

**J. Sargeant Reynolds Community College
Course Content Summary**

Course Prefix and Number: HLT 105

Credits: 1

Course Title: Cardiopulmonary Resuscitation

Course Description (including lecture hours, lab hours, total contacts)

Provides training in coordinated mouth-to-mouth artificial ventilation and chest compression, choking, life-threatening emergencies, and sudden illness. Equivalent to EMS 100. Lecture 1 hour per week.

General Course Purpose

This course is offered based on American Red Cross Standards or American Heart Association Standards and will give the student the abilities needed to offer life sustaining support to patients in cardiopulmonary emergencies.

Course Prerequisites/Corequisites (*Entry-level competencies **required** for enrollment*):
none

Course Objectives (Each item should complete the following sentence.)

Upon completing the course, the student will be able to:

- a. apply correctly and consistently the cognitive and psychomotor skills of cardiopulmonary resuscitation
- b. recognize prudent heart living, risk factors, signals and actions for survival and system entry
- c. perform the one man, two man, and baby CPR (Heart and Red Cross) scenario without error
- d. achieve a grade of 70% or better on a written examination for certification

Major Topics to be Included

- a. Breathing, Circulation and Cardiac Arrest
- b. Early Warning Signals
- c. Prudent Heart Living
- d. Artificial Respiration and Artificial Circulation
- e. One Man CPR
- f. Infant and Child
- g. Foreign Body Obstruction

Note: Professional Rescuer skills are an optional component in this course and will include the following two rescue procedures: Airway Management Skills, Use of Resuscitation Masks

Effective Date of Course Content Summary (Month, Date Year): August 1, 2008