



2020 Interim Training Materials: Heartsaver® Lesson Plan Changes

Purpose

These instructions will help you as a Heartsaver Instructor to update the current Heartsaver course materials* with science from the *2020 American Heart Association (AHA) Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC)* (2020 Guidelines).

Use the interim materials to teach **all Heartsaver courses** beginning October 21, 2020. You must complete the 2020 Heartsaver Instructor Update online course by February 1, 2021.

*The 2016 *Heartsaver First Aid CPR AED Instructor Manual* and corresponding student workbook and the 2016 *Heartsaver Pediatric First Aid CPR AED Instructor Manual* and corresponding student workbook

Instructor Preparation

As an Heartsaver Instructor, you should be prepared to answer students' questions about the 2020 Guidelines. Therefore, you should review these interim training materials, interim written exam information, the 2020 Guidelines, and the *Highlights of the 2020 AHA Guidelines Update for CPR and ECC* before teaching your Heartsaver courses.

Instructor Manual Lesson Plan Changes

To teach the Heartsaver First Aid CPR AED and Pediatric First Aid CPR AED courses, modify the lesson plans from the 2016 instructor manuals with the changes listed in this document.

Only those lessons affected by the 2020 Guidelines science changes are listed here. Lessons not listed here should be taught as written in the 2016 Heartsaver First Aid CPR AED Instructor Manual or the 2016 Heartsaver Pediatric First Aid CPR AED Instructor Manual.

Throughout any course you teach, emphasis should be on the components of high-quality CPR.

1. Chains of Survival: Adult and Pediatric

2020 Changes

- A new in-hospital cardiac arrest Chain of Survival for pediatrics was added.
- A sixth link, recovery, was added to both of the out-of-hospital Chains of Survival (adult and pediatric), and in-hospital adult Chain of Survival.
 - The process of recovery from cardiac arrest extends long after the initial hospitalization. Support is needed during recovery to ensure optimal physical, cognitive, and emotional well-being and return to social/role functioning. This process should be initiated during the initial hospitalization and continue for as long as needed.

Apply Here

- Video information, discussion

2. Compressions

2020 Changes

- Quickly move bulky clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing.
- If an automated external defibrillator (AED) becomes available, remove all clothing that covers the chest. AED pads must not be placed over any clothing.



Apply Here

- ***Heartsaver First Aid CPR AED Instructor Manual***
 - **Part 5: Heartsaver First Aid CPR AED Lesson Plans**
 - **Adult CPR AED Lesson Plans**
 - **Lesson 1:** Course Introduction (Discussion)
 - **Lesson 2:** Adult CPR (Video)
 - **Child CPR AED Lesson Plans**
 - **Lesson 1:** Introduction (Discussion)
 - **Lesson 2:** Child CPR (Video)
 - **Infant CPR Lesson Plans**
 - **Lesson 1:** Introduction (Discussion)
 - **Lesson 2:** Infant CPR (Video)
 - **Part 6: Heartsaver Pediatric First Aid CPR AED Lesson Plans**
 - **Child CPR AED Lesson Plans**
 - **Lesson 1:** Introduction (Discussion)
 - **Lesson 2:** Child CPR (Video)
 - **Infant CPR AED Lesson Plans**
 - **Lesson 1:** Introduction (Discussion)
 - **Lesson 2:** Infant CPR (Video)
 - **Adult CPR AED Lesson Plans**
 - **Lesson 1:** Introduction (Discussion)
 - **Lesson 2:** Adult CPR (Video)
 - **Part 7: Heartsaver Pediatric First Aid CPR AED Instructor Manual Blended Lesson Plans**
 - **Lesson 7:** Adult CPR AED

3. Infant Compressions

2020 Changes

- Single rescuer: use 2 fingers, 2 thumbs, or the heel of 1 hand for infants.
 - For infants, single rescuers (whether lay rescuers or healthcare providers) should compress the sternum with 2 fingers or 2 thumbs placed just below the nipple line.
 - For infants, if the rescuer is unable to achieve guideline-recommended depth (at least one third the diameter of the chest), it may be reasonable to use the heel of 1 hand.

Apply Here

- **Heartsaver First Aid CPR AED Instructor Manual**
 - **Part 4: Additional Resources**



- Section: Understanding the Infant CPR Skills Testing Checklist
- Infant CPR Skills Testing Checklist
- **Part 5: Heartsaver First Aid CPR AED Lesson Plans**
 - **Infant CPR Lesson Plans**
 - **Lesson 2:** Infant CPR (Video, Practice While Watching)
 - **Lesson 3:** Infant CPR Summary (Video, Discussion)
 - **Lesson 4:** Infant CPR Skills Test
- **Part 6: Heartsaver First Aid CPR AED Blended Lesson Plans**
 - **Infant CPR Lesson Plans**
 - **Lesson 6:** Infant CPR (Practice While Watching)
 - **Lesson 7:** Infant CPR Skills Test
- **Heartsaver Pediatric First Aid CPR AED Instructor Manual**
 - **Part 4: Additional Resources**
 - Section: Understanding the Infant CPR Skills Testing Checklist
 - Infant CPR Skills Testing Checklist
 - **Part 5: Heartsaver First Aid CPR AED Lesson Plans**
 - **Infant CPR Lesson Plans**
 - **Lesson 2:** Infant CPR (Video, Practice While Watching)
 - **Lesson 3:** Infant CPR Summary (Video, Discussion)
 - **Lesson 4:** Infant CPR Skills Test
- **Part 6: Heartsaver First Aid CPR AED Blended Lesson Plans**
 - **Lesson 4:** Infant CPR (Practice While Watching)
 - **Lesson 5:** Infant CPR Skills Test

4. Hypoglycemia (Low Blood Sugar)

2020 Changes

- For children with suspected hypoglycemia (low blood sugar) who are awake but unwilling to swallow oral glucose, it may be reasonable to apply a slurry of granulated sugar and water under the tongue.
- Call for help if not better in 10 minutes after oral glucose administration.

Apply Here

- **Heartsaver First Aid CPR AED Instructor Manual**
 - **Part 5: Heartsaver First Aid Lesson Plans**
 - **Lesson 4:** Medical Emergencies
 - Video and discussion questions
- **Heartsaver Pediatric First Aid CPR AED Instructor Manual**
 - **Pediatric First Aid Lesson Plans**
 - **Lesson 4:** Illness and Injuries: Group A



- Video and discussion questions

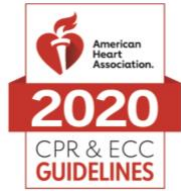
5. Control of Life-Threatening Bleeding (for Heartsaver First Aid)

2020 Changes

- Consider a wound to be life-threatening if the flow of blood is continuous and steady and if the volume of loss appears large—about equal to half of a 12-ounce can.
- A manufactured tourniquet should be used as first-line therapy for life-threatening extremity bleeding and should be placed as soon as possible after the injury.
- If a manufactured tourniquet is not immediately available or if a properly applied manufactured tourniquet fails to stop bleeding, direct manual pressure, with the use of a hemostatic dressing if available, should be used to treat life-threatening extremity bleeding.
- For individuals with life-threatening external bleeding, direct manual pressure should be applied to achieve initial bleeding cessation for wounds not amenable to a manufactured tourniquet or when a manufactured tourniquet is not immediately available.
- If a hemostatic dressing is available, it can be useful as adjunctive therapy to direct manual pressure for the treatment of life-threatening external bleeding.
- If the bleeding is severe and is located on a body part that is not the arm or leg—such as the head, neck, chest, abdomen, shoulders, or hips—you can pack the wound and then apply pressure as noted previously. *Packing the wound* means to take a material like gauze or clothing and place it tightly into the wound. You would then apply pressure and a compression dressing.

Apply Here

- **Heartsaver First Aid CPR AED Instructor Manual**
 - **Part 4: Additional Resources**
 - **Lesson 6: Injury Emergencies**
 - Video, discussion, skills
 - FAQ discussion questions
 - **Part 5: Heartsaver First Aid Lesson Plans**
 - **Lesson 6: Injury Emergencies**
 - Video, discussion, skills
 - **Part 6: Heartsaver First Aid CPR AED Blended Lesson Plans**
 - **Lesson 9: First Aid**
 - Video, discussion, skills
- **Heartsaver Pediatric First Aid CPR AED Instructor Manual**
 - **Part 4: Additional Resources**
 - Section: Stopping Bleeding and Bandaging
 - Heartsaver Pediatric First Aid Skills Testing Checklist
 - Pediatric First Aid FAQs
 - **Part 5: Pediatric First Aid Lesson Plans**
 - **Lesson 4: Illnesses and Injuries: Group A**



- Video and discussion questions
- **Part 6: Heartsaver First Aid CPR AED Blended Lesson Plans**
 - **Lesson 9:** Pediatric First Aid, practice and testing