

**FACILITATOR
GUIDE**

**Family & Friends™
CPR Anytime™**

PERSONAL LEARNING PROGRAM

Family & Friends™ CPR Anytime™

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Introduction

Since the early 1970s the American Heart Association (AHA) has sought ways to increase the number of laypeople trained in CPR. Much of the effort has targeted people in the workplace, healthcare environments, and secondary schools. In spite of diverse approaches to training more people, the AHA manages to train only about 10 million rescuers in the United States each year, or approximately 3% of the US population. This is not enough rescuers to ensure an adequate CPR bystander response when an emergency occurs. To meet the challenge of ensuring a “critical mass” of rescuers, the AHA has set a goal of training 20 million rescuers per year by 2010.

The challenge, however, is not limited to the number of rescuers trained. For rescuers to be effective, they must be near cardiac arrest victims at the time of collapse. The average age of victims of sudden cardiac arrest is 63. That indicates that many people trained in CPR at the most common sites, such as secondary schools, are unlikely to be nearby when a victim needs help. In other words, the current strategies are often not reaching the friends and family members of populations at high risk for sudden cardiac arrest.

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How to Train 20 Million Rescuers

It has become obvious that training 20 million rescuers cannot be achieved by traditional methods. New ways of reaching people need to be explored.

Traditional CPR courses have several limitations. These include the need for certified instructors at every class, limits on the number of people trained in each session, the challenge of motivating participants to attend classes that last 2 to 4 hours at a set time, the need to provide manikins at a 3:1 participant-to-manikin ratio, and limits on class size due to availability of space or instructors. These challenges can all be overcome by the use of the Family & Friends CPR Anytime program.

What is CPR Anytime?

CPR Anytime is a self-directed, personal CPR training program that can be used by an individual in the home and easily offered in a group setting. The core skills of CPR are taught using a 22-minute DVD and a personal manikin (Mini Anne). The DVD includes additional information on child CPR, choking, and AEDs (automated external defibrillators).

The concept of learning using personal manikins and video self-instruction has been studied since the mid 1990s. In these studies personal video-based learning was compared with traditional classroom courses (for example, Heartsaver CPR). The studies showed that skills performance after learning with well-researched and validated personal programs, such as CPR Anytime, are equal to traditional classroom training.

CPR Anytime is a flexible training program that can be easily implemented as a community, workplace, or school program. For example, CPR Anytime programs can be implemented as:

Community Based Programs

Offered by faith-based organizations, civic organizations, and other community groups to their members

Workplace Programs

Wellness or lunch-and-learn program for employees who want to learn CPR

School Programs

Health or PE (physical education) class or after-school program

Parent/Teacher Programs

PTA or PTO meeting

Youth Group Programs

Offered by youth groups as part of a community-based activity

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Research

To ensure that an effective training program was developed, the American Heart Association and Laerdal Medical researchers embarked on a product development and research cycle that led to multiple versions of both the educational DVD and the training manikin. Developers based the process on the need to prove that the program would really work and that the tools used would suit the user's needs (for example, older people could learn how to use the tools).

RMC Research Corporation, based in Portland, Oregon, performed detailed research that involved testing people over 45 who had not taken a traditional CPR course in recent years. Although the training kits used were prototypes, the results proved better than expected.

Researchers compared those who trained using the kits with those who trained on their own (with the help of others and at a traditional American Heart Association Heartsaver CPR class). The researchers found that those using the experimental kit were:

- Better than the Heartsaver CPR group in the performance of adequate ventilations
- As good as the Heartsaver CPR group in the mean percentage of all compressions performed with proper hand placement and with adequate depth

Another study found that using the CPR Anytime program, people who learned in large groups with only one facilitator learned all CPR skills as well as those in a traditional Heartsaver class.

Why is CPR Anytime so Effective?

The success of learning CPR using the CPR Anytime program is attributed to several educational factors:

- Hands-on skill practice: CPR Anytime is designed to maximize the amount of hands-on skill practice time. During the 22-minute program, participants practice as much as 18 minutes.
- Core skill focus: In the CPR Anytime program only core CPR skills are taught. Participants focus on the most essential information. Additional information about choking and AED use is included on the DVD and in the Family & Friends CPR booklet.
- Practice-while-watching: The practice-while-watching format provides participants with real-time information on the performance of each skill. The participant can look at the video and make corrections based on immediate visual and auditory feedback.

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CPR Anytime can be used in several ways, including:

- **Facilitated session** – CPR Anytime can be offered as a group activity to any number of participants, from 2 to as many as can fit in the available space. The only limitations are audio and visual. The group size will determine the equipment needed. Every participant should be able to view the screen or TV clearly and be able to hear the instructions on the DVD.
- **Self-learning environment** – CPR Anytime is designed to be used by an individual. Everything needed to learn CPR is contained in the CPR Anytime Personal Learning Kit. The DVD is the instructor and will guide the user through the steps of inflating the manikin to learning the core skills of CPR.

Remember, one facilitator can run a session for as many as 25 to 30 people at one time, without any need for additional help. For larger events, plan on having one facilitator to every 25 to 30 participants.

Description of Family and Friends CPR Anytime Kit

The CPR Anytime kit contains:

- CPR Skills Practice DVD
- Personal CPR Manikin—“Mini Anne” (includes pull-out tab to adjust for child)
- An AHA Family & Friends CPR resource booklet
- Accessories for the program

The video guides the participant through the inflation of the manikin, use of the kit, and the performance of CPR. The kit can be used over and over again to reinforce skill practice and to train others.

One of the most important features of CPR Anytime is that it can be shared with loved ones. This means that one kit can train a group of family and friends and dramatically increase the number of people trained in the lifesaving skills of CPR.

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Who can be a Facilitator?

Any motivated person can serve as a facilitator. Remember, someone does not have to be a qualified instructor to be a CPR Anytime facilitator because the DVD provides the instruction. In addition, one facilitator can run a session for 25 to 30 students without additional help. The DVD provides the instruction; the facilitator is there to ensure that everything runs smoothly.

Ideally the facilitator should have used the kit first to learn or refresh his or her CPR skills and to understand how to organize a course and what to emphasize with the audience. Although participants have been quite successful without coaching during the session, coaching and assistance can be helpful. Coaching during the DVD should be very limited because interrupting the DVD to add information can detract from learning. Limit feedback to important things like reinforcing the importance of deep compressions or opening the airway. Avoid adding any additional information or stopping the learning. The facilitator should never step between the DVD and the participant.

Feedback can be as simple as “push on the chest harder and faster” or “tilt the head back and lift the chin” or “make sure that you breathe enough to make the chest rise.” If you note some significant problem, such as a deflated manikin, it may be appropriate to stop the DVD, resolve the problem, and continue with the class.

There are two other times that you can actively communicate to the participant. First, before the video starts, you may want to get the participants ready for the learning session. Second, after the video ends, you can emphasize the importance of recruiting and helping others use the kit to learn CPR. Remember, the educational content comes from the instructor on the DVD.

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Recruitment of Organizations

There is no limit to the type of organizations that can participate in the distribution of the CPR Anytime program. Examples of potential target populations include faith-based organizations, civic groups, service organizations (for example, Lions Club, Rotary International, and veterans groups), and schools. These organizations are particularly appropriate as distribution channels because they are commonly involved in community action and development programs and have a large number of members to participate in the program.

When approaching one of these organizations, it is important to schedule a meeting with leaders (president, pastor, principal, etc) and provide a brief presentation. The presentation should include:

- The importance of CPR in saving lives
- The need to recruit people who otherwise might not be trained in CPR
- The efficacy, ease, and potential reach of the CPR Anytime program
- How to conduct the initial training
- The importance of follow-up to ensure that people share the kit to train their family and friends and use the kit to refresh their CPR skills. Remember to stress the great potential of reaching more people as participants take the kits home to teach their family and friends.
- If appropriate, the cost of the kit and possibilities for funding programs
- How to purchase CPR Anytime kits

At the initial meeting the facilitator should schedule a training day and establish how many people will be trained in the First Tier (people trained by the facilitator).

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Effective Facilitating

Course facilitation is the most important role of the facilitator. Good facilitation will improve performance and increase the likelihood that participants will train others. Facilitation includes actions before, during, and after CPR practice.

Facilitating Before CPR Practice

Manikins in the classroom should be arranged for ease of skill practice. As a rule participants should practice at least 3 feet apart so that they can easily perform the skills without distracting or limiting the movement of an adjacent participant. The TV monitor or screen for viewing the DVD should be appropriate for the size of the group. For example, a standard TV monitor can be used for groups up to 12 persons. For larger groups a projection screen should be used with an appropriate sound system so that all participants can hear and see the DVD. The floor should be comfortable enough for kneeling. A carpeted floor or pads can be used to make participants comfortable during practice. It may be appropriate to allow older persons or persons with disabilities to practice on a low table to avoid discomfort or injury.

As the participants arrive, have them sign in and assign them a practice station. At the start of the session, you can provide the following short orientation:

- The purpose of the program
- The contents of the CPR Anytime kit
- How important it is for them to take the kits home for family and friends to learn
- How learning CPR will increase the chance for survival
- Clarification of the following skills:
 - The need for forceful chest compressions—note that in the video there will be a section where the manikin’s chest will click when the compression depth is deep enough
 - The need to make the chest rise with each breath
 - Head tilt and chin lift to open the airway
- Have the participants inflate the manikin before you turn on the video, and check that all of the manikins are fully inflated
- Start the DVD

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Facilitation During CPR Practice

Once again keep in mind that participants in research studies have successfully learned CPR without facilitation. The DVD is designed to teach the essential skills of CPR, so try not to interrupt the DVD learning session, and do not introduce additional information.

Any facilitation during the video should be brief and to the point. Here are some situations that may require brief feedback:

Situation	Suggested Action
The participant is not opening the airway properly	Briefly describe the proper hand position and remind the participant to tilt the head “way back.”
The participant is not making the chest rise during breaths	Make sure that: – The participant has performed a good head tilt – The participant’s hands are away from the neck Then advise the participant to breathe more air into the Mini Anne to make the chest rise.
Chest compressions are not making the clicker sound	Simply tell the participant to push harder on the chest until he hears the click and to keep arms straight and elbows locked.
Incorrect hand position	Tell the participant to place the heel of her hand on the breastbone between the nipples. The Mini Anne has a soft patch in the right place.
Incomplete release of the chest	Tell the participant to completely release her weight off the chest wall during the release phase of the compression.

Feedback should be brief so that it does not interrupt learning. If the DVD is running and the facilitator is positioned between the DVD and the participant, the participant will miss the content for that period of time, further complicating the acquisition of core skills. The best type of facilitation is brief verbal feedback that corrects the error.

Facilitation After CPR Practice

After CPR practice it is important to emphasize that the participants can take their kits home to share with loved ones. One CPR Anytime kit can be used to train a large network of family and friends.

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CPR Anytime Program Resources

To learn more about organizing a CPR Anytime program in your community, workplace, or school, contact the AHA at 1-877-AHA-4CPR or visit www.cpranytime.org.

Following is a list of resources that can be found at www.cpranytime.org.

Planning Documents

- CPR Anytime Plan—tips in implementing a CPR Anytime training program
- Grant Research and Development Guide
- Program Implementation
- Sample Grant Proposal Template
- Sample CPR Anytime Program Options
- CPR Anytime Tri-fold Brochure Template

Event Materials

- Event Sign-in Form
- Tracking Form—participants use this to provide a list of family and friends trained with their CPR Anytime kit
- T-shirt template: “I’m a Hero” (front), “I Learned CPR” (back)
- Business card template (“I participated in a CPR Anytime Program”—includes contact information for AHA or event host)

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Facilitator's Checklist

Facilitating During a Recruitment Meeting

- Emphasize the importance of CPR in saving lives.
- Emphasize the need to recruit people who otherwise might not be trained in CPR.
- Explain the efficacy and easy use of the Family and Friends CPR Anytime.
- Explain how the CPR Anytime program can be used to train family and friends.
- Explain how to conduct the initial training of the First Tier group (for example, school participants, club, church, synagogue, or mosque members).
- Emphasize the importance of follow-up to ensure that people use the kit.
- If appropriate, state the cost of the kits.
- If appropriate, explain how to purchase the kits.

Facilitating During the Course

Before CPR Practice

- Select a video system appropriate for the size of the group (under 12 = standard monitor, over 12 = video projection if this is possible).
- Position manikin boxes at least 3 feet apart.
- Have participants inflate manikins.
- Explain the importance of CPR training.
- Explain the importance of using the kit to teach others.
- Briefly review the core components of the skill:
 - Airway opening
 - Chest rise with each breath
 - Forceful compressions that produce a click

After CPR Practice

- Importance of immediately recruiting people to train
- How to organize and conduct training