



## CPR

Revised 01/2014

Purpose: To ensure Public Service students can show safe and effective use of Cardio Pulmonary Resuscitation.

Description of Event: Students will take part in a simulated C.P.R. exercise. Each student will complete a predetermined scenario based upon the **most recent American Heart Association Standard**. Each scenario will test the following skills:

- 1) Proper Assessment
  - a) Determining scene safety and taking necessary action as necessary to assure rescuer safety
  - b) Determine unresponsiveness of patient
  - c) Airway/Breathing – Open airway and check for breathing
- 2) Proper Technique
  - a) Activate E.M.S. and calling for an Automatic External Defibrillator (AED)
  - b) Watching for breathing: Spending 5 to 10 seconds
  - c) Correct placement of hands for chest compressions
  - d) Correct rate and depth
  - e) Properly using a barrier device for rescue breaths
  - f) Correct use of Automatic External Defibrillator (AED)
- 3) Proper techniques and confidence
  - a) Use the count-out-loud method, *i.e.* 1 and 2 and 3 and 4, etc., and proper compression depth - 1 ½" - 2"
  - b) Communication with bystanders or actors present in scenario
  - c) Effective directions or actions regarding use of AED upon arrival
  - d) Correct use of AED
- 4) Proper Reassessment and stopping of CPR
  - a) Student may check for a pulse if patient has life signs present (i.e. return of spontaneous breathing or consciousness)
  - b) If none of the above exists, student/rescuer should continue C.P.R. until help arrives or is unable to continue (verbalize)
- 5) **Student must provide current CPR certification card to the judge prior to competing. As well as providing their own approved barrier device.**

Limit: 4 per chapter

Dress Code: Appropriate dress to include: chapter uniform or other attire appropriate for the competition, or as directed by your chapter advisor.

Rules and Procedures:

- 1) Awards will be given to the top five highest scores. Judges will calculate all scores and all scores will be considered final.
- 2) In the event of a tie score, a scenario will be given in which the supposed victim has resumed a heartbeat but still needs rescue breathing.
- 3) Space will not permit the competition to be viewed by anyone other than those directly involved in judging or supervising.

Required Personnel:

- 1) One monitor to observe contestant and prepare the mannequin for the next competitor.
- 2) Two judges to record scores

Facilities and Equipment:

- 1) CPR manikin
- 2) Decontamination supplies as required
- 3) Protective barrier devices: Students must provide their own with no makeshift aids or mouth to mouth technique allowed.
- 4) One room of a size determined to be adequate for the judges and all related personnel to occupy at the same time.



## CPR

### Scoring Guidelines

Revised 10/2013

Student Name \_\_\_\_\_ Final Score \_\_\_\_\_  
 School Name \_\_\_\_\_  
 Judge's Name \_\_\_\_\_ Judge's Signature \_\_\_\_\_  
 Judge's Name \_\_\_\_\_ Judge's Signature \_\_\_\_\_

<b>To Evaluator: circle point value as student performs task</b>	Pass	Fail
<b>Checks scene and verbalizes the scene is safe. Dons proper PPE (medical gloves if available)</b> (the student must move patient or correct any unsafe condition for credit)	+10	0
<b>Checks for response: tap and shout</b> (the student may identify themselves as a first responder or similar)	+5	0
<b>Tells someone to call 911 and find an Automatic External Defibrillator (AED)</b> (the AED is brought to student during 4th set of compressions)	+5	0
<b>Checks for no breathing</b> or only gasping (5-10 seconds) by opening an airway by head- tilt/chin-lift and watching for chest rise and fall	+5	0
<b>Locates hand placement for compressions</b> Remove clothing as necessary and locates hands on lower half of breastbone	+5	0
<b>Delivers first set of compressions</b> 30 compressions in 18 seconds (100 per minute) at a depth of 2" in at least 23 of 30 c ompressions	+5	0
<b>Gives 2 breaths with a pocket mask/BVM</b> Must have full chest rise and fall in at least one breath and delivers both breaths in 10 seconds or less. Rescuer <i>must</i> use a barrier device, such as a pocket mask or similar.	+5	0
Completes 5 rounds of 30:2 at a rate of 100 per minute (+5 for each correct cycle) ___(2) ___(3) ___(4) ___(5) Notes:		
When AED arrives: (during 4 <sup>th</sup> set of compressions)		
<b>Rescuer stops CPR and turns on AED immediately upon arrival</b>	+5	0
<b>Follows instructions given by AED with pad placement and defibrillation instructions.</b> (the AED will advise that shock is advised, and rescuer will administer shock)	+5	0
<b>Continues at least one round of CPR after first shock as advised by AED.</b>	+5	0
<b>Total top section:</b> (75 possible points for top section)		
<b>Critical Failures:</b> (Subtract 10 points for each infraction)		
<ul style="list-style-type: none"> <li>○ Does not correct an unsafe scene, or other unsafe action; improper PPE</li> <li>○ Does any task out of order (10 points per infraction)</li> <li>○ Does not check for breathing by looking for chest rise and fall, or does not spend at least 5 sec. or spends more than 10 sec. checking for breathing</li> <li>○ Improper hand placement</li> <li>○ CPR compression rate is too fast or too slow</li> <li>○ No effective breaths due to improper technique</li> </ul>		

**Total bottom half:** \_\_\_\_\_

**Total: Add or subtract top and bottom section points to determine final score.** \_\_\_\_\_



## CPR Judge's Winner Sheet

1st Place School

Student

2nd Place School

Student

3rd Place School

Student

4th Place School

Student

5th Place School

Student