

# Basic Life Support

## Adult CPR and AED

### Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

#### Assessment and Activation

- ☐ Checks responsiveness
- ☐ Shouts for help/Activates emergency response system/Sends for AED
- ☐ Checks breathing
- ☐ Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."

#### Cycle 1 of CPR (30:2) \*CPR feedback devices are required for accuracy

##### Adult Compressions

- ☐ Performs high-quality compressions\*:
  - Hand placement on lower half of sternum
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least 2 inches (5 cm)
  - Complete recoil after each compression

##### Adult Breaths

- ☐ Gives 2 breaths with a barrier device:
  - Each breath given over 1 second
  - Visible chest rise with each breath
  - Resumes compressions in less than 10 seconds

#### Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- ☐ Compressions
- ☐ Breaths
- ☐ Resumes compressions in less than 10 seconds

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

#### AED (follows prompts of AED)

- ☐ Powers on AED
- ☐ Correctly attaches pads
- ☐ Clears for analysis
- ☐ Clears to safely deliver a shock
- ☐ Safely delivers a shock

#### Resumes Compressions

- ☐ Ensures compressions are resumed immediately after shock delivery
  - Student directs instructor to resume compressions or
  - Second student resumes compressions

### STOP TEST

#### Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

**Test Results** Check **PASS** or **NR** to indicate pass or needs remediation:

☐ **PASS**

☐ **NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

## Adult CPR and AED

### Skills Testing Critical Skills Descriptors

- 1. Assesses victim and activates emergency response system (this *must* precede starting compressions) within 30 seconds. After determining that the scene is safe:**
  - Checks for responsiveness by tapping and shouting
  - Shouts for help/directs someone to call for help *and* get AED/defibrillator
  - Checks for no breathing or no normal breathing (only gasping)
    - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
  - Checks carotid pulse
    - Should be done simultaneously with check for breathing
    - Checks for a minimum of 5 seconds and no more than 10 seconds
- 2. Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
  - Correct hand placement
    - Lower half of sternum
    - 2-handed (second hand on top of the first or grasping the wrist of the first hand)
  - Compression rate of 100 to 120/min
    - Delivers 30 compressions in 15 to 18 seconds
  - Compression depth and recoil—at least 2 inches (5 cm) and avoid compressing more than 2.4 inches (6 cm)
    - Use of a commercial feedback device or high-fidelity manikin is required
    - Complete chest recoil after each compression
  - Minimizes interruptions in compressions
    - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
    - Compressions resumed immediately after shock/no shock indicated
- 3. Provides 2 breaths by using a barrier device**
  - Opens airway adequately
    - Uses a head tilt–chin lift maneuver or jaw thrust
  - Delivers each breath over 1 second
  - Delivers breaths that produce visible chest rise
  - Avoids excessive ventilation
  - Resumes chest compressions in less than 10 seconds
- 4. Performs same steps for compressions and breaths for Cycle 2**
- 5. AED use**
  - Powers on AED
    - Turns AED on by pushing button or lifting lid as soon as it arrives
  - Correctly attaches pads
    - Places proper-sized (adult) pads for victim's age in correct location
  - Clears for analysis
    - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
    - Communicates clearly to all other rescuers to stop touching victim
  - Clears to safely deliver shock
    - Communicates clearly to all other rescuers to stop touching victim
  - Safely delivers a shock
    - Resumes chest compressions immediately after shock delivery
    - Does not turn off AED during CPR
- 6. Resumes compressions**
  - Ensures that high-quality chest compressions are resumed immediately after shock delivery
    - Performs same steps for compressions