

# ALH A003N: FIRST AID AND CPR/AED FOR PERSONAL CARE AID NONCREDIT

Item	Value
Curriculum Committee Approval Date	12/02/2020
Top Code	129900 - Other Health Occupations
Units	0 Total Units
Hours	9 Total Hours (Lecture Hours 3; Lab Hours 6)
Total Outside of Class Hours	0
Course Credit Status	Noncredit (N)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	Yes; Repeat Limit 99
Grading Policy	P/NP/SP Non-Credit (D)

## Course Description

Techniques and theory of cardiopulmonary resuscitation will be covered and demonstrated. Completion qualifies the student for the American Heart Association Professional Rescuer CPR/AED certification. PREREQUISITE: ALH A002N or concurrent enrollment. NOT DEGREE APPLICABLE. Not Transferable.

## Course Level Student Learning Outcome(s)

1. Recognize and care for breathing and cardiac emergencies in adults, children and infants.
2. Employ proper methods of assessment and diagnosis of symptoms, using the emergency action steps.
3. Demonstrate competency in all required skills, techniques and procedures.

## Course Objectives

- 1. 1. Demonstrate rescue-breathing techniques for adult, child, and infant. 2. Demonstrate proper CPR techniques for adult, child, and infant. 3. Demonstrate proficiency to overcome airway obstruction, conscious and unconscious, for an adult child, infant, pregnant woman, or obese person. 4. Demonstrate skills needed to care for victims of sudden cardiac arrest through use of an Automated External Defibrillator (AED).

## Lecture Content

A. Introduction 1. Emergency Cardiac Care 2. Emergency Medical Services B. Legal Considerations C. Heart and Lung Anatomy 1. Risk Factors of Heart Attack and Stroke 2. Prudent Heart Living 3. Coronary Artery Disease and Sudden Death 4. How to Recognize a Heart Attack 5. Actions For Survival D. How to Use Performance Guidelines  
 1. Performance Guidelines a. Single rescuer CPR adults, infant, and children b. Two rescuer CPR adult, infant, and children c. Complete airway obstruction adult, infant, and children i. Conscious victim ii. Unconscious victim E. AED-adults and children F. Rescue with emergency equipment 1. AED 2. CPR with Facemask 3. Rescue Breathing with Bag-valve mask 4. Backboards and Cervical Spine Collars 5. First Aid G. Without emergency

equipment 1. CPR I Rescue Breathing 2. First Aid H. Life-threatening emergencies 1. Breathing emergencies a. The breathing process b. respiratory distress c. Respiratory arrest

## Lab Content

Hands on application and return demonstration of skills utilizing mannequins to demonstrate American Heart Association standards of scene assessment; rescue breathing, chest compressions and patient recovery. Proper use of AED.

## Method(s) of Instruction

- Enhanced NC Lect (NC1)
- Enhanced NC Lab (NC2)
- Live Online Enhanced NC Lect (NC9)
- Live Online Enhanced NC Lab (NCA)

## Instructional Techniques

Lecture; video; lab; independent study

## Reading Assignments

Student will read the CPR manual; view video; practice in lab and take a written exam. 2 hours of independent study

## Writing Assignments

No written assignments

## Out-of-class Assignments

Reading and review of the CPR manual. 1 hour required

## Demonstration of Critical Thinking

Successful pass at 80% the American Heart Association CPR/AED examination

## Required Writing, Problem Solving, Skills Demonstration

Demonstration of proficiency of CPR/AED skills

## Eligible Disciplines

Health care ancillaries (medical assisting, hospice worker, home care aide...): Any bachelors degree and two years of professional experience, or any associate degree and six years of professional experience.

## Other Resources

1. Current American Heart Association CPR manual, provided by instructor