



## Learning Plan: Resuscitation (CPR)

### Key Learning objectives:

- What is CPR? (cardiopulmonary resuscitation)
- When should it be used?
- What you should do
  - Check for danger in the areas where you plan to deliver CPR
  - Check for the patient's response
  - Ask for help – bystanders and call 999
  - Open the airway and check that it is clear/no obstructions
  - Look and listen for normal breathing for up to 10 seconds
  - How to perform effective chest compressions
    - Kneel at the side of the patient
    - Arms straight
    - Hands interlocked
    - Depth of chest compressions 5-6cm or one third of the chest (adults)
    - 100-120 compressions per minute
    - Swap person delivering the compressions every 2 minutes if someone is there to help you (or before 2 minutes if you feel the compressions are no longer effective).

Activity	Timings	Resources
1. Ask students to discuss what they understand by the term resuscitation or CPR <ul style="list-style-type: none"> <li>• What it is</li> <li>• Why and when it should be used.</li> </ul>	5 mins	
2. Confirm when resuscitation is necessary – person not breathing casualty or not getting enough oxygen (making the link cardiac arrest).	5 mins	
3. Show CPR man video: <a href="https://youtu.be/7S6v3VK5Uao">https://youtu.be/7S6v3VK5Uao</a> Also available with BSL and Subtitles here: <a href="https://youtu.be/k85Re1mS1U8">https://youtu.be/k85Re1mS1U8</a>	3 mins	Screen / projector / tablets / lap top
4. Discuss learning points from video <ul style="list-style-type: none"> <li>• Check for danger in the areas where you plan to deliver CPR</li> <li>• Check for the patients' response</li> <li>• Ask for help – bystanders and call 999</li> <li>• Open the airway and check that it is clear/no obstructions</li> <li>• Look and listen for normal breathing for up to 10 seconds</li> <li>• How to perform effective chest compressions               <ul style="list-style-type: none"> <li>▪ Kneel at the side of the patient</li> <li>▪ Arms straight</li> <li>▪ Hands interlocked</li> <li>▪ Depth of chest compressions 5-6cm or one third of the chest (adults)</li> <li>▪ 100-120 compressions per minute</li> <li>▪ Swap person delivering the compressions every 2 minutes if someone is there to help you (or before 2 minutes if you feel the compressions are no longer effective).</li> </ul> </li> </ul>	10 mins	
5. Discuss differences in technique if you are giving CPR to a child – <ul style="list-style-type: none"> <li>• The rate of chest compressions is the same as for adults - 100-120 compressions per minute</li> <li>• Compress the chest by one third of its depth – use one or two hands for a child over 1 year or a two-thumb encircling (if two people are on the scene) or two finger technique for infants under 1 year old.</li> </ul>	5 mins	
6. Complete the <a href="#">online quiz</a> .	2 mins	PC/laptop/tablet

**For further learning related to CPR, watch our ‘Using a Defibrillator’ film:**

For Key stage 2 children: <https://youtu.be/ip67HqnREWM>

For Key stage 2 children with BSL and Subtitles: <https://youtu.be/VMCeYR0eN-M>

For young people and adults: <https://vimeo.com/625538296>

For young people and adults with BSL and Subtitles: <https://vimeo.com/642647646>

**For further information and resources please visit:**

NEAS website

[www.neas.nhs.uk](http://www.neas.nhs.uk)

Learning zone (KS2)

[www.neas.nhs.uk/get-involved/learning-zone.aspx](http://www.neas.nhs.uk/get-involved/learning-zone.aspx)

Patient Info (KS3/4/Adults)

[www.neas.nhs.uk/patient-info.aspx](http://www.neas.nhs.uk/patient-info.aspx)

BSL/subtitled resources

[www.neas.nhs.uk/patient-info/british-sign-language-subtitled-videos.aspx](http://www.neas.nhs.uk/patient-info/british-sign-language-subtitled-videos.aspx)

Life-saving skills

[www.neas.nhs.uk/get-involved/life-saving-skills.aspx](http://www.neas.nhs.uk/get-involved/life-saving-skills.aspx)