

HLT CPR201A

Perform CPR

Descriptor

This unit of competency describes the skills and knowledge required to perform Cardiopulmonary Resuscitation (CPR) in line with the Australian Resuscitation Council (ARC) Guidelines

Employability Skills

The required outcomes described in this unit of competency contain applicable facets of Employability Skills

The Employability Skills Summary of the qualification in which this unit of competency is packaged will assist in identifying Employability Skill requirements

Application

The skills and knowledge described here relate specifically to performing Cardiopulmonary Resuscitation (CPR) and do **NOT** address other aspects of resuscitation, life support or first aid

ELEMENT

Elements define the essential outcomes of a unit of competency.

1. Respond to signs of an unconscious casualty

PERFORMANCE CRITERIA

The Performance Criteria specify the level of performance required to demonstrate achievement of the Element. Terms in italics are elaborated in the Range Statement.

- 1.1 Identify *hazards* to health and safety of self and others
- 1.2 Minimise immediate risk to health and safety of self, casualty and others by isolating any hazard(s)
- 1.3 Approach the casualty in a calm, culturally aware, sensitive and respectful manner
- 1.4 Assess vital signs of casualty
- 1.5 Recognise the need for CPR

2. Perform CPR

- 2.1 Perform CPR in line with ARC Guidelines
- 2.2 Seek assistance from others and/or ambulance support as appropriate

3. Communicate details of the incident

- 3.1 Request ambulance support or appropriate medical assistance and/or ambulance support using available means of communication
- 3.2 Accurately convey details of casualty's condition and CPR procedures performed to emergency services/relieving personnel
- 3.3 Calmly provide information to reassure casualty, adopting a communication style to match the casualty's level of consciousness
- 3.4 Provide reports, where applicable, in a timely manner, presenting all relevant facts relating to performing CPR according to established procedures

REQUIRED SKILLS AND KNOWLEDGE

This describes the essential skills and knowledge and their level required for this unit.

Essential knowledge:

- Basic anatomy and physiology relating to performing CPR
- Procedures for performing CPR
- State and territory regulatory requirements, ARC Guidelines and accepted industry practice relating to currency of skill and knowledge
- How to access ambulance/medical assistance and/or emergency response support
- Understanding of the use of an Automated External Defibrillator (AED), including when to use and when not to
- Privacy and confidentiality requirements
- Chain of survival
- Need to be culturally aware, sensitive and respectful
- Duty of care requirements
- Relevant workplace hazards
- Infection control principles and procedures, including use of standard precautions
- Own skills and limitations
- Awareness of stress management techniques and available support

Essential skills:

Ability to:

- Assess vital signs of casualty
- Demonstrate correct procedures for performing CPR using a manikin, including standard precautions
- Call an ambulance
- Call for medical assistance
- Identify and minimise hazards to health and safety of self and others in the immediate workplace or community environment
- Report details of incident and CPR as provided
- Use infection control procedures, including standard precautions

RANGE STATEMENT

The Range Statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Add any essential operating conditions that may be present with training and assessment depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts.

Condition of the casualty may include:

- Signs of collapse
- Absence of signs of life:
 - Unconscious
 - Unresponsive
 - Not moving
 - Not breathing normally

Demonstrated CPR procedure must:

- Include adult / child and infant casualties
- Conform to ARC guidelines, including:
 - Recognition that ‘any resuscitation is better than none’
 - Demonstrate:
 - . Appropriate rate, location and depth of compression
 - . Correct ratio of compression to ventilation
 - . Checking for signs of life
 - . Appropriate duration and cessation of CPR
- Demonstrated CPR procedure may also include use of an AED if available

Access to equipment / resources includes:

- Resuscitation mask
- Barrier device
- Manikin
- AED (if available)

A hazard is:

- A source or situation with the potential for harm in terms of human injury or ill-health, damage to property, the environment, or a combination of these

EVIDENCE GUIDE

The evidence guide provides advice on assessment and must be read in conjunction with the Performance Criteria, Required Skills and Knowledge, the Range Statement and the Assessment Guidelines for this Training Package.

Critical aspects of assessment:

- Assessment must include demonstrated evidence of specified Essential Knowledge and Essential Skills identified in this competency unit
- Competence must be demonstrated working individually
- Currency of CPR knowledge and skills is to be demonstrated in line with State/Territory, ARC and industry guidelines

Context and resources required for assessment:

- For assessment purposes, demonstration of skills in CPR procedures requires using a model of the human body (resuscitation manikin) in line with Australian Resuscitation Council Guidelines

Access and equity considerations:

- All workers in the health industry should be aware of access and equity issues in relation to their own area of work
- All workers should develop their ability to work in a culturally diverse environment
- In recognition of particular health issues facing Aboriginal and Torres Strait Islander communities, workers should be aware of cultural, historical and current issues impacting on health of Aboriginal and Torres Strait Islander people
- Assessors and trainers must take into account relevant access and equity issues, in particular relating to factors impacting on health of Aboriginal and/or Torres Strait Islander clients and communities