

Lesson

BLS Adult Continuous Compressions (Optional)

25 minutes

Learning Objective

Tell students that at the end of this lesson, they will be able to perform as an effective team member during a multirescuer CPR event by using continuous compressions. Remind students that only Rescuer 1 is being tested.

Before this lesson, do the following:

- Determine whether the student's local protocol uses continuous compressions while performing adult CPR; if so, use this lesson plan.
- Print and review the BLS Adult Continuous Compressions Skills Testing Checklist and the BLS Adult Continuous Compressions Skills Testing Critical Skills Descriptors page. Print a skills testing checklist for each student in the class.
- Review this lesson plan.



2-Rescuer BLS Adult Continuous Compressions

Review the BLS Adult Continuous Compressions Skills Testing Checklist with students and answer any questions.

Select students to get in place for practice and testing.



Compressions

Rescuer 1

Have Rescuer 1 get into position at the victim's side to practice chest compressions by

- Compressing the chest at least 2 inches (5 cm)
- Compressing at a rate of 100 to 120/min
- Allowing the chest to recoil completely after each compression
- Performing continuous compressions for 2 minutes

Rescuer 2

Have Rescuer 2 arrive with the AED at 2 minutes and tell Rescuer 1, "Here is the AED. I will take over compressions while you use the AED and take over breaths."

Rescuer 1

Have Rescuer 1 power on the AED immediately upon arrival and follow the prompts for

- Correctly attaching pads
- Clearing for analysis
- Clearing for safely delivering a shock
- Safely delivering a shock
- Shocking within 45 seconds of AED arrival

Ventilation

For ventilation, have the rescuers do the following as you evaluate Rescuer 1:

- Rescuer 1 immediately switches with Rescuer 2 to begin ventilation
- Rescuer 2 resumes compressions immediately after AED indicates shock/no shock (note that Rescuer 2 is not being tested at this time)
- Rescuer 1 delivers 1 breath every 6 seconds during Rescuer 2's continuous compressions

Stop the test if Rescuer 1 performs all skills correctly after at least 1 minute of ventilation. Then, mark the skills testing checklist as Pass for Rescuer 1 and move on to next section. If Rescuer 1 does not perform all skills correctly, have the student repeat in the Rescuer 1 role to test again.



Repeat Segment

Have students switch roles and repeat the practice and testing until all students have practiced and tested in the Rescuer 1 role.