

SHARE

SAVE HEARTS IN ARIZONA REGISTRY AND EDUCATION

BYSTANDER CPR TRAINING

TOOL KIT

(AND FREQUENTLY
ASKED QUESTIONS)



Save Hearts in Arizona
Registry & Education

SHARE

Frequently Asked Questions

What type of CPR training is actually needed? Most people are familiar with traditional community CPR classes (with rescue breathing), that can take up to four hours and can be costly. Students in these classes receive a “certification” card. Often this card is needed for employment or licensing requirements. However, the average person rarely needs that lengthy and costly training. In fact, studies have shown that students who learn in shorter amounts of time (even with ultra-brief videos) are more likely to respond in an emergency and have greater skill with CPR than untrained laypersons. Hands-only CPR is easier to learn, easier to remember, and easier to perform than traditional CPR. Most cardiac arrests will occur suddenly and will simply require hands-only CPR. Keep in mind that traditional CPR is still recommended for children and drowning victims, but doing something (hands-only CPR) is still better than nothing in these situations.

Who can instruct CPR classes? A hands-only CPR class can be taught by anyone who has an eagerness to teach others and help save lives. Traditional CPR certification courses must be taught by certified teachers.

What do I need to teach a class? The information on how and when to perform hands-only CPR is the only thing absolutely needed. However, it is ideal to have a way to practice the skill of chest compressions. Manikins are available from many manufacturers at varying costs. It is helpful to have videos to show and/or PowerPoint slides (including the appropriate equipment to show them). Keep in mind what kind of space you will need for the group you are teaching.

Are there any tools to help teach? PowerPoint presentations and videos are available on the SHARE website: [SHARE Training Resources](#)

I don't want to teach but would like to find a class for my group. What can I do? Find out what kind of training is already taking place in your community. Check with local health care groups, schools, and community education through fire and police departments, to find out if training is already offered. If possible, consider partnering to provide training to larger groups or more groups in a shorter time period. After attending a class you may end up feeling comfortable enough to teach—we hope so!

The SHARE Program is here to help and support your training efforts.

Please contact us with any additional questions.

602-364-0580

SHARE

CPR Course Outline Suggestions

- Introduction: Share how you got involved and why it is important to you. Participants value your opinion. (2 minutes)
- Background Information – To help spread this message, give a short explanation about SHARE (<http://azdhs.gov/azshare/index.htm>): (3 minutes)
 - a. SHARE is a program within the Bureau of EMS & Trauma System within the Arizona Department of Health Services
 - b. SHARE attempts to strengthen all links in the “chain of survival”
 - i. *Bystander training including AED use* (partnership with EMS agencies, schools, hospitals, and the public to spread the word)
 - ii. *Dispatch training for dispatcher assisted CPR*
Dispatchers are trained to identify cardiac arrest and provide CPR instructions and coaching until professional rescuers assume care.
 - iii. *EMS training for high-performance CPR*
 - iv. *Recognizing hospitals as cardiac centers for providing post arrest care*
 - c. SHARE also collects data on out of hospital cardiac arrests and AED uses.
- Why is this important? – Participants like to know they are part of the larger, statewide initiative. Help them see how successful the program has been. You can mention how many Arizonans have survived since the program began. You will find that number on the [SHARE website homepage](#). (1 minute)
- Show the **Continuous Chest Compression CPR Video** (6 minutes) and/or the **Chest Compression Only CPR Training Presentation PowerPoint** (also available in **Spanish**) (20-25 minutes). Find the videos and PowerPoints here: [SHARE Training Resources](#)
 - a. re-enforce reasons behind promoting hands-only CPR
 - b. discuss when to use “Traditional CPR”
 - c. explain the difference between a heart attack and cardiac arrest
 - d. discuss Arizona Good Samaritan Laws
 - e. Remind participants they can’t do harm; they can only help and might save a life.
- Emphasize CPR tips on wallet card if passing these out. **CPR Wallet Card** for printing and folding (also available in **Spanish**) available here: [SHARE Training Resources](#)
- Offer practice scenarios if time allows or for specific situations. (10 minutes)
- AED Review – Although the Continuous Chest Compression CPR Video includes information on AEDs, there is a separate video that can be used (**Continuous Chest Compression CPR & Using an AED**). See [SHARE Training Resources](#). Many feel that they need practice with the specific device that is in their workplace or organization. Remind them that all AEDs work basically the same way. Following the pictures and voice prompts will guide them through the appropriate use, no matter what brand it is. (10 minutes)