

Face-to-face Training

Compression-only CPR (COCPR) Training Program for Secondary School Students

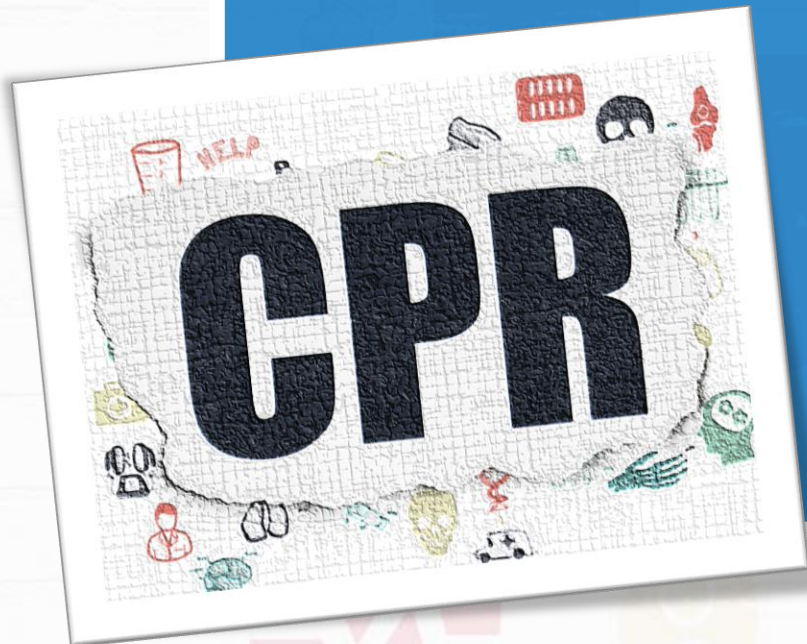
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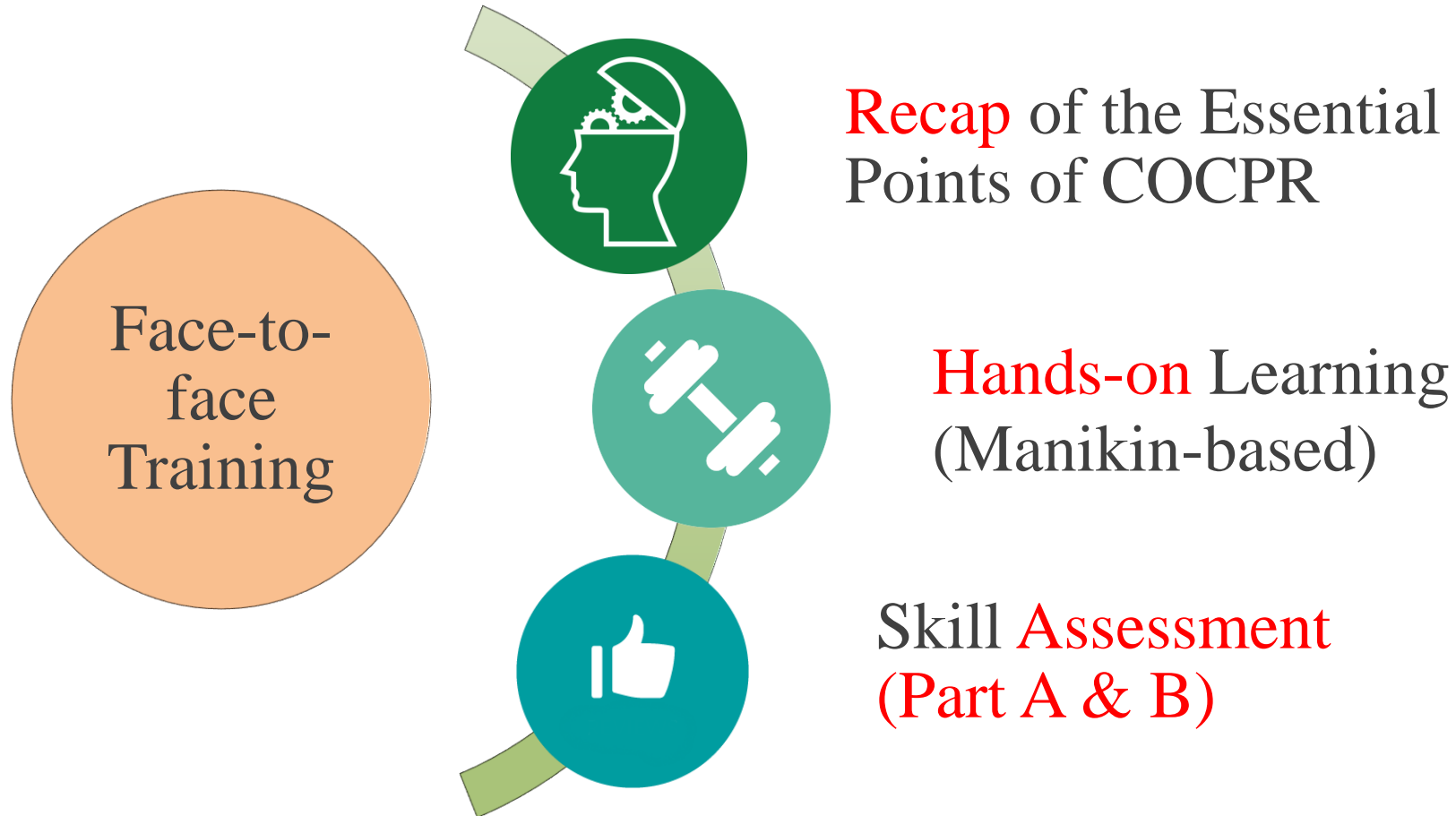
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Content

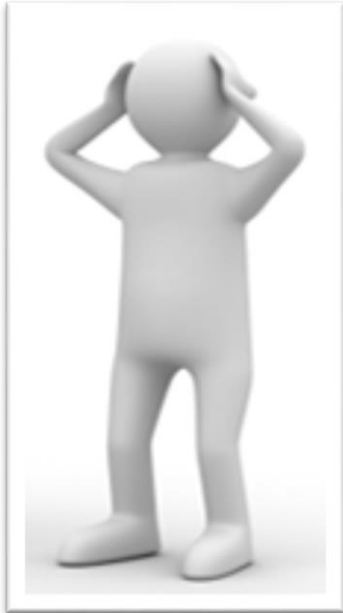


One day, if you come across ...

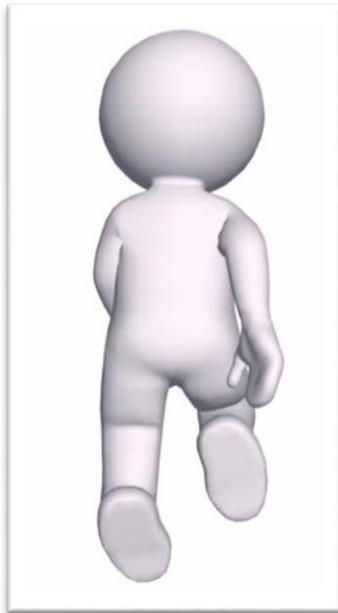


- ▶ Middle-aged man
- ▶ Suddenly **collapsed** on the street
- ▶ Appears motionless and **unconscious**
- ▶ **Not** breathing normally

How will you react to the collapsed person?



Get into panic



Walk away



Have ideas but takes no action

Or Will You Perform Compression-only CPR?



- ▶ As a **socially responsible** citizen
- ▶ To show **care** for your neighborhood
- ▶ As a **moral** person
- ▶ As a **well-educated** and **civilized** person

Steps of Compression-only CPR

To save a person, we follow steps. No panic.

Remember 4”C”.

Step 1: Check



Step 2: Call



Remember 4”C”.

Step 3: Compress



Step 4: Continue



Let's Learn COCPR Step-by-step.

It is way more easy than you may think..

CO CPR: Step 1 (Check)



- ▶ Check the environment.
 - ▶ **Safety**
- ▶ Assess the victim.
 - ▶ **Consciousness**
 - ▶ **Breathing**

CO CPR: Step 2 (Call)



- ▶ Call for help.
 - ▶ Emergency hotline
 - ▶ Bystanders

CO CPR: Step 3 (Compress)



- ▶ **Interlock** fingers.
- ▶ Compress at the **center** of the chest.
 - ▶ **Mid-point** of the nipple line

CO CPR: Step 3 (Compress)



- ▶ Push hard and fast.
 - ▶ Compress
 - ▶ **5-6 cm** deep
 - ▶ **100-120 bpm**
 - ▶ **Straighten** arms.
 - ▶ Allow **full chest recoil**.

CO CPR: Step 4 (Continue)



- ▶ **Keep** compression until:-
 - ▶ another **rescuer arrives**; or
 - ▶ there are **signs of life**; or
 - ▶ you are **too exhausted**; or
 - ▶ an **AED arrives**; or
 - ▶ the environment becomes **unsafe**.

High-quality COCPR

Do it properly to maximise survival.

Six Criteria for High-quality COCPR

1. Correct hand position

2. Straight arm

3. Appropriate compression depth

4. Appropriate compression rate

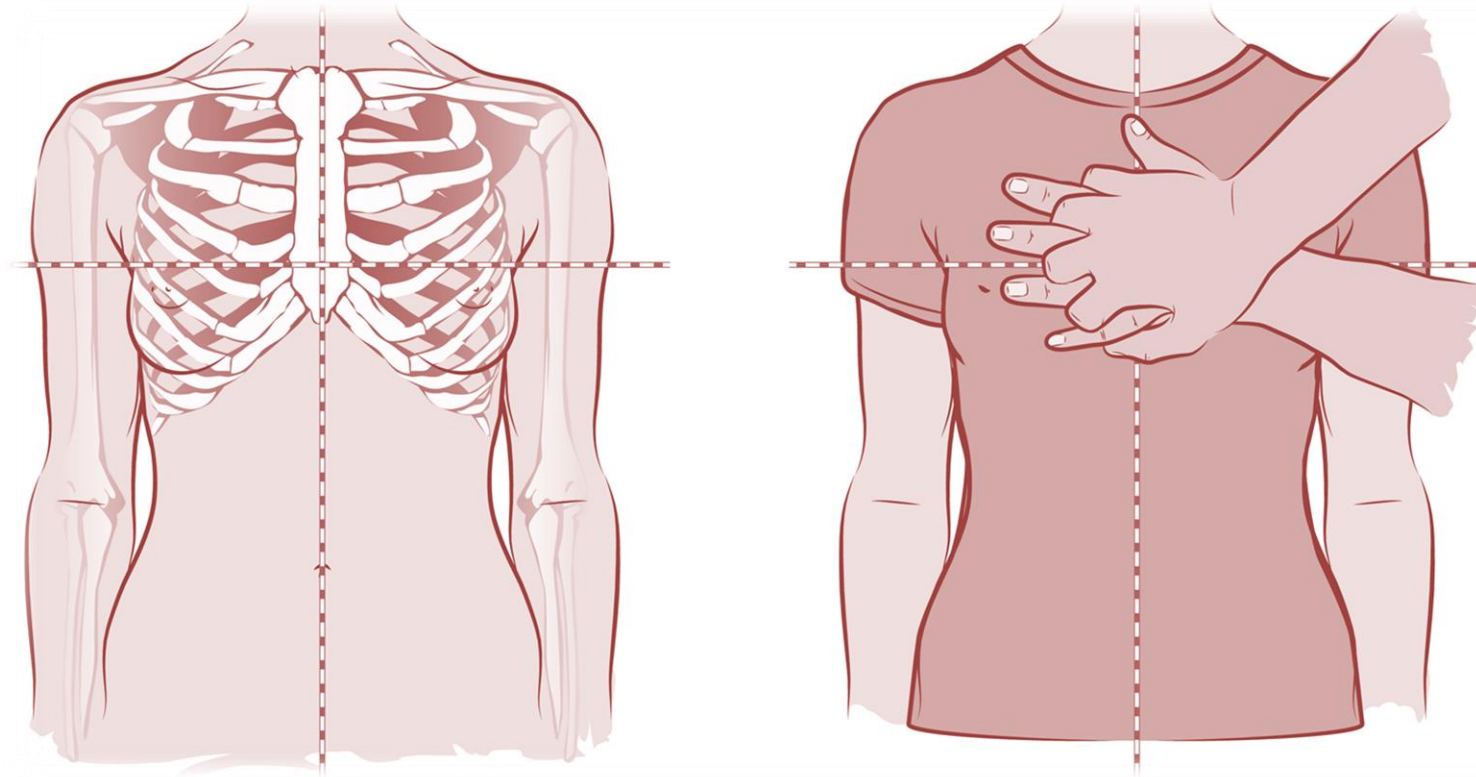
5. Full chest recoil

6. Minimal interruption



High-quality COCPR:

1. Correct Hand Position



High-quality COCPR: 2. Straight Arms



*Lock your
elbow joints*



High-quality COCPR:

3. Appropriate Compression Depth

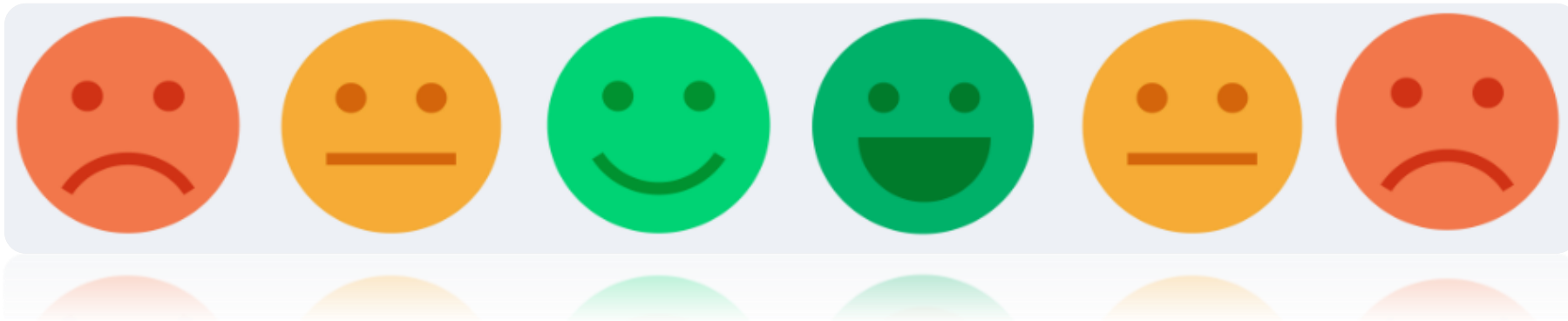


5 – 6 cm

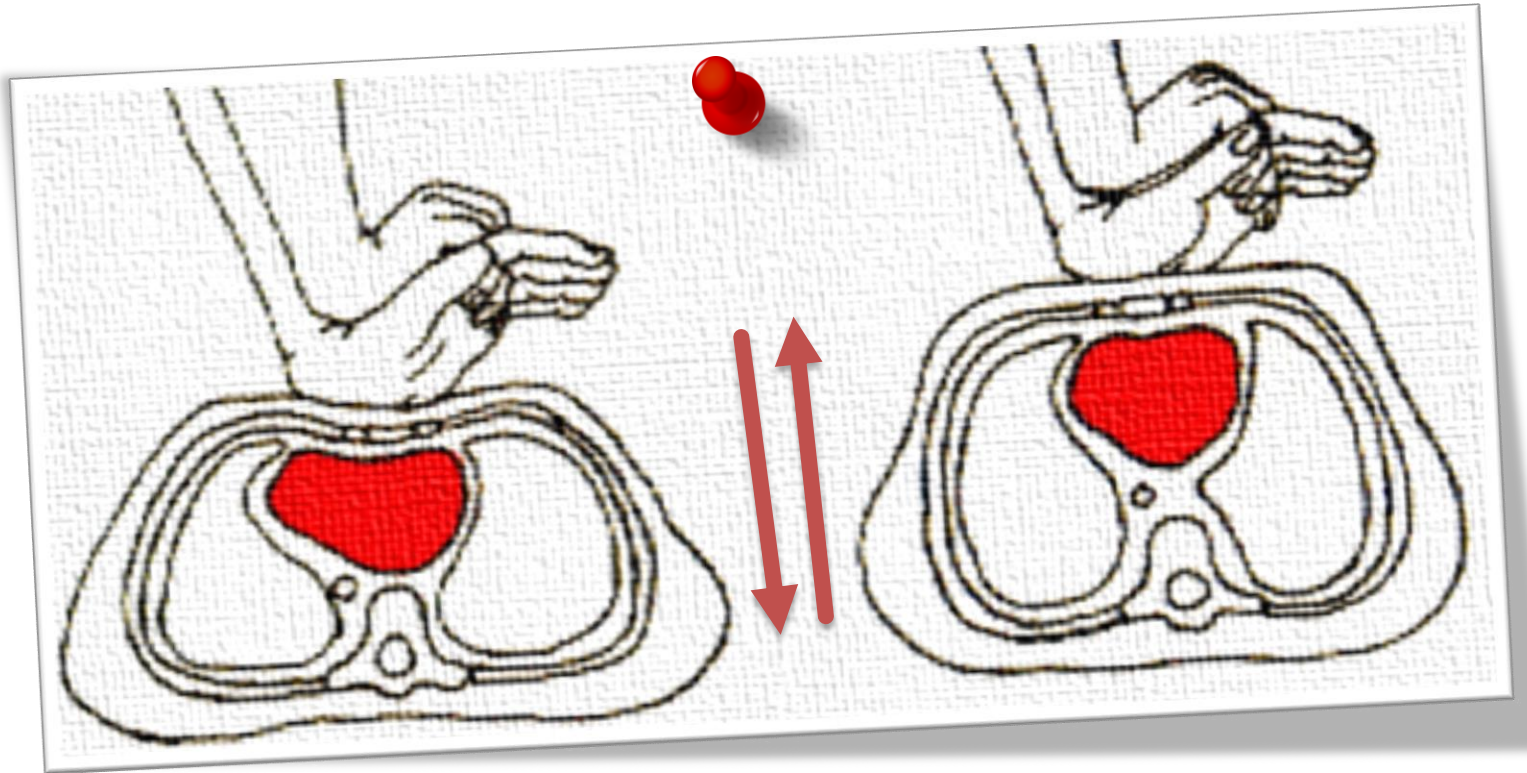
High-quality COCPR:

4. Appropriate Compression Rate

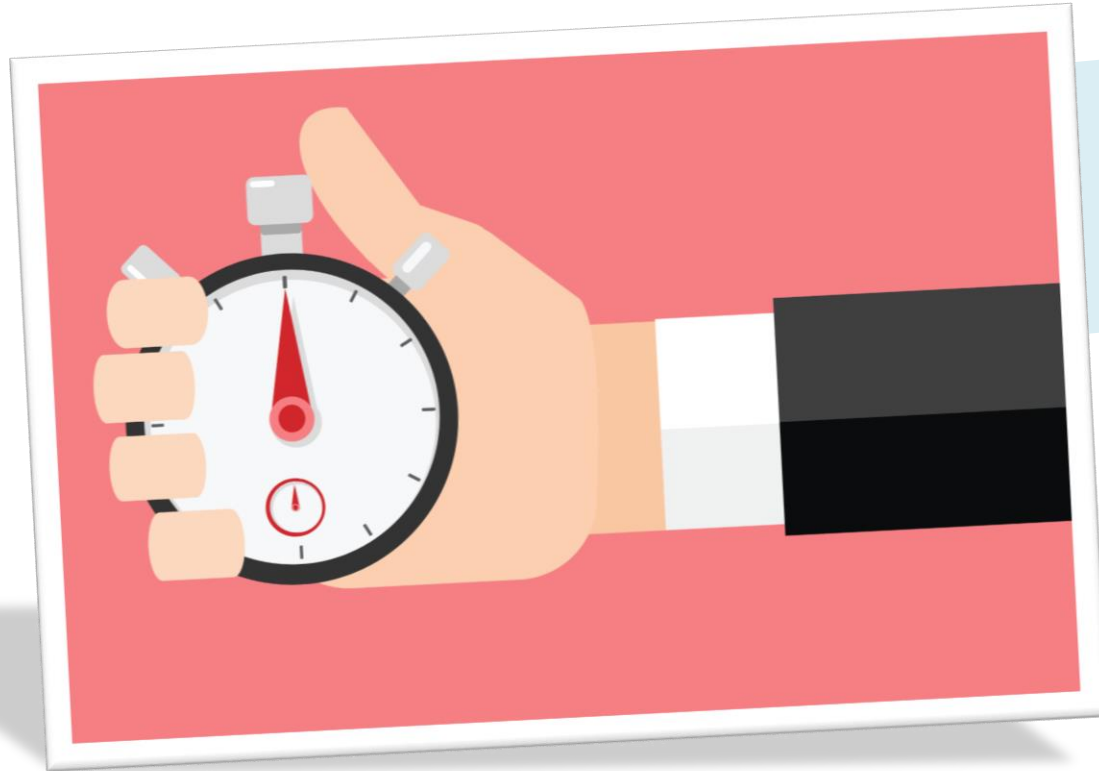
→ 100 – 120 bpm ←



High-quality COCPR: 5. Full Chest Recoil



High-quality COCPR: 6. Minimal Interruption



Less than
10 seconds

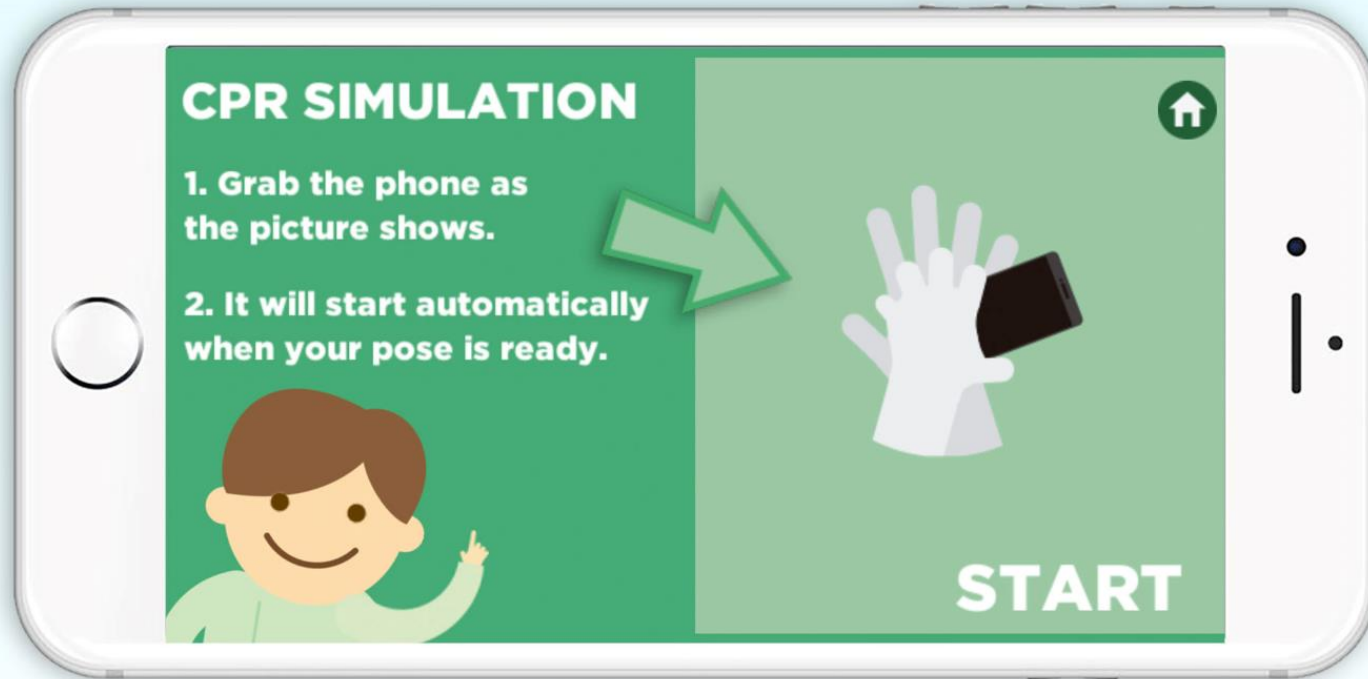
Use our CPR App to Aid your Learning.

It's free-of-charge, and gives you feedback instantly on your COCPR performance.

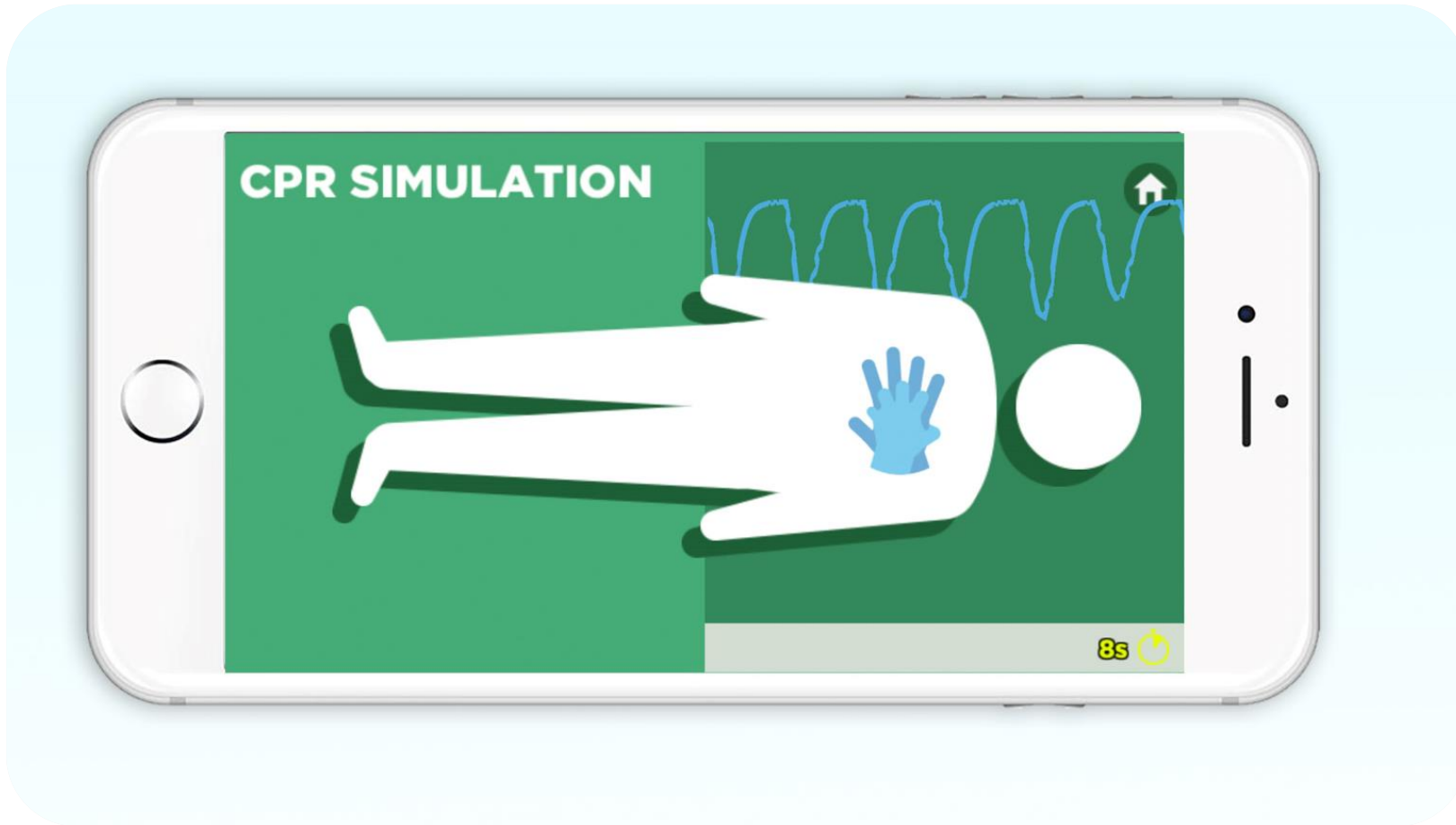
Learn by CPR App.



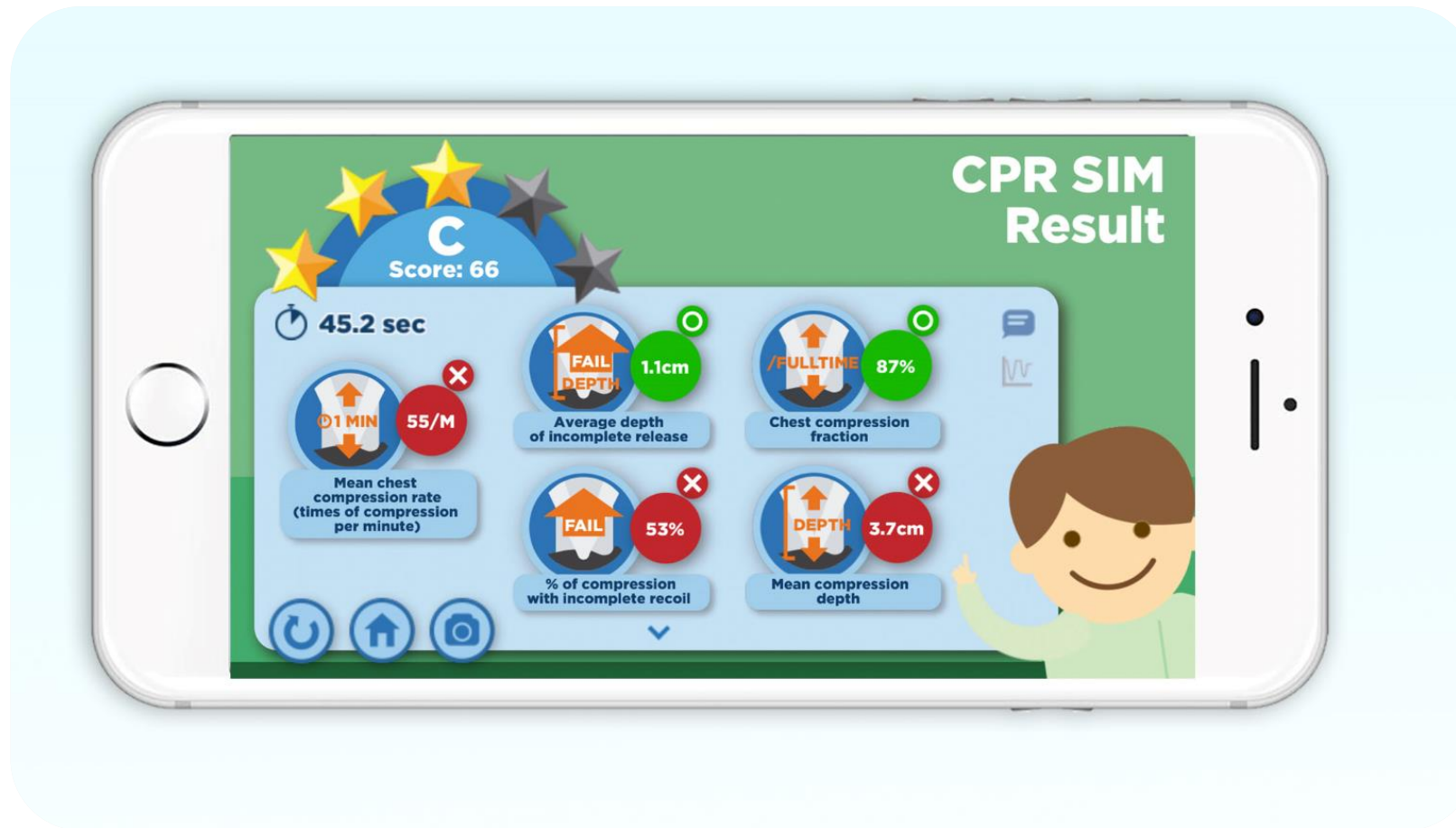
Learn by CPR App.



Learn by CPR App.



Learn by CPR App.



Learn by CPR App.

Mean chest compression rate



It is the average rate of all valid compressions.



Next

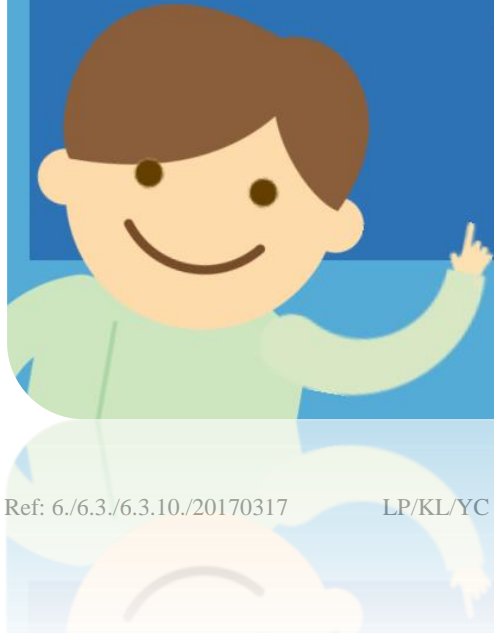
Next

Learn by CPR App.

Mean compression depth



It is the average depth of all valid compressions.



Next

Next

Learn by CPR App.

Average depth corresponding to incomplete recoil



It refers to the average depth from complete recoil. Ideally it should be zero.



Next

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% of compressions with incomplete recoil



It refers to the proportion of compressions which is incompletely released during COCPR.



Next

Next

Learn by CPR App.

Chest compression fraction



It is the proportion of time with chest compressions.

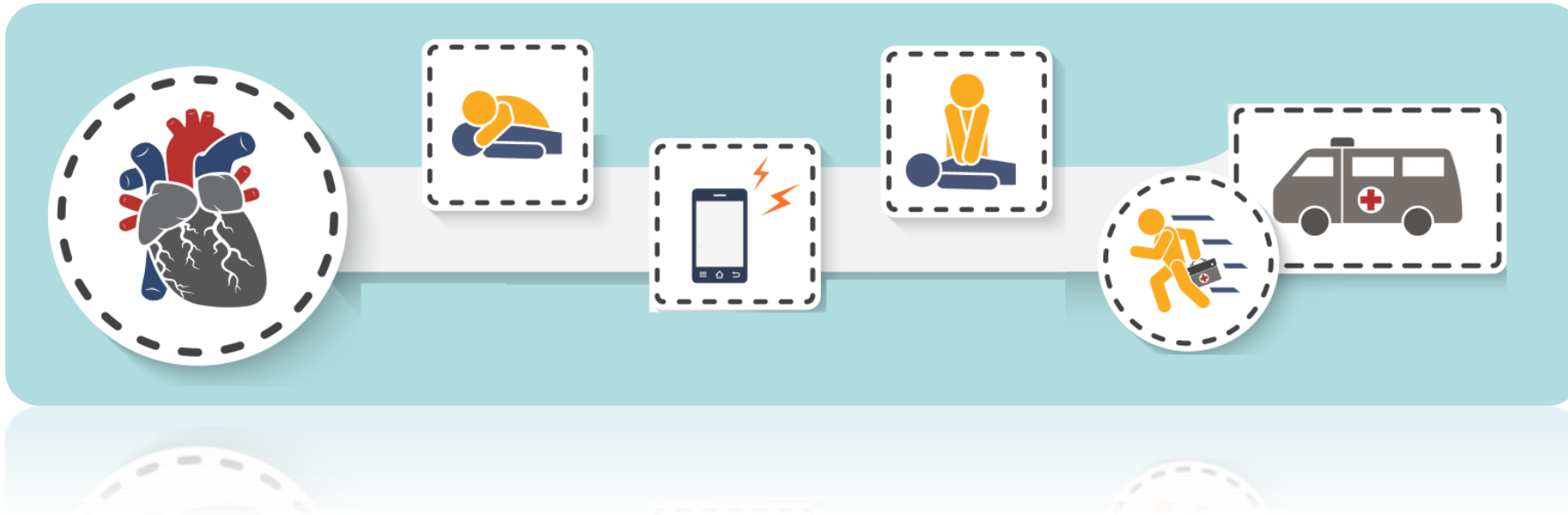


Next

Skill Assessment

You will need to pass both parts (A & B) to get a certificate.

Skill Assessment (Part A)



- ▶ To check if you can perform a **proper rescuing sequence** for a collapsed person
- ▶ Conducted **immediately after** the hands-on learning session.

Assessment (Part B)



**Within 1 month;
At least “Grade C”;
3 times or more;**



- ▶ Within **1 month** after this face-to-face training, you need to attain at least **“Grade C”** performance for **3 times or more** in order to get a certificate.

Hands-on Learning

Learn from experts, perform as an expert.

Hands-on Logistics

Demonstration
within groups



Every student should
practice 1-5 minutes.



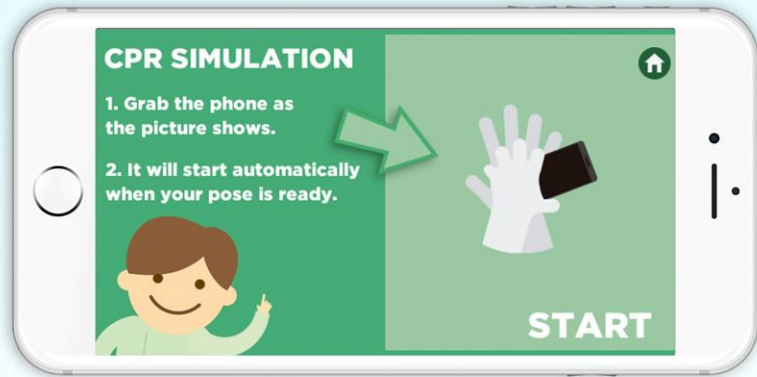
Feedback



Time for Assessment

Are you ready?

Reminder



**Within 1 month;
At least “Grade C”;
3 times or more;**



- ▶ Within **1 month** after this face-to-face training, you need to attain at least **“Grade C”** performance for **3 times or more** in order to get a certificate.

Without Manikins to Practice?



- ▶ There are **eight (8) manikins** for practice (“Little Anne”) **at your School.**
- ▶ Your teachers are keen to help you.

A Pending CPR Marathon

- ▶ Let's break the world record.

CARDIOPULMONARY
RESUSCITATION
MARATHON. 2016
心肺復蘇馬拉松





Thank you for your participation.