


PREPARING FOR AN EMERGENCY

CPR, AED, Opioid Overdose
and Stop the Bleed



Funding for this initiative was made possible (in part) by grant no. 1H79TI085588 from SAMHSA. The views expressed in written conference materials or publications and by speakers and moderators do not necessarily reflect the official policies of the Department of Health and Human Services; nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.

PREPARING FOR AN EMERGENCY

Facilitator's Guide



Opioid overdoses are one of the leading causes of cardiac arrest for adults in the U.S. and about 2 million people have an opioid misuse disorder. One of the important things people can learn to help save a life is how to recognize an opioid overdose, give naloxone, how to perform CPR (cardiopulmonary resuscitation) and how to use an AED (automated external defibrillator). Sadly, 90% of people who suffer an out-of-hospital cardiac arrest die because there are delays in recognizing the event, calling 9-1-1, performing CPR and using an AED and/or naloxone (if needed). CPR and using an AED, if performed immediately, can double or even triple a person's chance of surviving a cardiac arrest.

The American Heart Association (AHA), with funding from the *Opioid Response Network* led by the American Academy of Addiction Psychiatry working with the University of Missouri-Kansas City ATTC, Columbia University Division on Substance Use disorders and a large coalition of 46 national professional organizations funded by the Substance Abuse and Mental Health Services Administration (SAMHSA), wants everyone to know how to help in an emergency. This training uses the AHA's **Preparing for an Emergency Course** and the **CPR & First Aid Anywhere Training Kit** to meet the needs of churches, workplaces, community organizations, and others and it can be facilitated by anyone. The kit contains everything needed to train 10 to 20 people at once, in the signs of a cardiac arrest, opioid overdose with naloxone, CPR, AED, controlling bleeding and first aid. Once trained people can repeat the process to train anyone, anytime, anywhere in the lifesaving skills of CPR and first aid!

The Preparing for an Emergency video has the core material that you will be teaching. For more information about choking and first aid, you can use the CPR & First Aid Anywhere Training Kit video and lesson plans.

PREPARING FOR AN EMERGENCY COURSE

The course has an optional activity and 6 modules.

1. Causes of Cardiac Arrest (required)
2. Opioid Overdose (required)
3. CPR and AED for Teens and Adults (required)
4. Controlling Life-Threatening Bleeding (required)
5. Difference Between a Heart Attack and Cardiac Arrest (optional)
6. Child CPR and AED (optional)
7. Infant CPR (optional)

The required modules cover CPR, using an AED when appropriate, Opioid Overdose including giving naloxone, and Controlling Life-Threatening Bleeding. You can facilitate each module on its own or facilitate multiple modules together, depending on the needs of your class. You can also supplement any additional modules your community may be interested in with the CPR & First Aid Anywhere video.

COURSE EQUIPMENT

Equipment needed for each CPR & First Aid Anywhere class is listed below. All equipment needs to be in proper working order and good condition.

Included in CPR & First Aid Anywhere Training Kit

- 1 wheeled carry bag
- 10 Mini Anne® Plus inflatable manikins
- 10 kneel mats
- 10 individual carry bags
- 5 practice-while-watching training videos
- 1 hand pump for manikin inflation
- 2 mesh collection and storage bags
- 10 replacement airways
- 50 manikin wipes
- 10 replacement face masks
- 10 AED training simulators
- 1 facilitator binder that contains the Facilitator Guide, Lesson Plans, pre- and post-test, and supplementary material

Additional equipment

- A video player, a remote control, and a monitor or screen big enough for all to see
- 1 table in case someone can't kneel on the ground to practice CPR
- A room where you and the video can be heard easily and with enough space

ROLE OF THE FACILITATOR

Any motivated person who wants to share the lifesaving skills of CPR and first aid can be a CPR & First Aid Anywhere Facilitator.

Remember, you do not have to be an AHA Instructor or have a CPR course completion card to be a facilitator. This is a video-based course, and the lessons in the course video will teach the skills of CPR and first aid. As a facilitator, you'll help the class run smoothly. Your responsibilities include:

- Creating a positive learning experience
- Preparing before the class, including the planning of all logistics
- Setting up equipment and the room
- Managing a successful course as outlined in this Facilitator Guide

PRECOURSE LESSON PLAN

FACILITATOR TIPS

Prepare for your role as a Facilitator. The time you invest in this part of your preparation is important to everyone's success and will allow the course to run smoothly.

2 WEEKS BEFORE THE COURSE

- Watch the Preparing for an Emergency Video.
- Read the entire Facilitator Guide.

1 WEEK BEFORE THE COURSE

- Confirm room/space reservations.
- If you can, tell everyone to wear comfortable clothes.
- Confirm all equipment is available and in good working order.

1 DAY BEFORE THE COURSE

- Review the Lesson Plans.
- Know the location of nearby AEDs/naloxone in the building where you will be training (if applicable)
- Make sure that all technology and equipment are working properly. This will allow you to fix anything that doesn't work before class.
- Make sure there are extra batteries for the video remote control.

DAY OF THE COURSE

Get to class early to set up the room and get the manikins ready. The room setup is the key to a successful class. Here are some tips for setting up a room:

- You should be at the front of the room. Leave yourself space.
- Move furniture and other items to the walls so everyone can sit comfortably, arm's length apart, on the floor.
- Everyone must be able to see and hear the video. Put the manikins in a place so that even when people are on their knees practicing, they can still see the video.
- Inflate the manikins by using the hand pump or the pump bag. Insert the 1-way valve into the manikin tube. Ensure that the manikin valve is assembled.
- If inflating with the hand pump, insert the hand pump nozzle into the 1-way valve and inflate. If inflating with the pump bag, insert the manikin valve onto the pump bag nozzle and inflate according to the directions printed on the pump bag.
Do not inflate the manikins by mouth or with the use of an air compressor.
- When using manikins on the floor, place 1 kneel mat by each manikin.
- The manikins should ideally all face the same way, with their heads lining up with the manikin's head in the video (so that everyone can do exactly what is in the video).
- Have chairs and tables for those who have difficulty kneeling to practice CPR.

LESSON PLAN

FACILITATOR TIPS

- Put class participants at ease by talking with them as they come in.
- Be enthusiastic! Enthusiasm is contagious.
- Stay focused. Keep the course on track. This gives everyone the best chance of really learning CPR.
- Also, it's polite to start and end the course on time. Keeping the course on track respects everyone's time.
- During the practice segments, keep everyone doing exactly what the video is showing, at the same time.
- People may have questions. Facilitators are not expected to know all the answers. When people have questions, refer them to the AHA.
- Help overcome fear. Many people are afraid of doing CPR wrong and may be reluctant to give CPR in real life. Doing CPR well is very important to saving lives, but any CPR is better than no CPR.



DISCUSSION: INTRODUCTION

- Thank the class for their time.
- Let people know they'll be practicing CPR on manikins.
- Inform the class of when they will have a break (if applicable)
 - If more than 1 module is being facilitated, you may want to have quick breaks between each module.
- Refer to the table below to remind the class what they will learn during the course, how long each module is, and the skills practiced in each section.

<u>CPR MODULES</u>	<u>LEARNING OBJECTIVES</u>	<u>PRACTICE</u>
DEMONSTRATION Opioid Overdose	Describe how to help someone with a drug overdose emergency including giving naloxone	None*
DEMONSTRATION Steps Leading Up to CPR	Recognize when someone needs CPR	Steps Leading Up to CPR
DEMONSTRATION Compressions	Perform Compressions on an adult	Compressions
DEMONSTRATION Breaths	Perform breaths on an adult	None*
DEMONSTRATION Using an AED for an Adult	Use an AED on an adult	Using an AED Putting it all together

<u>FIRST AID MODULES</u>	<u>LEARNING OBJECTIVES</u>	<u>PRACTICE</u>
Controlling Bleeding	Identify minor vs. major life-threatening bleeding Perform direct pressure, packing wound and applying a manufactured tourniquet	None*

<u>BONUS MODULES</u>	<u>LEARNING OBJECTIVES</u>	<u>PRACTICE</u>
The Difference Between Heart Attack and Cardiac Arrest	Describe the difference between a Heart Attack and a cardiac arrest	None
Giving Breaths to a child Child Compressions Use an AED on a child	Perform child compressions Give Breaths to a child Use an AED on a child	None
Infant Compressions Giving Breaths to an Infant	Perform Infant compressions Give Breaths to a Child	None

* Please consult with a licensed Subject Matter Expert to practice these modules.

You will complete the following steps for each module in the Preparing for an Emergency Course that you are facilitating.

PLAY VIDEO

- The Hands-Only CPR and AED for Teens and Adults module includes instruction and required practice for skills.
- For the first aid and bonus modules, the video will show only instructions for how to perform skills. Practice is not included.



PRACTICE SETUP

- For the modules that include practice, let the video stop and have everyone get in position at the sides of the manikins per the video instructions.
- Tell the class that they will now practice for the skill they just learned and that they should do exactly what they see in the video.
 - As an option, allow people to view the practice segment before they practice as a review of the steps.
- Before practicing, ask each person to clean the surface of the manikin face and the mouth cavity with a manikin wipe before beginning, using the manikin wipes provided in your CPR and FA Anywhere Kit (**do not** use antibacterial wipes, baby wipes, tissues, or paper towels).
- **Do not practice with the tourniquet placement.** To avoid injury or medical mistakes, please work with a licensed medical professional for both the tourniquet and naloxone administration trainings.

PRACTICE

- Everyone will follow along with the video to complete the steps for each skill.
 - If someone has trouble bending down or getting on his or her knees, accommodate that person (for example, you can place the manikin on a table).
 - If someone can't push deep enough for compressions, have the person lean over the manikin more and straighten his or her arms if needed.
 - If completing the optional practice segments, refer to the Manikin Maintenance section of this Facilitator Guide.

REPEAT VIDEO SEGMENTS

- For any module that includes practice, continue to Repeat the video segment until everyone has had the chance to practice.
- If someone wants or needs extra practice on a manikin, let him or her practice after the class ends.

Play Video

- Play the video to continue the module, or to move to the next module that you are facilitating.

Discussion: Conclusion

At the end of class, discuss the following with everyone:

- Encourage lots of practice. People get better at CPR through practice. Practice makes a real difference in learning CPR and being willing to give CPR in real life. If someone wants extra practice on a manikin, let him or her practice after the class ends.
- Encourage the class to refresh their skills often and share skills with their loved ones to bring this lifesaving information to more people.
- Thank the class for their time and congratulate them on completing the course.

The Opioid Response Network (ORN) is a federally funded national initiative that provides education and training in the prevention, treatment, recovery and harm reduction of opioid and stimulant use disorders. ORN provides educational resources, training and consultation, acting as a kind of temporary agency, meeting the specific local needs of organizations, communities, healthcare systems, states and individuals—all at no cost. opioidresponsenetwork.org