

AHA Community Training Center Newsletter

Interior Region EMS Council, Inc.

2010 AHA Guideline Questions?



Q: What are the most significant changes in the 2010 AHA Guidelines for CPR & ECC?

A: Major changes for all rescuers, all of which are intended to simplify CPR for rescuers and improve bystander response, include:

- A change in the CPR sequence, from Airway-Breathing-Compressions (A-B-C) to Compressions-Airway-Breathing (C-A-B)
- Continued emphasis on providing high-quality chest compressions:
 - Push hard, push fast
 - Minimize interruptions
 - Allow full chest recoil
 - Avoid excessive ventilation
- Recommendation that the chest should be depressed at least 2 inches (as opposed to approx 1 ½ to 2 inches, recommended in 2005)
- Recommendation that chest compressions should be performed at a rate of at least 100/min (2005 recommendation was “Compress at a rate of about 100/min”)
- The creation of a simplified universal algorithm for adult CPR

Q: When will I be able to teach the new Guidelines for CPR since the new materials are not yet available?

A: January 2011, AHA will begin conducting official Guidelines Instructor Updates, during which materials will be provided to Instructors that allow them to integrate new science into the current courses they are teaching. Until Instructors receive these materials, they should continue to teach the same science they have been teaching using the current materials. Training materials reflecting the new Guidelines will launch throughout 2011 and, as they are launched, the AHA will announce new materials to Instructors and Training Centers.

Q: When will AHA courses reflect the new Guidelines?

A: AHA training materials updated to reflect new Guidelines will launch throughout 2011. The tentative release dates for 2011 products were provided to the AHA Training Network in November 2009. Preliminary dates are subject to change at any time. All products within the product lines will be released at the same time (i.e., Instructor and Student materials together).

March – April 2011

Family & Friends® CPR Anytime® (Adult/Child Light & Brown Skin)

Infant CPR Anytime® (Light & Brown Skin)

Basic Life Support for Healthcare Providers (BLS HCP)

Heartsaver® First Aid CPR AED

Heartsaver® First Aid

Heartsaver® CPR AED

May – June 2011

Family & Friends® CPR

Advanced Cardiovascular Life Support (ACLS)

July – September 2011

Pediatric Advanced Life Support (PALS)

October – December 2011

Pediatric Emergency Assessment Recognition and Stabilization (PEARS)

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Special points of interest:

- 84% is the passing score for all ACLS, BLS and PALS Courses,
- Make sure to reserve your equipment at least one week in advance.

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NEW AHA GUIDELINES: NEXT STEPS FOR AHA INSTRUCTORS

Now that the official AHA Guidelines for CPR & ECC are available to both AHA and the general public, we are able to begin the process of creating interim training materials and guidance, and conducting official updates for the AHA Training Network. Interim training materials will allow AHA Instructors to incorporate new science into their current courses until new course materials are available.

To access these interim training materials, all AHA Instructors will need to complete an official AHA Guidelines Instructor Update.

The online update course will be available to Instructors via the AHA Instructor Network in early January.

The update must be completed before March 1, 2011.

If it is not completed by that date you will no longer be able to teach.

Once you have completed the course print out the certificate bring it in to the office so we can update your file.

Guidance for Instructors: What should you do until you receive your update?

- **Keep training!** Continue to conduct your classes the same way you did prior

to the launch of the 2010 AHA Guidelines for CPR & ECC.

- **Message to students.** Students should continue to perform CPR the way they were last taught in a CPR class or through an AHA CPR Anytime kit. The release of new Guidelines DOES NOT imply that treatment involving the use of earlier Guidelines is either unsafe or ineffective. This includes providing CPR using the A-B-C sequence.



CPR Rosters Going Paperless

In an effort to streamline the American Heart Association paperwork for CPR classes we will be implementing the Effective HeartBEAT® Instructor Program. This computer based program will allow you to create a new class, a roster and e-mail the results back to us.

Our initial goal was to have this program in place by January 1, 2011. Due to technical difficulties we are postponing the mandatory implementation date to May 1, 2011. After May 1st we will no longer be accepting paper rosters for AHA courses. All course rosters will be completed

electronically and transferred to us via e-mail. In addition, no blank CPR cards will be given out after May 1, 2011. All cards will be printed by IREMSC from the rosters you submit electronically.

Bloodborne Pathogens Program

The American Heart Association is now providing a complete resource for workplace training with the addition of the Heartsaver Bloodborne Pathogens Program. Designed to meet OSHA requirements for bloodborne pathogens training when paired with site-specific bloodborne pathogens instruction, Heartsaver Bloodborne Pathogens is available in both classroom-based and online formats.

The course covers the general OSHA Standard for bloodborne pathogens training for anyone with a real potential for occupational exposure to bloodborne pathogens. It uses the PACT acronym (Protect, Act, Clean, Tell) and slogan, "Make a PACT, Know How to Act™," to help students learn and easily retain bloodborne pathogens training.

How can you add Heartsaver Bloodborne Pathogens to your course offerings?

Per OSHA, instructors wishing to teach Heartsaver Bloodborne Pathogens must be content experts knowledgeable of Standard 1910.1030. They do not have to be AHA instructors, and therefore do not have to take the AHA Core Instructor Course and do not receive a Heartsaver BBP instructor card from the AHA. If you meet those requirements, simply order your Heartsaver Bloodborne Pathogens Instructor Package today through IREMSC!

Instructor Resources at AHA Instructor Network

Prior to teaching the Heartsaver Bloodborne Pathogens Course, Instructors must review the "Training Memo: Heartsaver Bloodborne Pathogens." This document is posted on the public page of the AHA Instructor Network in the "Instructor Resources/ Training Memos" area.

Rental Equipment Helpful Hints

We have the following helpful hints to make your equipment rental experience fast and efficient.

- If you wish to make your reservation by phone please make sure to call between 8am and noon to make sure that you speak with Rachel Mulvihill our Material Specialist.
- You can fax, email or use our online equipment request to Rachel anytime.
- If you wish to place an order less than 48 hours in advance you MUST call Rachel Mulvihill to make sure that the equipment is available.
- All equipment reservations will be handled exclusively by Rachel.
- Please plan in advance, because the equipment may not be available for walk-in rentals.



Check your Rosters

Every CPR roster that we receive is entered into a database. The database is used to report quarterly training numbers to the State of Alaska and the American Heart Association. It also enables us to look students up when they lose a card. Just a few reminders about rosters:

1. Please be sure to use the CORRECT roster for your course. If you do not have that particular roster, you can download the roster from our website www.iremsc.org/cpr_forms.htm . All the rosters and evaluation forms are available for download.
2. Date your roster.
3. Make sure to mark off what modules you taught, this is especially important for the Heartsaver Courses.
4. Mark whether it is an initial or renewal course.
5. Keep initial and renewals separate. Please do not lump renewal students with initial students. Please write up two separate rosters. (we have to report these numbers to AHA)
6. Make sure all names on the roster are legible. Just because you know it is Sue Smith doesn't mean I will.
7. Be sure to list all the instructors that helped teach the course. If they are not listed on the roster they will not get credit.
8. Remind students to list their full phone number not just extensions (sometimes I have to call to ask how to spell their name).

REMINDER:

The passing score for ACLS, BLS and PALS courses is **84%**.

Thanks for everything!

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Helping you to provide quality CPR classes.



REMINDER:

The passing score for
ACLS, BLS and PALS
courses is

84%.

We Need Your Class Schedules!



We need your class schedules. We receive several calls a day from individuals and businesses, both in healthcare and the health & safety industry, looking for AHA courses throughout the area. We can list your classes on our website. If you would like us to add your course schedules to the list, please email the information (date, course,

location and contact) to ssteele@interioremscouncil.org

This is a very easy and valuable way to expand your business at no cost to you.

If you have any questions please email me at the above address.