

Lassen Community College Course Outline

HO-120 Cardiopulmonary Resuscitation (CPR)

0.5 Units

I. Catalog Description

This course is designed to teach Cardiopulmonary Resuscitation (CPR) methods and update those methods according to the most current standards. This course is certified by the American Heart Association. This course may be taken as needed for legal mandated training or certification. This class is approved for hybrid delivery.

Our commitment to diversity requires that we strive to eliminate barriers to equity and that we act deliberately to create a safe and inclusive environment where individual and group differences are valued and leveraged for the growth and understanding as an educational community.

Does not transfer to UC/CSU

8.5 Hours Lecture, 17 Expected Outside Class Hours, 25.5 Total Student Learning Hours.

Scheduled: Fall, Spring

II. Coding Information

Repeatability: Not Repeatable

Grading Option: Pass/No Pass Only

Credit Type: Credit - Not Degree Applicable

TOP Code: 121300

III. Course Objectives

A. Course Student Learning Outcomes

Upon completion of this course the student will be able to:

Demonstrate the ability to assess a breathing or cardiac emergency in adults, children and infants and administer early response care based on standards and procedures established by American Red Cross.

B. Course Objectives

Upon completion of this course the student will be able to:

1. Demonstrate the ability to perform Basic Life Support (BLS)
2. Demonstrate the ability to perform and operate Automated External Defibrillation (AED).
3. Demonstrate Cardiopulmonary Resuscitation (CPR) skills using a combination of breathing and compressions as well as hands-only CPR and using one and two rescuer techniques.
4. Demonstrate knowledge of proper procedures to clear obstructed airway on infants, children, and adults using one and two rescuer techniques.

IV. Course Content

A. Responding to Emergencies

- a. Overcoming barriers to act
- b. Legal protections and ramifications
- c. Recognizing emergencies
- d. Protection from disease transmission

- e. Prioritizing emergency response
 - f. Implied versus expressed consent
 - g. Responding to adults, children and infants
 - h. Responding to conscious and unconscious victims
 - i. Moving an injured or ill person
 - j. Identifying signals of shock and minimizing effects
 - k. Checking for life-threatening conditions-unconscious victim
 - l. Checking for life-threatening conditions-conscious victim
- B. Cardiac Emergencies and CPR
- a. Recognizing signs of a cardiac emergency
 - b. Cardiac chain of survival
 - c. Causes of heart attack
 - d. Heart attack versus cardiac arrest
 - e. How to care for a heart attack
 - f. Role of CPR in cardiac arrest
 - g. How to perform CPR – one and two person
 - h. CPR for adults, children and infants
- C. AED
- a. What defibrillation is
 - b. How defibrillation works
 - c. Precautions to take when using an AED
 - d. How to use an AED
 - e. How to use an AED in combination with CPR
- D. Breathing Emergencies
- a. Recognizing signals of a breathing emergency
 - b. How to care for a conscious choking victim – adult, child, infant
 - c. How to care for an unconscious choking victim – adult, child, infant

V. Assignments

A. Appropriate Readings

Student will be assigned readings by the instructor. Writing Assignments

The student will complete a written examination.

B. Expected Outside Assignments

None

C. Specific Assignments that Demonstrate Critical Thinking

The student will discuss and demonstrate proper maneuvers to perform to effective evaluation and proper emergency treatment of a victim with life-threatening illness or injury. Knowledge of skills includes:

1. Initial assessment
2. Conscious choking
3. Rescue breathing
4. CPR
5. CPR with AED
6. Unconscious choking

VI. Methods of Evaluation

Traditional Classroom Instruction

Term paper (topic choice, thesis statement, outline, bibliography, rough draft, final draft), homework, classroom discussion, essay, journals, lab demonstrations and activities, multiple choice quizzes, and participation.

Hybrid Evaluation

All quizzes and exams will be administered during the in person class time. Students will be expected to complete online assignments and activities equivalent to in class assignments and activities for the online portion of the course. Electronic communication, both synchronous and asynchronous (chat/forum) will be evaluated for participation and to maintain effective communication between instructor and students.

VII. Methods of Delivery

Check those delivery methods for which, this course has been separately approved by the Curriculum/Academic Standards Committee.

Traditional Classroom Delivery Correspondence Delivery

Hybrid Delivery Online Delivery

Traditional Classroom Instruction

Lecture, PowerPoint, and other media presentations, discussions, scenarios, and group presentations.

Hybrid Delivery

A combination of traditional classroom and online instruction will be utilized. Each semester a minimum of 1/3 of the lecture hours, will be taught face-to face by the instructor and the remaining hours will be instructed online through the technology platform adopted by the District. Traditional class instruction will consist of exercises/assignments, lectures, visual aids, and practice exercises. Online delivery will consist of exercises/assignments, lecture posts, discussions, adding extra resources and other media sources as appropriate.

VIII. Representative Texts and Supplies

When scheduled fully in-person: No textbook is required for this course. Handouts will be provided.

When scheduled hybrid: HeartCode BLS online product, Product Number: 20-3553, ISBN 978-1-61669-796-9 (Product purchase instructions will be provided by the instructor)

IX. Discipline/s Assignment

Emergency Medical Technology, Licensed Vocational Nursing, Health Care Ancillaries, Health, Nursing

X. Course Status

Current Status: Active

Original Approval Date: 5/21/1991

Revised By: Christi Myers

Curriculum/Academic Standards Committee Revision Date: 11/29/2022