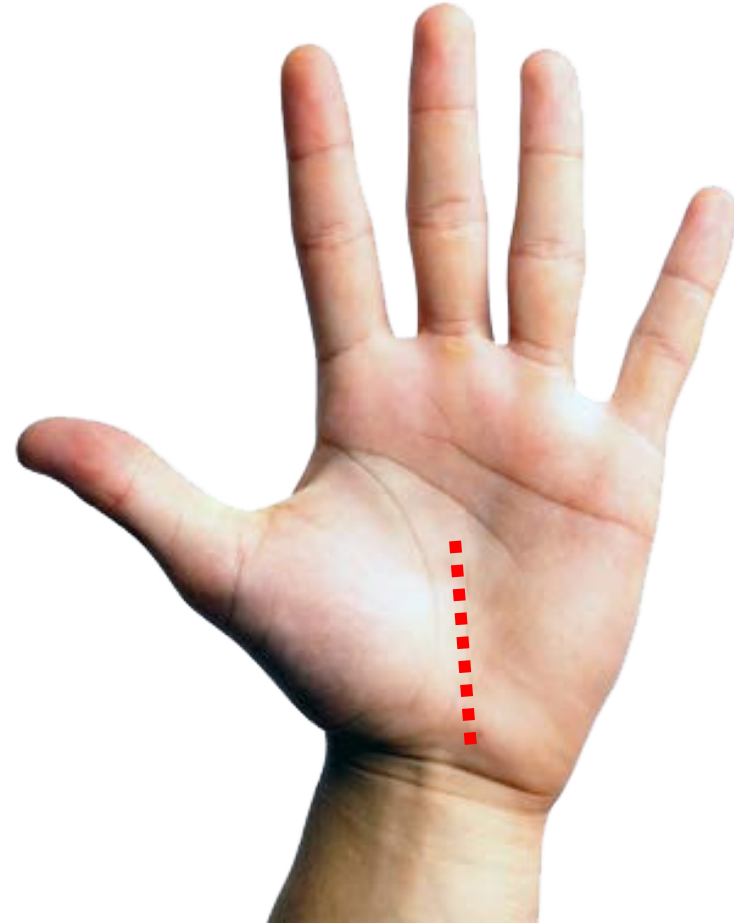
# Performing Benchmark CPR

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# Performing Benchmark CPR

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# Performing Benchmark CPR

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# Performing Benchmark CPR

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# Performing Benchmark CPR

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# Performing Benchmark CPR

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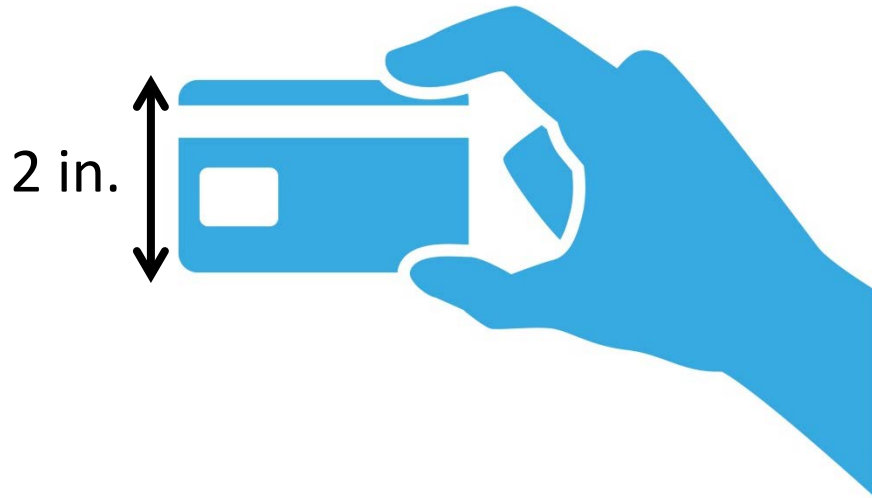
- Once hands are placed properly, push down two inches



# Performing Benchmark CPR

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- Once hands are placed properly, push down two inches



# Performing Benchmark CPR

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- Once hands are placed properly, push down two inches
- Begin compressions





# Performing Benchmark CPR

---



- Once hands are placed properly, push down two inches
- Begin compressions
  - Perform 100-120 compressions per minute



# Performing Benchmark CPR



- Once hands are placed properly, push down two inches
- Begin compressions
  - Perform 100-120 compressions per minute
  - Compress to the beat of the song, "Stayin' Alive"

"Stayin' Alive" by The Bee Gees

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# Performing Benchmark CPR

---



- Once hands are placed properly, push down two inches
- Begin compressions
  - Perform 100-120 compressions per minute
  - Compress to the beat of the song, “Stayin’ Alive”
  - Lock your elbows

"Stayin' Alive" by The Bee Gees

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# Performing Benchmark CPR

---



- Once hands are placed properly, push down two inches
- Begin compressions
  - Perform 100-120 compressions per minute
  - Compress to the beat of the song, “Stayin’ Alive”
  - Lock your elbows
  - Remain in kneeling position beside victim

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# Performing Benchmark CPR

---



- Once hands are placed properly, push down two inches
- Begin compressions
  - Perform 100-120 compressions per minute
  - Compress to the beat of the song, “Stayin’ Alive”
  - Lock your elbows
  - Remain in kneeling position beside victim
  - Use your core for strength

"Stayin' Alive" by The Bee Gees

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# Benchmark CPR Compressions Demonstration

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# Benchmark AED

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# AED Use

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\*Children's Healthcare of Atlanta and Project ADAM do not endorse the use of any specific brand of AED or training supplies.



# AED Use

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# AED Use

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\*Children's Healthcare of Atlanta and Project ADAM do not endorse the use of any specific brand of AED or training supplies.

# AED Use

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## AED Use

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- AEDs are safe and easy to use.



## AED Use

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- AEDs are safe and easy to use.
- Familiarize yourself with the location of AEDs at the places you frequent.



# Benchmark AED Demonstration

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# Benchmark AED Use

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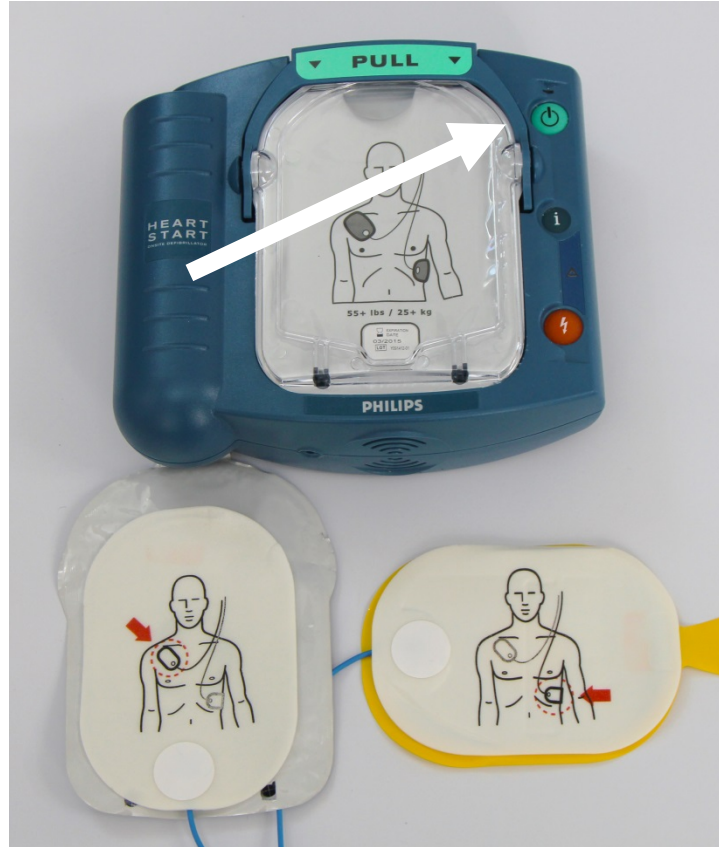


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# Benchmark AED Use

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- Turn on the AED



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# Benchmark AED Use

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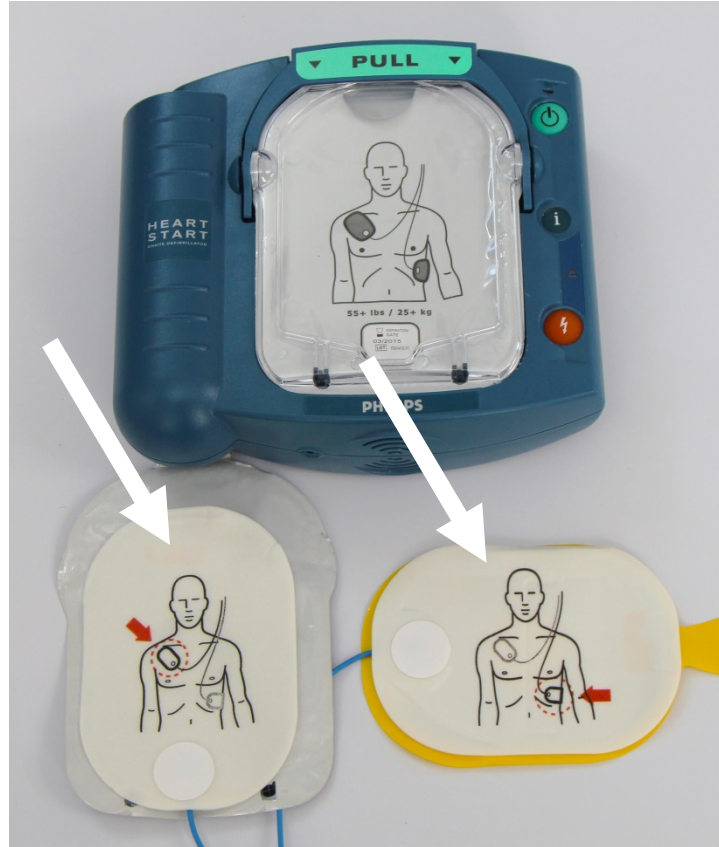
- Turn on the AED
- Follow spoken prompts

\*Children's Healthcare of Atlanta and Project ADAM do not endorse the use of any specific brand of AED or training supplies.

# Benchmark AED Use

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- Turn on the AED
- Follow spoken prompts
- Apply pads as directed



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# Benchmark AED Use

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- Turn on the AED
- Follow spoken prompts
- Apply pads as directed
- AED will keep up with you

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# Benchmark AED Use

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- Turn on the AED
- Follow spoken prompts
- Apply pads as directed
- AED will keep up with you
- Allow AED to analyze heartbeat



# Benchmark AED Use

---



- Turn on the AED
- Follow spoken prompts
- Apply pads as directed
- AED will keep up with you
- Allow AED to analyze heartbeat
- AED will or will not advise a shock



# Benchmark AED Use

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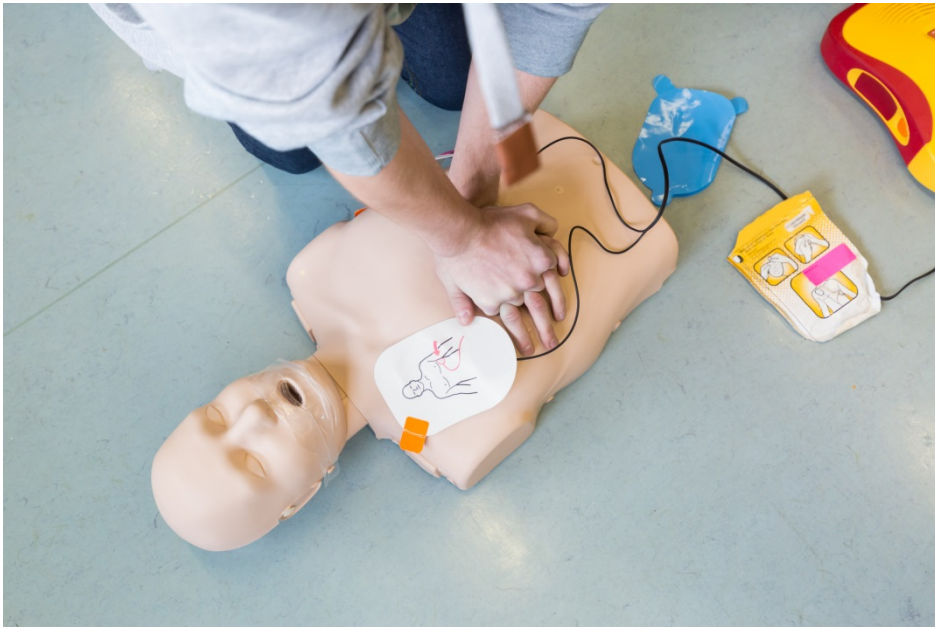
- Turn on the AED
- Follow spoken prompts
- Apply pads as directed
- AED will keep up with you
- Allow AED to analyze heartbeat
- AED will or will not advise a shock
- AED will reanalyze every two minutes





# Benchmark AED Use

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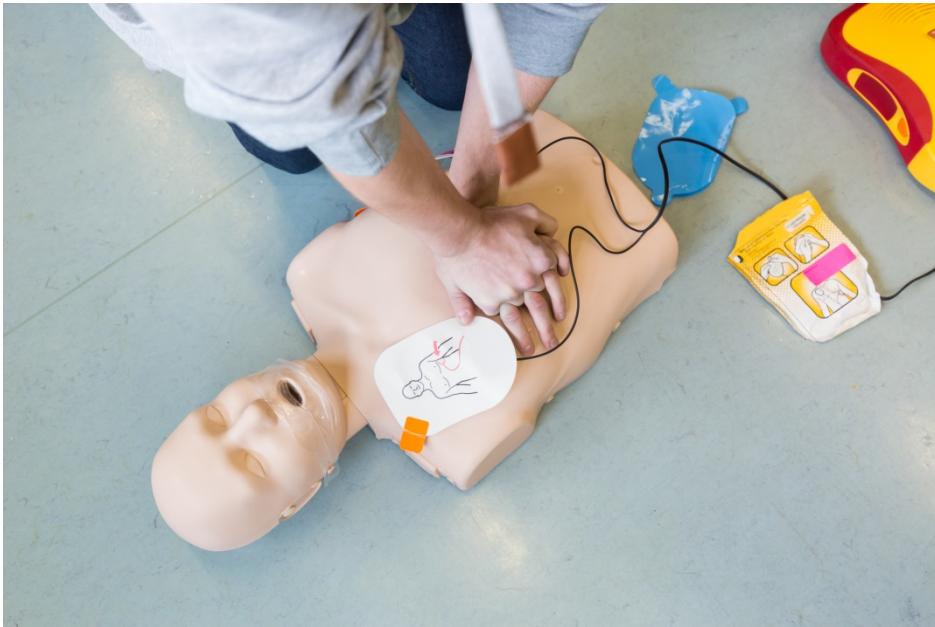


- Turn on the AED
- Follow spoken prompts
- Apply pads as directed
- AED will keep up with you
- Allow AED to analyze heartbeat
- AED will or will not advise a shock
- AED will reanalyze every two minutes
- Continue compressions until AED stops for reanalyzing, or until victim becomes responsive



# Benchmark AED Use

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\*Compressor = individual performing compressions

- Turn on the AED
- Follow spoken prompts
- Apply pads as directed
- AED will keep up with you
- Allow AED to analyze heartbeat
- AED will or will not advise a shock
- AED will reanalyze every two minutes
- Continue compressions until AED stops for reanalyzing, or until victim becomes responsive
- Switch compressors\* every two minutes



# Demonstration by Non-Medical Individual

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# Reflection

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Take a moment to reflect on the topics covered in this video and how you can use this knowledge when interacting with students.



# Session Summary

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- Explained how to recognize a sudden cardiac arrest or cardiac emergency and describe the necessary steps for implementing the chain of survival.



# Session Summary

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- Explained how to recognize a sudden cardiac arrest or cardiac emergency and describe the necessary steps for implementing the chain of survival.
- Demonstrated proper hand placement and depth of compressions for Benchmark CPR/AED.



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- Explained how to recognize a sudden cardiac arrest or cardiac emergency and describe the necessary steps for implementing the chain of survival.
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# Project S.A.V.E.

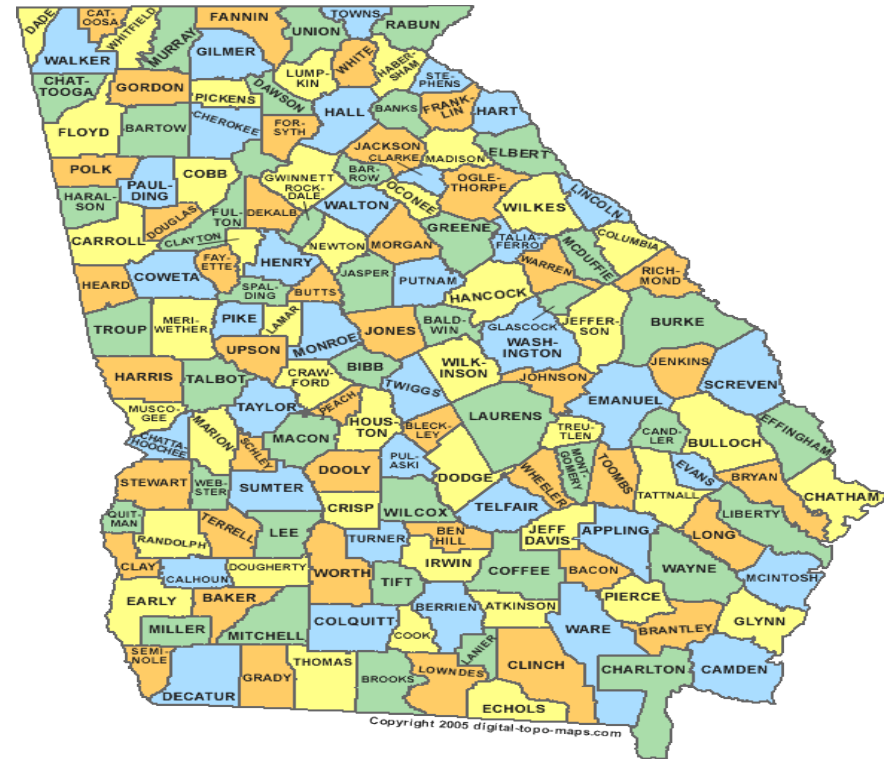
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**S** Sudden Cardiac Arrest

**A** Awareness

**V** Vision for Prevention

**E** Education



# Project S.A.V.E. Video Series

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[www.choa.org/projectsave](http://www.choa.org/projectsave)

Richard Lamphier, RN

Richard.lamphier@choa.org

404-785-7201



# Project S.A.V.E. Video Series

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The Children's Healthcare of Atlanta **Project**

**S** Sudden Cardiac Arrest

**A** Awareness

**V** Vision for Prevention

**E** Education

video series is designed to help **you** feel confident to help in an emergency and **SAVE lives.**



# Project S.A.V.E. Video Series

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- S** Sudden Cardiac Arrest
- A** Awareness
- V** Vision for Prevention
- E** Education



# Project S.A.V.E. Video Series

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## 1. Benchmark CPR/AED

- S** Sudden Cardiac Arrest
- A** Awareness
- V** Vision for Prevention
- E** Education



# Project S.A.V.E. Video Series

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1. Benchmark CPR/AED
2. All Staff Awareness

- S** Sudden Cardiac Arrest
- A** Awareness
- V** Vision for Prevention
- E** Education



# Project S.A.V.E. Video Series

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1. Benchmark CPR/AED
2. All Staff Awareness
3. Life Threatening Emergencies

- S** Sudden Cardiac Arrest
- A** Awareness
- V** Vision for Prevention
- E** Education



# Project S.A.V.E. Video Series

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1. Benchmark CPR/AED
2. All Staff Awareness
3. Life Threatening Emergencies
4. Non-Life Threatening Emergencies

- S** Sudden Cardiac Arrest
- A** Awareness
- V** Vision for Prevention
- E** Education





# Project S.A.V.E. Video Series

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1. Benchmark CPR/AED
2. All Staff Awareness
3. Life Threatening Emergencies
4. Non-Life Threatening Emergencies
5. Cardiac/Medical Emergency Practice Drill

**S** Sudden Cardiac Arrest

**A** Awareness

**V** Vision for Prevention

**E** Education



## Project S.A.V.E.

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