



LESSON PLAN

CPR General public

TRAINING DETAILS

MODE OF INSTRUCTION: Online training using an interactive module on a web platform.

TIME CONSECRATED:

Course:	3 hours
Laboratory and/or practical work:	1 hours
Personal work:	0 hours

CRÉDITS: 4 hours of training

TRAINING VALID FOR A PERIOD OF: 2 years

SCHEDULE: Online course: 7 days a week, 24 hours a day

The lessons may be temporarily unavailable during your training. A note will be posted on the main page of www.academiesb.com and/or you will receive an email to this effect.

LINK OF TRAINING: <https://academiesb.com/en/courses/cpr-general-public/>

COORDINATES, AVAILABILITY AND TECHNICAL SUPPORT:

Messenger: m.me/AcademieSB
E-mail: info@academiesb.com
Phone: 1-866-691-0911

AVAILABILITY: 7 days a week, 24 hours a day

Please note that a response will be sent to you within 48 hours of receiving your message.

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1 COURSE DESCRIPTION

1.1 INTRODUCTION

EIGHT CARDIAC ARREST ON TEN EXTEND OUTSIDE HOSPITALS

Thousands of Canadians die each year from cardiac arrest because they have not received timely medical care. Eight out of ten cardiac arrests occur outside a hospital compound. They can occur in a home or public place and CPR is then performed by a first responder in only about 15% of cases. When a cardiac arrest occurs, every second counts. For every minute that passes without a resuscitation maneuver, the chances of survival decrease by about 10%.

WHAT IS CPR?

What we mean by resuscitation maneuver is the practice of CPR. But it is essential to contact the emergency services, 9-1-1, a quick composition that saves your life. Cardiopulmonary resuscitation (CPR) is used to manually compress the heart muscle and restore blood flow to the person who suffered a cardiac arrest to keep them alive until help arrives.

CPR CAN QUADRUPTURE SURVIVAL RATE

A pivotal study of the New England Journal of Medicine found that first responder CPR can almost quadruple the survival rate. In addition, the quality of life of victims who have survived an RCO is significantly better if first responders first administered CPR before the relief arrived. By manually circulating the blood in the body, the rescuer reduces the risk of cell death. That's why it's important to be aware of CPR practices. Not only for others but also for you and your loved ones.

1.2 GENERAL OBJECTIVE OF THE COURSE

This training is used, among other things, to reduce the mortality and morbidity related to cardiopulmonary arrest (CPR) by a quick and efficient intervention of the rescuer. The participant acquires the necessary skills to be able to recognize cardiovascular emergencies, have cardiopulmonary arrest, and airway obstructions in adults, children and infants. This

training allows the candidate to react in these various emergency situations. The training includes a component on the use of the Automated External Defibrillator (AED).

1.3 SPECIFIC COURSE OBJECTIVES

The **CPR general public** course allows candidates to :

- Referred to section 2.2 Detailed information on contents and activities.

1.4 EDUCATIONNAL APPROACH

Active resolution on theoretical alternative active training, reflection, concrete and active scenarios and simulation of emergency medical situation. The training also favors an inductive pedagogical approach. Each lesson begins with an exercise or scenario for a candidate in decision, management or action. This first part often raises questions which are then enlightened in the second part of training by a lesson. Theoretical notions of emergency medical management will be presented in each lesson. These lessons are inspired by realities on the ground, met by the trainers of the Saint-Bernard Academy, all health professionals. The online training sessions will be conducted as follows:

- Exposures of the elements of skills to be mastered;
- Presentation via the interactive online module of the website;
- Demonstration on manikin;
- Evaluation questionnaires confirming the mastery of different theories;
- Exercise and situation to assimilate;
- Practice at home and simultaneous theoretical contribution.

IMPORTANT :

The list of learning activities and evaluations that will be used during the training is shown in the table in section 2.1 List of contents and activities.

1.5 LEARNING ACTIVITIES

Mandatory readings : No compulsory reading is required prior to the training. Precise bibliographies and readings from additional sources will be provided to allow you to assimilate concepts related to the subject.

<https://academiesb.com/en/bibliography/>

Presentations via the interactive module of our web platform: In order to explain the subject, a series of interactive presentations have been prepared to target and understand the main concepts.

Practical exercises : Practical exercises, simulations and simulations will make it possible to apply, in specific contexts, the theoretical concepts of the course and to put you in concrete situation of analysis and strategic reasoning.

1.6 FRAMEWORK

Throughout your training, you can contact the Saint-Bernard Academy by e-mail, phone or Facebook Messenger. However, the preferred means of communication is e-mail (to ensure that all participants have access to the same information and avoid duplication of responses from the Academy). The Saint-Bernard Academy reads all the messages. The questions will not be processed instantly; You will receive an answer within 48 hours.

2 CONTENTS AND ACTIVITIES

2.1 LIST OF CONTENTS AND ACTIVITIES

CPR (CARDIO-RESPIRATORY RESUSCITATION) AND CRT (CHOKING RELIEF TECHNIQUE)	
Title of the lesson	Duration (in min.)
MODULE 1 – INTRODUCTION	17
EVALUATION 1 – INTRODUCTION	8
MODULE 2 – APPROACH AND PRIMARY EXAMINATION	12
EVALUATION 2 – APPROACH AND PRIMARY EXAMINATION	8
MODULE 3 – CHEST MASSAGE	15
EVALUATION 3 – CHEST MASSAGE	8
MODULE 4 – VENTILATIONS	12
EVALUATION 4 – VENTILATIONS	8
MODULE 5 – DEFIBRILLATION	9
EVALUATION 5 – DEFIBRILLATION	8
MODULE 6 – SOME SPECIAL CASES	3
EVALUATION 6 – SOME SPECIAL CASES	5
MODULE 7 – DEMONSTRATIONS AND PRACTICES	60
MODULE 8 – CHOKING RELIEF TECHNIQUE	9
EVALUATION 7 – CHOKING RELIEF TECHNIQUE ADULTS/CHILDREN	8
EVALUATION 8 – CHOKING RELIEF TECHNIQUE AMONG INFANTS	5
TOTAL MINUTES OF TRAINING	(195)
3 BREAKS PERIODS RECOMMENDED	(45)

IMPORTANT :

Take note that the duration of lessons can differ from one candidate to another due to the ability of the reader to integrate the various theorems and contents taught.

2.2 DETAILED INFORMATION ON CONTENT AND ACTIVITIES

2.2.1 CPR (CARDIO-RESPIRATORY RESUSCITATION) AND CRT (CHOKING RELIEF TECHNIQUE)

2.2.1.1 Module 1 – Introduction

Specific objectives :

- Know the content of the training;
- Know the objectives of the training as well as the challenges related to resuscitation of a victim in cardiorespiratory arrest;
- Know the objectives of the training as well as the challenges related to the disobedience of a victim;
- Awareness of the student about the importance of CPR maneuvers;
- Explain new guidelines in cardiopulmonary resuscitation and cardiac emergency care;
- Awareness of the student about the different causes of a cardiorespiratory arrest;
- Awareness of the student about angina and cardiac arrest;
- Quickly recognize the type of victim that is being helped to provide the best possible care;
- Awareness of the student in case of stroke.

2.2.1.2 Module 2 – Approach and primary examination

Specific objectives :

- Learn to recognize dangers;
- Learn to intervene effectively;
- Reduce the student's stress in the event of a possible intervention;
- Learn the good techniques for checking the state of consciousness;
- Help with taking medication;
- Learn to validate the presence or absence of a so-called effective breathing among a victim;
- Learn the different techniques of turning around an unconscious victim with signs of life.



2.2.1.3 Module 3 – Chest massage

Specific objectives :

- Learn the good chest compressions techniques among adult;
- Make the student aware of the risks and precautions related to chest compressions for some victims;
- Learn the good chest compressions techniques among children;
- Learn the good chest compressions techniques among infants;
- Make the student aware of the importance of the chest compressions quality.

2.2.1.4 Module 4 – Ventilations

Specific objectives :

- Learn the good ventilations techniques among adult;
- Learn the good ventilations techniques among children;
- Learn the good ventilations techniques among infants;
- Learn to properly ventilate through mouth-to-mouth;
- Know and tame the different ventilation devices available.

2.2.1.5 Module 5 – Defibrillation

Specific objectives :

- Learn to recognize when to use a defibrillator;
- Learn the use of a defibrillator;
- Learn to recognize the risks associated with the use of a defibrillator;
- Learn the particularities of using a defibrillator in an infant.

2.2.1.6 Module 6 – Some special cases

Specific objectives :

- Make the student aware of the different possible cases;
- Reduce the stress of the student facing a possible intervention.



2.2.1.7 Module 7 – Demonstrations and practices

Specific objectives :

- Learn good CPR techniques in adults with AED;
- To control a complete intervention against a victim (adult) in cardiorespiratory arrest to 1 rescuer;
- Learn good CPR techniques in children with AED;
- To control a complete intervention against a victim (child) in cardiorespiratory arrest to 1 rescuer;
- Learn good CPR techniques in infants;
- To control a complete intervention against a victim (infant) in cardiorespiratory arrest to 1 rescuer.

2.2.1.8 Module 8 – Choking relief technique

Specific objectives :

- Learn the guidelines and the good choking relief technique among adults and children, conscious or unconscious;
- Learn the guidelines as well as the good choking relief technique among multiple victims, conscious or unconscious;
- To learn the guidelines as well as the good techniques of choking relief among infants.

3 EVALUATION AND RESULTS

3.1 LIST OF SUMMARY EVALUATIONS AND FORMATIVE EVALUATIONS

CPR (CARDIO-RESPIRATORY RESUSCITATION) AND CRT (CHOKING RELIEF TECHNIQUE)		
TITLE	WORK MODE	WEIGHTING
Evaluation 1 – Introduction	Individual online	12.5%
Evaluation 2 – Approach and primary examination	Individual online	12.5%
Evaluation 3 – Chest massage	Individual online	12.5%
Evaluation 4 – Ventilations	Individual online	12.5%
Evaluation 5 – Defibrillation	Individual online	12.5%
Evaluation 6 – Some special cases	Individual online	12.5%
Demonstrations and practices with 1 first-aid attendant	Individual online	N/A
Evaluation 7 – Choking relief technique among adults / children	Individual online	12.5%
Evaluation 8 – Choking relief among infants	Individual online	12.5%

3.2 DETAILED INFORMATION ON SUMMATIVE EVALUATIONS

3.2.1 CPR (CARDIO-RESPIRATORY RESUSCITATION) AND CRT (CHOKING RELIEF TECHNIQUE)

3.2.1.1 Evaluation 1 – Introduction

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam
Evaluation guideline :	You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the introduction section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%

3.2.1.2 Evaluation 2 – Approach and primary examination

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam
Evaluation guideline :	You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the approach and primary examination section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%



3.2.1.3 Evaluation 3 – Chest massage

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam
Evaluation guideline :	You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the chest massage section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%

3.2.1.4 Evaluation 4 – Ventilations

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam
Evaluation guideline :	You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the ventilations section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%

3.2.1.5 Evaluation 5 – Defibrillation

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam



Evaluation guideline : You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the defibrillation section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%

3.2.1.6 Evaluation 6 – Some special cases

Delivery date : You have a maximum of 10 chances

Work mode : Individual online

Weighting : 12.5%

Evaluation delay : You have one hour to complete the exam

Evaluation guideline : You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in some special cases section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%

3.2.1.7 Practice of the sequence with 1 first-aid attendant

Delivery date : You have a maximum of 10 weeks to complete this section

Work mode : Individual online

Weighting : N/A

Evaluation delay : You have all the time you want to complete this section. (a minimum of fifteen (15) minutes per section is required).

Evaluation guideline : You will master different interventions against different types of victims, with 1 first-aid attendant.

Criteria for evaluating the questionnaire of the introduction :
No minimum pass mark is required. The candidate can resume this



section as long as he feels the need to master the concepts perfectly.

3.2.1.8 *Evaluation 7 – Choking relief technique among adult / children*

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam
Evaluation guideline :	You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the choking relief technique among adult / children section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%

3.2.1.9 *Evaluation 8 – Choking relief technique among infants*

Delivery date :	You have a maximum of 10 chances
Work mode :	Individual online
Weighting :	12.5%
Evaluation delay :	You have one hour to complete the exam
Evaluation guideline :	You will be assessed using a multiple choice exam. The questionnaire will confirm that the candidate masters the theories present in the choking relief technique among infants' section.

Criteria for evaluating the questionnaire of the introduction :
The pass mark is set at 80%



3.3 GRADING SCALE

COTE	% MINIMUM	% MAXIMUM
A+	93	100
A	90	92.99
A-	87	89.99
B+	84	86.99
B	81	83.99
B-	78	80.99
C+	75	77.99
C	71	74.99
C-	68	70.99
D+	65	67.99
D	60	64.99
E	0	69.99

3.4 DEADLINES MANAGEMENT

Following the purchase of your training(s), you have a reasonable 10 weeks to complete your training. An inactivity of the account for more than 10 weeks results from a temporary suspension of the candidate's account. In order to reactivate your account, it is the candidate duty to enter in communication with the Saint-Bernard Academy to reactivate his account and giving back his access to the purchased formation(s).

3.5 STUDENTS WITH DISABILITIES, LEARNING DISABILITIES OR MENTAL DISORDERS

Applicants with disabilities can inform the Saint-Bernard Academy at the beginning of their training so that accommodation measures can be set up by the Academy as an extension of the deadline.

3.6 PORTABLE COMPUTER AND SOFTWARE REQUIREMENT

Applicants must have a computer compatible with the computer environment of the Saint-Bernard Academy to participate in training. Minimum software requirements for compatibility with the Saint-Bernard Academy :

Operating system :

- Windows 8.1, 8, 7 or Vista or later.

Navigator :

- Internet Explorer 8.0 or later;
- Google Chrome;
- Firefox 3.5 or later;
- Safari 5 or later.

3.7 THE SAINT-BERNARD ACADEMY EVALUATION

A summative evaluation of the training can be conducted during the training. This evaluation will be confidential and only consulted by the Saint-Bernard Academy to determine if the pedagogical formula is correct and if some adjustments are necessary before the end of your training. Following your training, the Saint-Bernard Academy can conduct an evaluation of the training to verify if the pedagogical formula was appreciated. Please note that this evaluation is confidential. On the website of the Saint-Bernard Academy, a hypertext link is available so that you can share your comments:

info@academiesb.com

4 DIDACTIC MATERIAL

No teaching material is required to complete the training.

5 MEDIAGRAPHY AND ANNEX

You will find on the website of the Saint-Bernard Academy various links allowing you to deepen your knowledge in first aid:

<https://academiesb.com/en/bibliography/>