



CPR & AED Training Course Outline

About half of all people who have a cardiac arrest can be resuscitated successfully, but only if defibrillation is given within about **four minutes** of the person collapsing. After this time survival rates are less but if Cardiopulmonary Resuscitation (CPR) is attempted until a defibrillator arrives many more patients can be saved.

Although defibrillation is unlikely to be successful after seven or eight minutes, giving CPR (chest compression and rescue breathing) will help to improve the person's chance of a positive outcome. As a result, a fast response is all-important to:

(1) get help, (2) buy time, (3)defibrillate, and (4)make the patient stable



to get help, to buy time to restart heart and medics to stabilize

Any group wishing to have a Defibrillator placed in their place of work, sports centre, community centre, school or where ever must have a core group of members trained and certificated in basic adult resuscitation and in the safe use of the defibrillator.

Members can chose to be trained in both CPR (cardio-pulmonary-resuscitation) and defibrillation or only in CPR.

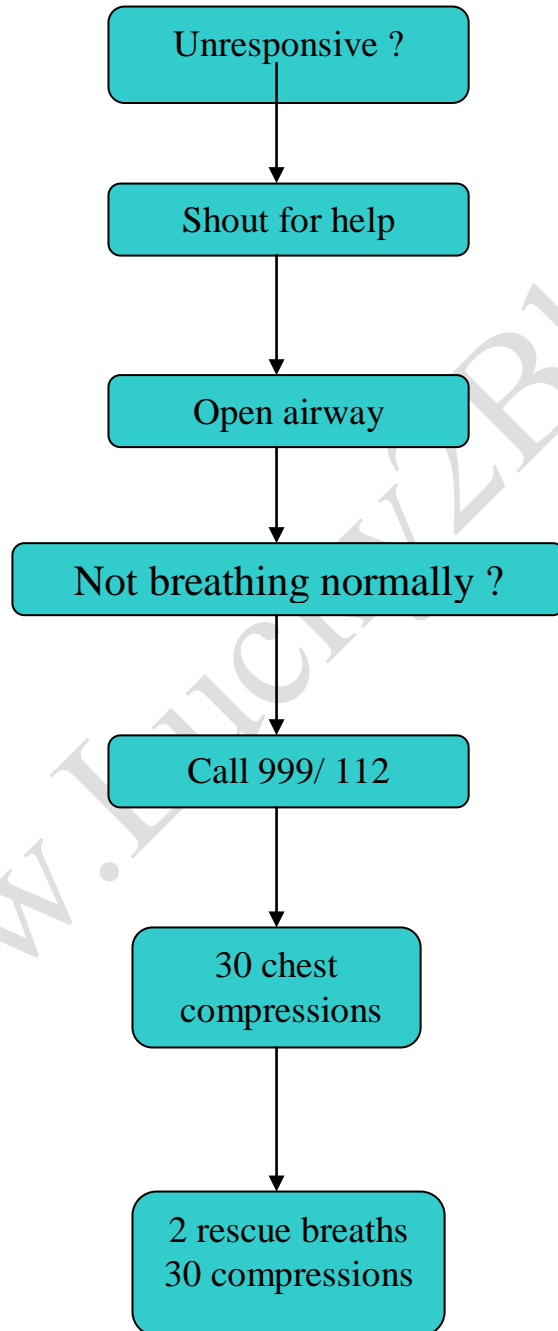
At the moment all certificated training in CPR and defibrillation is carried out by trainer Allan Moffat of Special Operational Support. CPR training can be carried out by local Nurses and Ambulance staff in Skye and the Highlands but cannot be certificated at this time. We are working towards having Ambulance Staff in Skye cleared to certificate

CPR training soon. Defibrillator training certification is further away but we hope to get there as soon as possible to keep costs as low.

Full CPR and Defibrillator training only takes six hours but must be revised on a yearly basis.

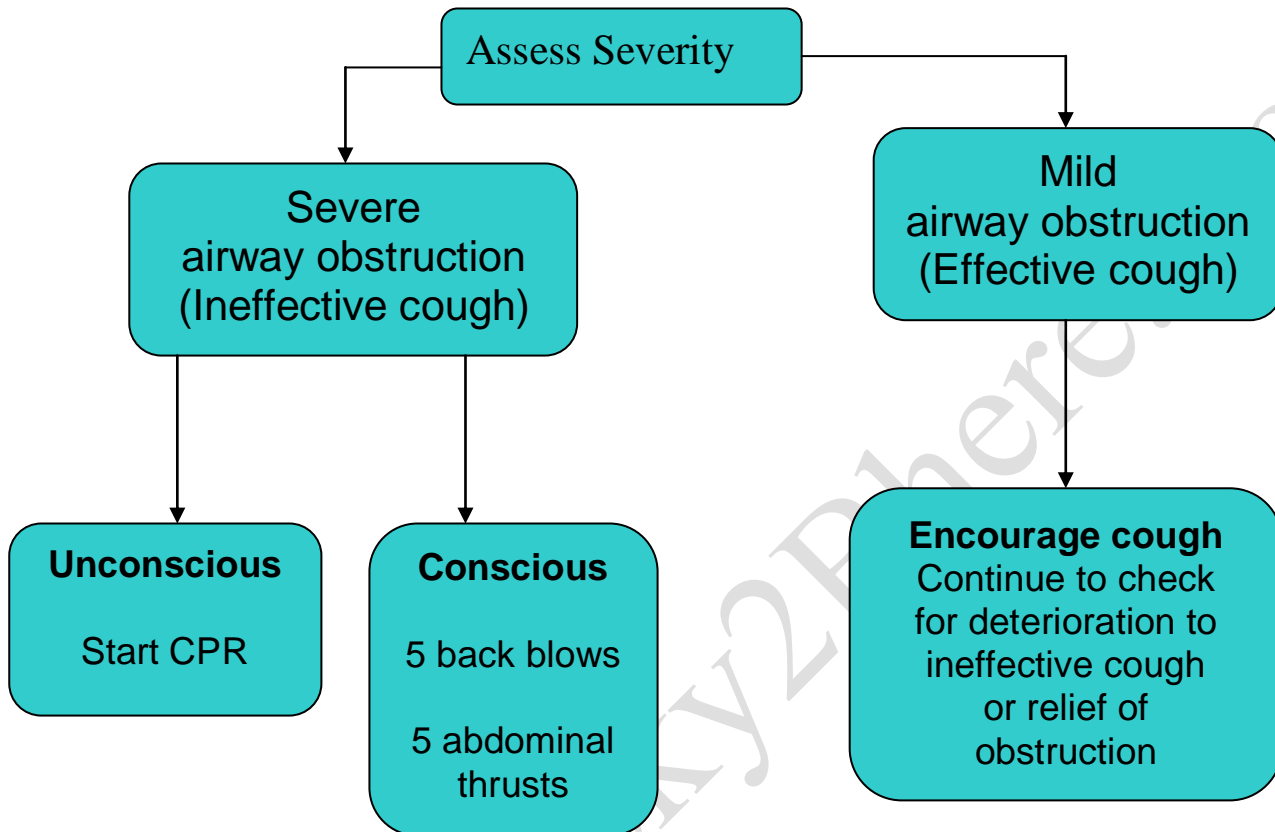
Below is an algorithm by the UK Resuscitation Council for Adult Basic Life Support.

Adult Basic Life Support



The above can be learnt quickly and easily in a relaxed classroom environment. The guidelines for Paediatric Resuscitation can also be discussed during the course. We move on to adult choking rescue maneuvers again using the UK Resuscitation Council Guidelines.

Adult Choking Treatment



Finally we learn how to use a Automated External Defibrillator (AED) in a safe and controlled manner (an abbreviated ERC algorithm is shown below).

For the last part of the course you will be taught how to give a patient handover to the ambulance crew or Doctor arriving to continue care of your patient.

This course is the minimum training necessary to safely carry out CPR before moving onto choking and finally use of an AED. Each part will have to be successfully completed before moving onto the next part and finally a scenario to assess your competence and personal / patient safety.

It's all very easy honest

