

NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 105 - CARDIOPULMONARY RESUSCITATION (1 CR.)

Course Description

Provides training in coordinated mouth-to-mouth artificial ventilation and chest compression, choking, life-threatening emergencies, and sudden illness. Lecture 1 hour per week.

General Course Purpose

The purpose of Health 105 is to prepare allied health students, as well as the general public in life saving techniques of one and two-person cardiopulmonary resuscitation for adults, children, and infants. Also included are techniques to relieve obstructed airways (Heimlich Maneuver).

Course Prerequisites/Corequisites

None

Course Objectives

At the completion of the course the student must be able to demonstrate a mastery level of competence in the following resuscitation techniques, and pass a written exam related to.

- B. American Heart Association procedures
 - 1. a conscious choking adult
 - 2. a conscious choking infant
 - 3. an unconscious choking adult
 - 4. an unconscious choking infant
- B. Opening an airway
- C. Pulse and breathing checks
- D. Mouth—to—mouth breathing for an adult.
- E. Mouth—to—mouth breathing for an infant
- F. Mouth—to—mouth breathing for a child.
- G. Person CPR with an adult,
- H. Person CPR with an infant.
- I. Person CPR with a child.
 - 1. entry techniques
 - 2. changeover techniques
 - Major Topics to be Covered: Cardiovascular System Signs and Symptoms of a heart attack
 - Resuscitation Techniques
 - Personal protection mechanisms