

Virginia Western Community College

HLT 105

Cardiopulmonary Resuscitation

Prerequisites

- Reading proficiency

Course Description

The AHA's BLS course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations and provide early use of an AED. Reflects science and education from the American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care (ECC).

Semester Credits: 1

Lecture Hours: 4

Required Materials

Textbook:

Provided in class

Other Required Materials:

- Writing utensil for testing purposes.

Course Outcomes

At the completion of this course, the student should be able to:

- High-quality CPR for adults, children, and infants
- The AHA Chain of Survival, specifically the BLS components
- Important early use of an AED
- Effective ventilations using a barrier device
- Importance of teams in multirescuer resuscitation and performance as an effective team member during multirescuer CPR
- Relief of foreign-body airway obstruction (choking) for adults and infants

Topical Description

- **Course Introduction**
- **Adult chain of survival**
- **PWW Scene safety and assessment**
- **Instruction: Pocket Mask**
- **PWW Pocket mask**

- Instruction 1 Rescuer adult
- PWW 1 rescuer adult BLS
- Instruction AED
- Instruction Bag-Mask Device
- PWW Bag Mask Device
- Instruction 2 Rescuer Adult BLS
- PWW 2 Rescuer Adult BLS
- Instruction Mouth to Mouth
- PWW Rescue Breathing
- Instruction Breaths with an advanced airway
- Instruction Team Dynamics
- Instruction High-Performance Teams
- Instruction High-Performance Teams Activity
- Instruction Pediatric chains of survival, child BLS and 2-rescuer child CPR
- PWW 2-Rescuer Child CPR
- Instruction Infant BLS and infant compressions
- PWW Infant compressions
- Instruction Bag mask device for infants
- PWW Bag mask device for infants
- Instruction 2 rescuer infant CPR
- PWW 2 rescuer infant CPR
- Instruction AED for infants abd children led than 8 years of age
- Instruction Relief of choking in an adult or child
- Instruction Relief of choking in a responsive infant
- PWW Relief of choking in a responsive infant
- Instruction relief of choking in an unresponsive infant
- Conclusion

Notes to Instructors

- Must maintain 6:1 student to instructor ratio
- Consult TPAM for questions regarding instruction of course:
<https://www.vdh.virginia.gov/emergency-medical-services/education-certification/documents-forms-downloads/ems-training-program-administration-manual/>

[ADA Statement \(PDF\)](#)

[Title IX Statement \(PDF\)](#)