

LESSON PLAN

Cardiopulmonary Resuscitation (CPR) for Low Resource Settings

1. DETAILS OF TEACHER / CLASS

Class Name:		Date:		Time:	
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2. DETAILS OF LEARNING OBJECTIVES

By the end of the lesson, students will be able to:

- identify a life-threatening situation
- perform chest compressions on a manikin
- inflate the lungs of a manikin
- perform cardiopulmonary resuscitation (CPR) in accordance with the current ERC guidelines.

3. DELIVERY MODE

Best delivered by face to face instruction using resuscitation manikins such as the Laerdal Mini-Anne. Approx. duration 2 hours.

4. PRE-REQUISITES

There is no prior learning required for full course enrolments. Update course enrolments require a current Resuscitation certificate. There is a physical component of this course and candidates may be required to perform CPR on a resuscitation manikin placed on the floor.

5. DETAILS OF ACTIVITIES, TIMINGS AND RESOURCES REQUIRED

ACTIVITY	SUGGESTED TIMING	RESOURCES REQUIRED
Starter Activities		
Welcome and introductions	10mins	
➤ Ask the students to discuss what they understand by 'resuscitation' ➤ Ask the students why and when it would be used. Record and display responses from the students	10mins	Whiteboard Paper and pens
Confirm when resuscitation is necessary; e.g. non-breathing casualty or abnormal pattern of breathing. (making the link to heart attacks causing cardiac arrest).	10mins	
Introduce the resuscitation manikin; e.g. Laerdal Mini-Anne. Include: ➤ How to assemble and use? ➤ How to clean? ➤ How to store for prolonged life?	15mins	Mini-Anne manikin
Development Activities		
Explain or discuss the appropriate action and the order to perform CPR when a casualty is not breathing. Explain the sequence of actions and when to call an ambulance. ➤ Danger ➤ Response	10mins	

➤ Send/Shout for help ➤ Airway ➤ Breathing ➤ Circulation ➤ Defibrillation		
Explain correct resuscitation procedure and the theory supporting the actions ➤ Demonstrate the correct procedure of chest compressions and rescue breaths. ➤ Ask for a volunteer to carry out a second demonstration following step-by-step instructions from the group. ➤ All the students are to practise the procedure allowing enough time for each of them to practise the sequence at least twice.	35mins	
Discuss the differences in resuscitation protocols when the casualty is a child / infant.	10mins	
Plenary Activities		
Discuss the differences in resuscitation protocols following drowning.	5mins	
Summarise the resources available.		
Summarise the learnings and the key steps; D, R, S, A, B, C – Ask questions.	5mins	
Closing remarks	5mins	

6. DETAILS FOR ASSESSMENT AND LEARNING

☐ Shared LOs	☐ Question/answer	☐ Extended question/answer
☐ Peer assessment	☐ Self-assessment	☐ Oral feedback
☐ Written feedback	☐ Reflection/evaluation	☐ Group work