



ADVANTAGE CPR
INSTRUCTION
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American Heart Association BLS for Healthcare Providers Course Course Outline

The following topics are included in the framework of the course but are not intended as limits on content. The order of presentation and relative emphasis will vary with each instructor.

I. Course overview

- A. Basic anatomy and physiology of cardiac and respiratory systems
- B. Access of emergency medical system.

II. Recognition and prevention of heart attacks and stroke

- A. Early warning signs and symptoms
- B. Treatment of chest pain and probability of cardiac arrest
- C. Cardiac risk factors
- D. Prudent heart living.

III. Foreign body airway obstruction

- A. Anatomy of the airway
- B. Signs and symptoms of obstructed airway
- C. Treatment: conscious and unconscious victim
- D. Submersion emergencies
- E. Infant and child modifications.

IV. Basic life support and cardiopulmonary resuscitation

- A. Checking responsiveness
- B. Calling for help
- C. Establishing airway
- D. Checking breathing
- E. Initiating ventilation - Bag Mask Ventilations
- F. Checking circulation
- G. Administering external compressions

- 1. One-person CPR
- 2. Two-person CPR.
- 3. Applying and using the AED

V. TESTING