

CPR Escape Room Challenge Review Sheet

SAVE: Secure, Alert, Valuable Information, Effective Care

1. Secure the Scene

- **Check for hazards:** Stop and wait for more advanced personnel if hazards are present.
 - **Questions to ask:**
 - How many victims?
 - Who can help?
 - What could have happened?
 - **PPE:** Always put on Personal Protective Equipment before proceeding.
 - **Note:** If you don't have gloves, do not delay care unless you have open cuts or wounds on your hands. Studies show the risk of infection is low, and you're most likely to use this training on family and friends.
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2. Alert Check

- **Verbal Check:** Say "Hello, are you okay?" loudly.
 - **Physical Check:** Tap and shout on both shoulders (important in case the victim is having a stroke).
 - **Response Check:**
 - If responsive, move to Valuable Information and Consent.
 - If unresponsive, proceed to calling 911 and Effective Care.
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3. Valuable Information and Consent

- **Obtain consent based on your level of training:**
 - **Introduce yourself:** Provide your name and level of training (e.g., "Hi, I'm [Your Name], a trained first responder").
 - **Describe what you see:** Explain the situation as you observe it.
 - **Explain what you plan to do:** Clearly state the actions you intend to take.
 - **Ask for permission:** "Can I help you?" If they say yes, proceed with care. If they say no, document the refusal and, if possible, have them sign it.
- **Use the START acronym to gather information:**
 - Symptoms:
 - "What symptoms are you experiencing?"
 - "Can you describe how you're feeling?"
 - Treatment and medication:

- "Are you taking any medications?"
 - "Have you received any treatment for this condition before?"
 - **Allergies:**
 - "Do you have any known allergies?"
 - "Are you allergic to any medications?"
 - **Related medical history:**
 - "Do you have any pre-existing medical conditions?"
 - "Have you experienced this before?"
 - **Time and events when symptoms started:**
 - "When did you start feeling this way?"
 - "What were you doing when the symptoms began?"
 - **Gather information** while the VIC (Vulnerable Individual in Crisis) is conscious to relay to EMS.
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4. Effective Care

If the victim doesn't respond:

- **Send someone to call 911:**
 - **Use a descriptive attribute or name:**
 - Example: "You in the blue shirt, call 911, get the AED, and come back."
 - **Caller's Responsibilities:**
 - **State the location clearly:** Provide the exact address or location.
 - **Describe the emergency:** Clearly explain what is happening (e.g., "We have an unresponsive adult who is not breathing").
 - **Answer any questions:** Respond to any queries from the dispatcher to ensure they have all necessary information.

Vitals Check:

- **Check for pulse and breathing for 5-10 seconds:**
 - **Head tilt:** Hand on the forehead, chin to ceiling (for adults), nose to ceiling (for children), and forehead to ceiling (for infants).
 - **Pulse check:** Two fingers in the groove of the neck closest to you, along the carotid artery.
 - **Breathing check:** Ear close to the mouth, listen for escaping air, and watch for chest rise.

Components of CPR:

- **Breathing:**
 - **Normal Exhale:** Avoid forcing air; each breath should be natural and sufficient to see the chest rise.

- **Breath Oxygen Content:** When we inhale, we get 21% oxygen; when we exhale, we give 16%. It's important to ensure the victim receives adequate oxygen.
- **Rescue Breaths:**
 - **Adults:** 1 breath every 5-6 seconds.
 - **Children and Infants:** 1 breath every 2-3 seconds.
- **Airway Management:**
 - Ensure the airway is properly opened using the head tilt-chin lift method, depending on the age group.
 - **Adult:** Chin to ceiling.
 - **Child:** Nose to ceiling.
 - **Infant:** Forehead to ceiling.
- **Compressions:**
 - **Surface:** Ensure the victim is on a hard, flat surface.
 - **Hand Placement:**
 - **Adult:** 2 hands, center of chest, between the nipples.
 - **Child:** 1 or 2 hands, center of chest.
 - **Infant:** 2 fingers, center of chest.
 - **Compression Depth:**
 - **Adult:** About 2 inches, no more than 2.4 inches.
 - **Child:** About 2 inches.
 - **Infant:** About 1.5 inches.
 - **Technique:**
 - Place the heel of your hand on the chest and interlace your fingers, keeping the lower fingers off the chest.
 - Sit back on your heels, with shoulders over the chest, elbows straight.
 - Use your body weight to compress the chest at a rate of 100-120 bpm (think of the beat to "Staying Alive").
- **Using Equipment:**
 - **BVM (Bag-Valve-Mask):**
 - Delivers 18% oxygen, requires two people (one to secure the airway, one to operate the bag).
 - **Technique:** Squeeze gently and consistently, not forcefully, and ensure a good seal on the mask.
 - **AED (Automated External Defibrillator):**
 - Can be used in the rain, on a pregnant woman, and on metal surfaces (ensure pads don't touch metal).
 - **Pad placement:** Avoid placing pads directly over pacemakers or jewelry.
 - **Maintenance:** Pads are good for 3 years; the battery lasts about 5 years.

Action Scenarios:

- **No Pulse, No Breathing:**
 - **Start CPR immediately:**
 - Perform 30 compressions followed by 2 breaths.

- Continue CPR for 5 cycles (about 2 minutes).
- After 5 cycles, reassess the situation:
 - Check for pulse and breathing.
 - If no change, continue CPR until:
 - You are too exhausted to continue.
 - The scene becomes unsafe.
 - The AED is analyzing or delivering a shock.
 - EMS arrives and instructs you to stop.
 - The victim shows signs of life.
- **Pulse but No Breathing:**
 - **Rescue Breathing:**
 - **Adults:** 1 breath every 5-6 seconds.
 - **Children/Infants:** 1 breath every 2-3 seconds.
 - Continue rescue breathing for 2 minutes (about 24 breaths for adults, 40 for children/infants).
 - Reassess the situation:
 - Check for pulse and breathing.
 - If still no breathing, continue rescue breathing.
 - If at any point the breath does not go in:
 - **First attempt:** Reposition the head and try again.
 - **Second attempt:** If the breath makes the chest rise and fall, reassess the situation by checking for pulse and breathing. If the victim is not choking, proceed with care based on what is being presented.
 - If the breath does not go in, begin CPR for unconscious choking (30 compressions, check the mouth, 2 breaths) and continue for 5 cycles (about 2 minutes) before reassessing.
- **Unconscious Choking:**
 - **If breaths don't go in after repositioning the airway:**
 - Begin CPR with 30 compressions.
 - Check the mouth for obstructions.
 - Provide 2 breaths.
 - Continue this cycle for 5 cycles (about 2 minutes).
 - Reassess the situation:
 - If the airway remains blocked, continue CPR.
 - If the chest rises with breaths, reassess for pulse and breathing, and provide care based on the situation.

Handling Conscious Choking:

- **Adult/Child Choking:**

- **Obtain consent:**
 - Stand by the VIC, adjust to the appropriate height.
 - **Perform 5 back blows:** Across the back, between the shoulder blades.
 - **Perform 5 abdominal thrusts:** Fist above the navel, inwards and upwards.
 - **If they pass out:**
 - Begin CPR with 30 compressions, check the mouth, and give 2 breaths.
 - **Infant Choking:**
 - **Obtain consent:**
 - **Back blows:** Cup the infant's cheeks, lower their head below their butt on your forearm, and perform 5 back blows.
 - **Abdominal thrusts:** Cup the face, rotate onto the other forearm, and perform 5 abdominal thrusts.
 - **If they pass out:**
 - Begin CPR with 30 compressions, check the mouth, and give 2 breaths.
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If Victim Has Pulse and Breathing But Is Unresponsive:

- **Place the victim in the recovery position:**
 - **How to do it:**
 - Kneel beside the victim.
 - Straighten their legs.
 - Place the arm closest to you at a right angle to their body, with the palm facing up.
 - Take their other arm and place it across their chest, with the back of their hand against their cheek nearest you.
 - Bend the knee farthest from you up to a right angle.
 - Carefully roll the person onto their side by pulling on the bent knee.
 - Ensure their head is tilted back to keep the airway open.
 - Monitor the victim's breathing and pulse regularly.
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Comparison Chart: Adult, Child, and Infant CPR Differences

Component	Adult	Child	Infant
Depth of Compressions	About 2 inches, no more than 2.4 inches	About 2 inches	About 1.5 inches
Hand Placement	2 hands, center of chest	1 or 2 hands, center of chest	2 fingers, center of chest
Airway Opening	Head tilt-chin lift (chin to ceiling)	Head tilt-chin lift (nose to ceiling)	Head tilt-chin lift (forehead to ceiling)
Rescue Breaths	1 breath every 5-6 seconds	1 breath every 2-3 seconds	1 breath every 2-3 seconds
Finger Sweeping	Only if you see the object	Only if you see the object	Only if you see the object

CPR Escape Room Challenge Fill-in-the-Blank Test

1. Secure the Scene:

- Before providing care, always check for _____.
- If hazards are present, stop and wait for _____ to arrive.

2. Alert Check:

- To check responsiveness, verbally ask, "_____, are you okay?"
- Physically check by tapping and shouting on both _____.

3. Valuable Information and Consent:

- Always start with _____ based on your level of training.
- The acronym _____ helps gather important information from the victim.
- In the START acronym, "S" stands for _____, and "T" stands for _____.

4. Effective Care:

- If the victim does not respond, send someone to call _____.
- Use a descriptive attribute when directing someone, such as "You in the _____ shirt, call 911, get the _____, and come back."
- During CPR, compressions should be about _____ inches deep for an adult.

5. Breathing:

- For an adult, provide 1 breath every _____ seconds during rescue breathing.
- When checking for breathing, listen for escaping air and watch for _____.

6. Compressions:

- The rate of compressions during CPR should be _____ to _____ bpm.
- For an infant, compressions should be about _____ inches deep.

7. Using Equipment:

- The BVM (Bag-Valve-Mask) requires _____ people to operate properly.
- The AED pads should be checked regularly, and they are good for _____ years.

8. Choking:

- For an adult or child choking, perform 5 _____ followed by 5 abdominal thrusts.
- If the victim is an infant, support their head below the butt on your forearm and perform 5 _____.

9. Unresponsive but Breathing:

- If the victim has a pulse and is breathing but is unresponsive, place them in the _____.
- When positioning the victim, ensure their head is _____ to keep the airway open.

10. Action Duration:

- Continue CPR for _____ cycles (about 2 minutes) before reassessing.

- During rescue breathing, continue for _____ minutes before reassessing the situation.
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Answers:

1. **Secure the Scene:**
 - Before providing care, always check for **hazards**.
 - If hazards are present, stop and wait for **more advanced personnel** to arrive.
2. **Alert Check:**
 - To check responsiveness, verbally ask, "**Hello**, are you okay?"
 - Physically check by tapping and shouting on both **shoulders**.
3. **Valuable Information and Consent:**
 - Always start with **consent** based on your level of training.
 - The acronym **START** helps gather important information from the victim.
 - In the START acronym, "S" stands for **Symptoms**, and "T" stands for **Treatment and medication**.
4. **Effective Care:**
 - If the victim does not respond, send someone to call **911**.
 - Use a descriptive attribute when directing someone, such as "You in the **blue** shirt, call 911, get the **AED**, and come back."
 - During CPR, compressions should be about **2** inches deep for an adult.
5. **Breathing:**
 - For an adult, provide 1 breath every **5-6** seconds during rescue breathing.
 - When checking for breathing, listen for escaping air and watch for **chest rise**.
6. **Compressions:**
 - The rate of compressions during CPR should be **100** to **120** bpm.
 - For an infant, compressions should be about **1.5** inches deep.
7. **Using Equipment:**
 - The BVM (Bag-Valve-Mask) requires **2** people to operate properly.
 - The AED pads should be checked regularly, and they are good for **3** years.
8. **Choking:**
 - For an adult or child choking, perform 5 **back blows** followed by 5 abdominal thrusts.
 - If the victim is an infant, support their head below the butt on your forearm and perform 5 **back blows**.
9. **Unresponsive but Breathing:**
 - If the victim has a pulse and is breathing but is unresponsive, place them in the **recovery position**.
 - When positioning the victim, ensure their head is **tilted back** to keep the airway open.
10. **Action Duration:**
 - Continue CPR for **5** cycles (about 2 minutes) before reassessing.

- During rescue breathing, continue for **2** minutes before reassessing the situation.

Scenario: Unresponsive Adult in a Public Place

Steps to Arrange in the Correct Order:

1. **A:** Check for a pulse and breathing for 5-10 seconds, positioning your ear close to the mouth to listen for escaping air while watching for chest rise.
 2. **B:** Begin CPR by performing 30 chest compressions followed by 2 rescue breaths, ensuring that the victim is on a hard, flat surface.
 3. **C:** Approach the victim and ask loudly, "Hello, are you okay?" while tapping and shouting on both shoulders.
 4. **D:** Direct a bystander by saying, "You in the red shirt, call 911, get the AED, and come back," ensuring they clearly understand your instructions.
 5. **E:** Assess the scene for any hazards before approaching the victim to ensure it is safe to proceed.
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Correct Order:

1. **E:** Assess the scene for any hazards before approaching the victim to ensure it is safe to proceed.
2. **C:** Approach the victim and ask loudly, "Hello, are you okay?" while tapping and shouting on both shoulders.
3. **D:** Direct a bystander by saying, "You in the red shirt, call 911, get the AED, and come back," ensuring they clearly understand your instructions.
4. **A:** Check for a pulse and breathing for 5-10 seconds, positioning your ear close to the mouth to listen for escaping air while watching for chest rise.
5. **B:** Begin CPR by performing 30 chest compressions followed by 2 rescue breaths, ensuring that the victim is on a hard, flat surface.

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You said:

5 different scenarios to rearrange

ChatGPT said:

ChatGPT

Here are five different scenarios to practice arranging in the correct order:

Scenario 1: Child Choking at a Restaurant

Steps to Arrange in the Correct Order:

1. **A:** Perform 5 abdominal thrusts by placing your fist above the child's navel and pulling inward and upward.
 2. **B:** After 5 cycles, reassess the situation and check if the object is dislodged or if the child is still choking.
 3. **C:** Obtain consent from the child's parent or guardian to provide assistance.
 4. **D:** Stand behind the child and ensure you are at the correct height to perform the Heimlich maneuver.
 5. **E:** Perform 5 back blows by striking between the child's shoulder blades with the heel of your hand.
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Scenario 2: Unresponsive Infant in a Daycare

Steps to Arrange in the Correct Order:

1. **A:** Begin CPR by performing 30 compressions using two fingers at the center of the infant's chest, followed by 2 rescue breaths.
 2. **B:** Reassess the infant's condition after 5 cycles (about 2 minutes) of CPR, checking for pulse and breathing.
 3. **C:** Call 911 immediately or send someone to call 911, making sure they provide the location and nature of the emergency.
 4. **D:** Check for responsiveness by flicking the bottom of the infant's foot and calling out their name.
 5. **E:** If no response, check for pulse and breathing for 5-10 seconds while keeping the airway open with a gentle head tilt.
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Scenario 3: Adult Collapsed at a Gym

Steps to Arrange in the Correct Order:

1. **A:** Begin CPR with 30 compressions at a depth of 2 inches, followed by 2 rescue breaths.
2. **B:** Direct someone nearby to get the AED and call 911, making sure they understand their responsibilities.
3. **C:** Check for hazards in the area, such as heavy gym equipment, before approaching the collapsed adult.
4. **D:** Tap the adult on both shoulders and loudly ask, "Are you okay?" to check for responsiveness.

5. **E:** Check for pulse and breathing for 5-10 seconds, ensuring the airway is open with a proper head tilt-chin lift.
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Scenario 4: Elderly Person Having a Stroke at Home

Steps to Arrange in the Correct Order:

1. **A:** Ask the person to smile and raise both arms to check for signs of a stroke.
 2. **B:** Send someone to call 911 and inform the dispatcher of the person's symptoms and location.
 3. **C:** Position the person in a comfortable sitting position and monitor their condition until EMS arrives.
 4. **D:** Assess the scene to ensure it is safe to approach, considering any potential hazards in the home.
 5. **E:** Check if the person can speak clearly and understand you, noting any slurred speech.
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Scenario 5: Unconscious Person in a Parking Lot

Steps to Arrange in the Correct Order:

1. **A:** Place the person in the recovery position if they have a pulse and are breathing but remain unresponsive.
 2. **B:** Ask a bystander to call 911 and provide the location, describing the situation as an unconscious person.
 3. **C:** Assess the scene for any dangers, such as moving vehicles, before approaching the person.
 4. **D:** Check for responsiveness by tapping the person on the shoulders and asking loudly, "Are you okay?"
 5. **E:** Check for pulse and breathing, ensuring you perform the check for no more than 10 seconds.
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Correct Order for Each Scenario:

Scenario 1: Child Choking at a Restaurant

1. **C:** Obtain consent from the child's parent or guardian to provide assistance.
2. **D:** Stand behind the child and ensure you are at the correct height to perform the Heimlich maneuver.

3. **E:** Perform 5 back blows by striking between the child's shoulder blades with the heel of your hand.
4. **A:** Perform 5 abdominal thrusts by placing your fist above the child's navel and pulling inward and upward.
5. **B:** After 5 cycles, reassess the situation and check if the object is dislodged or if the child is still choking.

Scenario 2: Unresponsive Infant in a Daycare

1. **D:** Check for responsiveness by flicking the bottom of the infant's foot and calling out their name.
2. **C:** Call 911 immediately or send someone to call 911, making sure they provide the location and nature of the emergency.
3. **E:** If no response, check for pulse and breathing for 5-10 seconds while keeping the airway open with a gentle head tilt.
4. **A:** Begin CPR by performing 30 compressions using two fingers at the center of the infant's chest, followed by 2 rescue breaths.
5. **B:** Reassess the infant's condition after 5 cycles (about 2 minutes) of CPR, checking for pulse and breathing.

Scenario 3: Adult Collapsed at a Gym

1. **C:** Check for hazards in the area, such as heavy gym equipment, before approaching the collapsed adult.
2. **D:** Tap the adult on both shoulders and loudly ask, "Are you okay?" to check for responsiveness.
3. **B:** Direct someone nearby to get the AED and call 911, making sure they understand their responsibilities.
4. **E:** Check for pulse and breathing for 5-10 seconds, ensuring the airway is open with a proper head tilt-chin lift.
5. **A:** Begin CPR with 30 compressions at a depth of 2 inches, followed by 2 rescue breaths.

Scenario 4: Elderly Person Having a Stroke at Home

1. **D:** Assess the scene to ensure it is safe to approach, considering any potential hazards in the home.
2. **A:** Ask the person to smile and raise both arms to check for signs of a stroke.
3. **E:** Check if the person can speak clearly and understand you, noting any slurred speech.
4. **B:** Send someone to call 911 and inform the dispatcher of the person's symptoms and location.
5. **C:** Position the person in a comfortable sitting position and monitor their condition until EMS arrives.

Scenario 5: Unconscious Person in a Parking Lot

1. **C:** Assess the scene for any dangers, such as moving vehicles, before approaching the person.
2. **D:** Check for responsiveness by tapping the person on the shoulders and asking loudly, "Are you okay?"
3. **B:** Ask a bystander to call 911 and provide the location, describing the situation as an unconscious person.
4. **E:** Check for pulse and breathing, ensuring you perform the check for no more than 10 seconds.
5. **A:** Place the person in the recovery position if they have a pulse and are breathing but remain unresponsive.

Common Errors to Avoid

1. **Failure to Secure the Scene:**
 - **Error:** Rushing to the victim without checking for hazards.
 - **Best Practice:** Always assess the scene first to ensure your safety and the safety of others before providing care.
2. **Inadequate Chest Compressions:**
 - **Error:** Not compressing deep enough or fast enough during CPR.
 - **Best Practice:** Ensure compressions are at least 2 inches deep for adults (no more than 2.4 inches) and at a rate of 100-120 compressions per minute. For infants, compressions should be about 1.5 inches deep.
3. **Improper Airway Management:**
 - **Error:** Not tilting the head back sufficiently to open the airway, leading to ineffective breaths.
 - **Best Practice:** Perform a proper head tilt-chin lift, adjusting based on the victim's age (chin to ceiling for adults, nose to ceiling for children, forehead to ceiling for infants).
4. **Inconsistent Rescue Breathing:**
 - **Error:** Providing breaths too quickly or too slowly during rescue breathing.
 - **Best Practice:** Deliver each breath over 1 second, ensuring the chest visibly rises. For adults, give 1 breath every 5-6 seconds; for children and infants, give 1 breath every 2-3 seconds.
5. **Neglecting to Reassess:**
 - **Error:** Continuing CPR or rescue breathing without checking the victim's condition after 2 minutes (5 cycles).

- **Best Practice:** Reassess the victim's pulse and breathing every 2 minutes and adjust care based on their current condition.

6. **Delayed Activation of EMS:**

- **Error:** Waiting too long to call 911 or not giving clear instructions to a bystander.
- **Best Practice:** Immediately direct someone to call 911 and get an AED, providing clear and descriptive instructions.

7. **Misuse of the AED:**

- **Error:** Placing AED pads over pacemakers or jewelry, or using the AED without properly following prompts.
- **Best Practice:** Ensure AED pads are placed correctly, avoiding pacemakers and jewelry, and follow the device's prompts exactly.