

Distant Learning Lesson Plan- Renton School District

CPR Saves lives.

No one denies that. And even while we are in an international health crisis, there are knowledge and skills others are expecting you to learn. In this case, it is not "like" someone's life could depend on it ... it actually could.

Embedded video: <https://youtu.be/x9M19PkrrV8>

The topic of this lesson is critical and all of us understand that doing hands-on practice would be easier to learn and to retain the skills long-term, but that is not an option right now. To compensate for this, your Health teachers and the HOSA students at your school will be discussing ways they may be able to support you being able to practice with hands-on training opportunities next school year so you can feel more confident about your ability to save lives.

For this assignment, complete each of the following steps by viewing the videos / selecting the links for each step. For this assignment we challenge you to do it with those you live with, no matter how old they are!

- a. Adult CPR & AED instruction:
 1. Follow the link in Step 3
 2. Select the "Skip to Interactive Video" button and follow through the interactive video, answering all questions
 - Because you are playing alone and not in teams you will get a second chance to answer each question, but just like real life you need to be quick as they are timed. The teams are scored, but we won't ask you for how you did.
 - This video includes practice sessions designed to do with real manikins, so we are not asking you to do it.
 - IF you do want to try to practice, you can make your own temporary manikin using these directions: <https://nhcps.com/how-to-make-your-own-diy-cpr-manikin-at-home/>. You could also simulate this using a stack of several small pillows or a large stuffed animal, though understand they will not recoil fully.
 - Whenever it prompts a group to start compressions, just select the large button "Press here to start CPR". And when it asks what the score was for the CPR session, hit any button because we won't ask you for your score..
 3. **Follow this link:** <http://www.heart-class.com/>
 - **You can go directly to the "Skip to Interactive Video" button.**
- b. Child & Infant CPR
 1. Why knowing Infant Choking & CPR is important:
 - **Embedded video:** <https://youtu.be/Tyvt-oEG1pg>
 - 2) Infant CPR instruction: **Embedded video:** https://www.youtube.com/watch?v=FVEe3t73g_s
 3. Child CPR instruction:
 - Child CPR can be done the same way as Adult CPR
 - Giving breaths is more important with children, as they are more often choking than adults who are more often having a heart attack, but don't let that stop you if you can't give breaths or aren't comfortable doing so; any CPR is better than no CPR.
- c. Choking instruction (Adult, child, & Infant)
 - **Embedded video:** <https://youtu.be/CnbjPFwkiTQ>

Special Optional Content: You can text to 911 in emergencies when you cannot talk

On December 20th, the King County 911 dispatch center began accepting text messages. While this has been considered a necessity for a while, it has taken some time to put the necessary technology into place. The additional option is intended for those who may be deaf or hard of hearing, experiencing a speech impairment, or someone who does not feel safe making a phone call that might be overheard.

The key message to remember is "call if you can, text if you can't." This is because the text messages to 911 will be treated like any other text message, which may mean delays in response.

Those who may use the service are reminded to:

- Keep messages concise and brief
- Send the location of the emergency (city included) and the type of assistance needed (medical, police, fire) in the initial message
- Type in complete words with no abbreviations
- Stay with the phone and be prepared to answer follow-up questions from the 911 dispatcher

Note that at this time, replies can only be sent in English. Also, the system cannot accept photos or videos yet.

Additional OPTIONAL Content:

Significant effort was made to keep this lesson within 30 minutes and everything you need to get the basics was provided above. The following videos are provided as supplemental material that will extend beyond 30 minutes and is thus not required for completion of the lesson:

Local Student Rescuers:

<https://youtu.be/JxB6slaU0n0>

<https://kgw.com/embeds/video/283-c80ea74c-bfb0-463b-ae42-47a7992d8a7d/iframe?jwsourc=cl>

Student CPR Survivors:

<https://youtu.be/sNTic5JJpcg>

How to use an AED:

<https://youtu.be/-nOCSyKlu-Y>

Because The Life You Save Might Be The One You Love Most

<https://youtu.be/KCX1-z6H3IM>

<https://youtu.be/zsFoZ3Bztwg>

Pet CPR

<https://youtu.be/xmVqTdPwhxg>