

## COMPETENCY PROFILE

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### CPR: ADULT HEART SAVER

**BTC: HLTH 103 (3 clock hours)**

This course includes instruction in one-person CPR, obstructed airway techniques and risk factors of heart disease as outlined by the American Heart Association.



**Outcome:** Students will use appropriate CPR techniques to successfully perform CPR in an "emergency" role play situation. Upon successful completion of a skills assessment and written exam, passing with a minimum 84% as required by AHA, students will receive an American Heart Association CPR card.

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- Follow correct procedures for accessing Emergency Medical System.
- Use correct techniques to determine unresponsiveness.
- Use correct techniques for opening the airway.
- Demonstrate correct procedures for assessing breathlessness.
- Demonstrate correct techniques for cleaning obstructed airway.
- Demonstrate correct rescue breathing techniques.
- Demonstrate correct procedures for assessing "Signs of Circulation".
- Demonstrate correct procedures for delivering external cardiac compressions.
- Discuss disease prevention and barrier techniques.

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**College Textbooks:** American Heart Association CPR Student Manual and other support materials.