

**HARLAN
COUNTY
SAFETY
DAYS
2013**

**SKILL STATION
PROBLEM**

Judge Name _____ Team Number _____

SKILL STATION PROBLEM

Allow team to lay out CPR manikin.

Explain the timing device to the team.

Instruct the team to run a sample CPR tape (Check shallow breaths and shallow compressions). Make sure sample tape is signed and has the team number on it.

When the team is ready and starts the clock, provide the skill station problem envelope-1 to them.

Problem envelope-1 Provide 2 sets of “Two-Rescuer CPR (No spinal Injury- Manikin Only)” Change Rescuers between sets. Additional instructions will be provided after completion of the CPR.

TWO-RESCUER CPR (NO SPINAL INJURY - MANIKIN ONLY)

PROCEDURES	CRITICAL SKILL
1. RESCUER 1 - ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> A. Tap or gently shake shoulders <input type="checkbox"/> *B. “Are you OK?” <input type="checkbox"/> C. Determine unconsciousness without compromising cervical spine (neck) injury <input type="checkbox"/> *D. “Call for help” <input type="checkbox"/> *E. “Get AED” (Note: If AED is used, follow local protocol)

2. RESCUER 1 - MONITOR PATIENT FOR BREATHING	□	A. Look for absence of breathing (no chest rise and fall) or gasping breaths, which are not considered adequate (within 10 seconds)
3. RESCUER 1 - CHECK FOR CAROTID PULSE	□ □ □	A. Correctly locate the carotid pulse - on the side of the rescuer, locate the patient's windpipe with your index and middle fingers and slide your fingers in the groove between the windpipe and the muscle in the neck B. Check for presence of carotid pulse for 5 to 10 Seconds *C. Absence of pulse
4. RESCUER 2 - POSITION FOR COMPRESSIONS	□ □ □	A. Locate the compression point on the breastbone between the nipples B. Place the heel of one hand on the compression point and the other hand on top of the first so hands are parallel. C. Do not intentionally rest fingers on the chest. Keep heel of your hand on chest during and between compressions.
5. RESCUER 2 - DELIVER CARDIAC COMPRESSION	□ □ □ □	A. Give 30 compressions B. Compressions are at the rate of at least 100 per minute (30 compressions delivered within 18 seconds) C. Down stroke for compression must be on or through compression line D. Return to baseline on upstroke of compression
6. RESCUER 1 - ESTABLISH AIRWAY	□ □	A. Kneel at the patient's side near the head B. Correctly execute head-tilt/ chin-lift maneuver
7. RESCUER 1 - VENTILATIONS BETWEEN COMPRESSIONS	□ □ □ □	A. Place barrier device (pocket mask / shield with one way valve) on manikin B. Give 2 breaths 1 second each C. Each breath - minimum of .8 (through .7 liter line on new manikins) D. Complete breaths and return to compressions in less than 10 seconds (This will be measured from the end of last down stroke to the start of the first down stroke of the next cycle.)
8. CONTINUE CPR FOR TIME STATED IN PROBLEM	□ □ □	A. Provide 5 cycles of 30 chest compressions and 2 rescue breaths B. To check for pulse, stop chest compressions for no more than 10 seconds after the first set of CPR C. Rescuer at patient's head maintains airway and checks

	<input type="checkbox"/> D. for adequate breathing or coughing <input type="checkbox"/> E. The rescuer at the patient's head shall feel for a carotid pulse <input type="checkbox"/> F. If no signs of circulation are detected, continue chest compressions and breaths and check for signs of circulation after each set <input type="checkbox"/> G. A maximum of 10 seconds will be allowed to complete ventilations and required pulse checks between sets (this will be measured from the end of the last down stroke to the start of the first down stroke of the next cycle)
9. CHANGING RESCUERS	<input type="checkbox"/> A. Change of rescuers shall be made in 5 seconds or less and will be completed as outlined in the problem. Team must switch every 5 cycles in less than 5 seconds.
10. CHECK FOR RETURN OF PULSE	<input type="checkbox"/> A. After providing required CPR (outlined in problem), check for return of pulse (within 10 seconds) <input type="checkbox"/> *A. "Patient has a pulse."

When the team completes the CPR, provide envelope 2 to the team.

Envelope 2 - Your patient has a pulse, but is not breathing. Provide 1 set of AV to the patient.

MOUTH-TO-MASK RESUSCITATION

PROCEDURES	CRITICAL SKILL
1. ESTABLISH UNRESPONSIVENESS	<input type="checkbox"/> A. Tap or gently shake shoulders <input type="checkbox"/> *B. "Are you OK?" <input type="checkbox"/> C. Determine unconsciousness without compromising C-spine injury <input type="checkbox"/> *D. "Call for help" <input type="checkbox"/> *E. "Get AED" (Note: If AED is used, follow local protocol)
2. MONITOR PATIENT FOR BREATHING	<input type="checkbox"/> A. Look for absence of breathing (no chest rise and fall) or gasping, which are not considered adequate (within 10 seconds)

3. CHECK FOR CAROTID PULSE	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	A. Correctly locate the carotid pulse (on the side of the rescuer) B. Check for presence of carotid pulse within 10 seconds *B. Presence of pulse
4. ESTABLISH AIRWAY	<input type="checkbox"/>	A. Correctly execute head tilt / chin lift or jaw thrust maneuver depending on the presence of cervical spine (neck) injuries
5. VENTILATE PATIENT	<input type="checkbox"/> <input type="checkbox"/>	A. Place barrier device (pocket mask/shield with one-way valve on manikin B. Ventilate patient 10 to 12 times per minute. Each ventilation will be provided at a minimum of .8 (through .7 liter line on new manikins)
6. CHECK FOR RETURN OF BREATHING AND PULSE	<input type="checkbox"/> <input type="checkbox"/>	A. After providing the required number of breaths (outlined in problem), check for return of breathing and carotid pulse within 10 seconds *B. "Patient is breathing and has a pulse"

Once the team completes the skill station problem and stops the clock, verify the time with the team.

