

AHA Heartsaver AED 教育プログラム概要

出典: instructor's manual Heartsaver AED
American Heart Association 2000

I AHA Heartsaver AED Course (CPR を含んだコース)

導入	30 min.
成人の CPR と気道異物除去	1 hr. 15 min.
AED の使い方	30 min.
シナリオによる練習	35~45 min.
実技試験と筆記試験	25~40 min.
合計	3 hr. 30 min. ~ 4 hr

II AHA の AED 教育プログラムの特徴

- CPR コース終了者を対象とする場合以外は CPR を含んでいる
- 成人教育理論に基づいている
- 少人数によるグループ教育
 - 一人のインストラクターで最大 6 人 (推奨 4 人まで) 程度
- 座学より実技を重視している
 - デモンストレーションを見てからすぐに実技を行う
 - シナリオに基づいた練習で経験を積む
- 実技試験と筆記試験を行う
- インストラクターは医療従事者に限らない

Instructor Requirements

Prerequisites

To become an instructor for the AHA Heartsaver AED Course, a candidate for instructor must meet these prerequisites:

- Be an active *CPR provider* (documentation of successful provider's course completion or renewal within previous 2 years by either the AHA or the American Red Cross)
- Be an active *CPR instructor* (documentation of successful CPR instructor's course completion or renewal within previous 2 years by either the AHA or the American Red Cross)
- Be an active *Heartsaver AED provider* (documentation of successful Heartsaver AED Course completion or renewal within previous 2 years)

Instructor

To become an instructor, the instructor candidate must

- Attend and successfully participate in the *AHA Heartsaver AED Instructor Orientation Course*
- Demonstrate during the *Instructor Orientation Course* the following:
 - All the skills needed to perform CPR and use an AED in 1-rescuer and 2-rescuer scenarios (see Final Evaluation Skills Sheet)
 - The ability to take a group of providers (or mock providers) through watch-then-practice video-based CPR and AED training
 - The ability to conduct the 8 core practice scenarios in the AED practical skills teaching station

It is also *recommended but not required* that the instructor candidate

- Participate successfully, under monitoring, as a candidate instructor in a Heartsaver AED provider's course
- Have field experience or hospital clinical experience using AEDs
- Have medical authorization to use an AED in clinical emergencies
- Have knowledge of, but not necessarily a course completion card in, ACLS and PALS (pediatric advanced life support)

Student-Instructor Ratios

The recommended student-to-instructor ratio is 4:1. However, the specific ratio for some classes may vary at the discretion of the course director, based on individual circumstances and resources.

The student-instructor ratio should never exceed 6:1. Note that ratios higher than 4:1 will result in longer class time because each student will still need the same amount of practice time required for a class with a ratio of 4:1.

HEARTSAVER AED SAMPLE COURSE AGENDA
 (Slightly modified agendas may be used at specific courses.)

INTRODUCTION (INSTRUCTOR LECTURE WITH SLIDES PLUS VIDEO) 30 MINUTES

- Welcome and introduction 5 minutes
- Overview video: *EZ AED* 10 minutes
- Overview of the Chain of Survival and automated external defibrillation 15 minutes
 - Sudden cardiac death
 - Chain of Survival
 - Importance of early defibrillation
 - What is an AED?
 - How does an AED work?

INSTRUCTION IN CPR AND RELIEF OF FBAO (VIDEOS PLUS INSTRUCTORS: "WATCH-THEN-PRACTICE") 1 HOUR 15 MINUTES

- Watch-then-practice: mouth-to-mouth breathing 15 minutes
- Watch-then-practice: mouth-to-mask breathing 15 minutes
- Watch-then-practice: chest compressions 15 minutes
- Watch-then-practice: CPR (mouth-to-mask plus chest compressions) 15 minutes
- Watch-then-practice: relief of FBAO (clearing the obstructed airway in the conscious and unconscious victim) 15 minutes

BREAK 15 MINUTES

AED INSTRUCTION (INSTRUCTOR DEMONSTRATES — THEN PRACTICE) 30 MINUTES

- Instructor demonstrates operation and maintenance of AED 15 minutes
 - Turning device on
 - Skin preparation
 - Location of pads
 - Pad placement
 - Analyze mode
 - Delivery of shock
 - No shock indicated
- Instructor demonstrates one-rescuer AED scenario: 1 shock; pulse and breathing return
- Participants practice Heartsaver AED algorithm (single-shock scenario) 15 minutes

SCENARIO-BASED PRACTICE (INSTRUCTOR-LED HANDS-ON) 35-45 MINUTES

- Practice and review: 8 critical scenarios (groups of 4; 8 rotations) 45 minutes

PRACTICAL EVALUATION (INDIVIDUAL DEMONSTRATION OF PRACTICAL SKILLS; WRITTEN EXAMINATION) 25-40 MINUTES

- Practical evaluation 20 minutes
- Written evaluation 20 minutes

TOTAL TIME: 3½ TO 4 HOURS

LOCATION IN CURRICULUM	KNOWLEDGE OBJECTIVES	SKILLS OBJECTIVES
<p>Course introduction</p>	<p>The <i>knowledge objectives</i> of this course are for the student to be able to</p> <ol style="list-style-type: none"> 1. Describe the 4 links in the Chain of Survival 2. Describe the critical importance of calling 911, getting the AED, starting CPR, and performing defibrillation 3. Recognize a heart attack, stroke, cardiac arrest, and FBAO 	<p>The <i>skills objectives</i> of this course are</p> <ol style="list-style-type: none"> 1. Perform the steps of adult CPR 2. Provide rescue breathing using a pocket face mask 3. Relieve FBAO 4. Operate an AED safely and effectively <p>These objectives are achieved if the student can meet the performance criteria on the Performance Criteria score sheet (<i>instructor should hand out or display the Final Evaluation Skills Sheet</i>).</p>
<p>The video EZ AED</p>	<p>After watching the video the student will be able to</p> <ol style="list-style-type: none"> 1. Discuss the importance of CPR and AED operation 2. Describe settings in which the placement of AEDs may save lives 3. Explain the importance of calling 911 early 	
<p>Slide-based lecture: overview of CPR, automated external defibrillation, and the Chain of Survival</p>	<p>At the end of the slide-based lecture the student will be able to</p> <ol style="list-style-type: none"> 1. List the links in the Chain of Survival 2. Explain the importance of reducing the time from collapse to the start of CPR and delivery of first shock 3. Describe the proper location of the AED electrode pads 4. Discuss the importance of clearing the victim before AED analysis or defibrillation 5. Describe possible special situations where corrective actions must be taken before defibrillation <p><i>(Slides and instructor notes are at the back of this book.)</i></p>	