KIN A103: BASIC LIFE SUPPORT CPR (AHA)

Item	Value
Curriculum Committee Approval Date	04/12/2023
Top Code	127000 - Kinesiology
Units	.5 Total Units
Hours	9 Total Hours (Lecture Hours 9)
Total Outside of Class Hours	0
Course Credit Status	Credit: Degree Applicable (D)
Material Fee	Yes
Basic Skills	Not Basic Skills (N)
Repeatable	No
Open Entry/Open Exit	No
Grading Policy	Standard Letter (S)

Course Description

American Heart Association (AHA) Basic Life Support cardiopulmonary resuscitation (CPR) with AED certification course. Instruction and practice in the identification and the care of cardiac arrest and choking in adults, children, and infants. AHA BLS Provider cards issued for those who meet competency standards. This course meets a requirement for students entering into cohorts within the Allied Health department and the various programs including Emergency Medical Technician, Sonography and other Allied Health education programs. It is recommended that students verify with their employer or program to ensure this course meets the requirement for the certification needed. Transfer Credit: CSU.

Course Level Student Learning Outcome(s)

1. Examine the elements of the chain of survival and the impact of basic life support (BLS) on the lives of patients and families.
2. Apply current basic life support (BLS) standards of practice to simulations of adult, child, and infant patients in need of cardiopulmonary resuscitation.
3. Examine methods to reduce disparities in outcomes from cardiac arrest.

Course Objectives

- 1. Execute proper CPR and First-Aid techniques needed in an emergency.
- 2. Analyze emergency situations and identify methods to treat the victim.

Lecture Content

Introduction The Emergency Medical Services (EMS) System The chain of survival Legal considerations Duty to act Standard of care Good Samaritan laws Scene safety and assessment of environment Adult Basic Life Support (BLS) Peri-arrest syndromes Recognizing cardiac arrest Techniques for high-quality compressions Hand placement Depth and recoil Rate and ratio of compressions-to-ventilations Use of cardiopulmonary resuscitation (CPR) devices Automated external defibrillators (AED) Operation Placement of pads Special considerations Pacemakers Hair Diaphoresis Environmental conditions Ventilations Pocket mask Bag mask ventilation One-rescuer versus two-rescuer techniques Team dynamics High performance team activity Child basic life support (BLS) Pediatric chain of survival Special considerations in children versus adults Pediatric equipment for resuscitation Techniques for high-quality resuscitation of children Team performance activity in child resuscitation Infant basic life support (BLS) Lifespan development from newborn through infant Comparison of neonatal versus infant resuscitation Special considerations in infant cardiac arrest Compressions, ventilations, and AED use in infants Techniques for high-quality resuscitation of infants Team performance activity in infant resuscitation Airway obstruction Causes in adults, children, and infants Techniques to relieve airway obstructions in adults, children, and infants Responsive versus unresponsive victims and treatment approach Special considerations Mouth-to-mouth ventilation Integrating basic versus advanced airways in the resuscitation process Opioid-associated life-threatening emergencies Outcomes from cardiac arrest Disparities by race, ethnicity, and gender Community education and hands only CPR

Method(s) of Instruction

- Lecture (02)

Instructional Techniques

Lecture, laboratory, demonstration, use of multi-media materials (film, slides, video, overheads), American Heart Association video, actual rescue video.

Reading Assignments

Students will spend approximately 2 hours a week reading from the textbook.

Writing Assignments

Students will complete reading assignments (approximately 2 hours a week), practice quizzes, skill practice, and worksheets (approximately 2 hours a week).

Out-of-class Assignments

Written exams, short essays, journals.

Demonstration of Critical Thinking

In-class activity: Instructor-led interactive discussion on the current standards of resuscitation, outcomes from cardiac arrest, disparities in outcomes for communities of color, and clinical case studies of patients with peri-arrest and arrest syndromes. In-class activity: Perform individual and team-based resuscitation techniques on mannequins during simulated patient cases of peri-arrest and arrest syndromes. Out-of-class assignment: Readings from the textbook and preparation of responses to book prompts on such topics as high-quality compressions and special considerations in children versus adults.

Required Writing, Problem Solving, Skills Demonstration

Participation: Active participation in discussions on life support, standards of practice, and health disparities. Performance: Competency evaluation of performance on one and two-rescuer adult and infant CPR using the American Heart Association BLS Provider evaluation forms. Final Assessment: Written final examination using American Heart Association competency testing standards on adult, child, and infant resuscitation.

Eligible Disciplines

Kinesiology: Master's degree in kinesiology, physical education, exercise science, education with an emphasis in physical education, kinesiology,

physiology of exercise, or adaptive physical education OR Bachelor's degree in any of the above AND Master's degree in any life science, dance physiology, health education, recreation administration or physical therapy OR the equivalent.

Textbooks Resources

1. Required American Hearth Association. Basic Life Support Provider , ed. American Heart Association, 2020

Other Resources

1. Basic Life Support Provider Course video segments, American Heart Association, 2020.