

## CPR & First Aid

As of September 15, 2016

**Q: What is Family & Friends CPR?**

**A:** The AHA's Family & Friends CPR Course has been updated to reflect new science in the *2015 American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care*.

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life.

**Q: Who is the target audience for this course?**

**A:** The Family & Friends CPR Course is intended for anyone who wants to learn CPR and prefers to learn in an Instructor-led or facilitated group environment. This course is for people who do not need a course completion card for a job or other requirements. This course is ideal for community groups, parents, grandparents, caregivers, schools and students, and others interested in learning how to save a life.

**Q: Specifically, what content is taught in the Family & Friends CPR Course?**

**A:** The Family & Friends CPR Course teaches

- Adult Hands-Only CPR and AED
- Adult CPR With Breaths (Optional)
- Mild and Severe Airway Block: How to Help a Choking Adult (Optional)
- Child CPR and AED (Optional)
- Mild and Severe Airway Block: How to Help a Choking Child (Optional)
- Infant CPR (Optional)
- Mild and Severe Airway Block: How to Help a Choking Infant (Optional)

These topics can be taught together or separately as stand-alone modules.

**Q: What is new or different about the 2015 Guidelines Family & Friends CPR Course and materials?**

**A:** The following changes have been made to the 2015 Guidelines Family & Friends CPR Course:

Science Updates

- Better incorporation of speaker mode with a cell phone
- Compression rate has been updated to 100 to 120 compressions per minute
- More emphasis on dispatcher-assisted CPR instructions
- Better AED incorporation (directions and use)

Course Updates

- Family & Friends CPR Course now teaches breaths in addition to Hands-Only CPR
- Course DVD features updated, more realistic dramatizations
- New 3D animations have been added to help students visualize the full sequence of skills

Product Updates

- Updated and streamlined content and language to ensure consistency across all AHA community CPR products
- Updated 2010 Guidelines version action tables

## CPR & First Aid

**Q: Is there a written test that must be completed for Family & Friends CPR?**

A: No.

**Q: Does successful completion of Family & Friends CPR result in an AHA course completion card?**

A: No. This course does not offer an AHA course completion card. However, students receive a participation card with their *Family & Friends CPR Student Manual*.

**Q: Does Family & Friends CPR offer continuing education (CE/CME) credits?**

A: No.

**Q: Approximately how long does Family & Friends CPR take to complete?**

A: The modular format allows students to learn adult, child, and infant skills together or separately. The full course, including all optional modules, takes about 90 minutes. Following are the approximate completion times for each module:

- Adult Hands-Only CPR and AED (Required): approximately 25 minutes
- Adult CPR With Breaths (Optional): approximately 12 minutes
- Mild and Severe Airway Block: How to Help a Choking Adult (Optional): approximately 7 minutes
- Child CPR and AED (Optional): approximately 20 minutes
- Mild and Severe Airway Block: How to Help a Choking Child (Optional): approximately 5 minutes
- Infant CPR (Optional): approximately 18 minutes
- Mild and Severe Airway Block: How to Help a Choking Infant (Optional): approximately 2 minutes

### Course Materials

**Q: What new course materials are available for the Family & Friends CPR Course?**

A: Materials include the following:

Student Materials:

*Family & Friends CPR Student Manual* (product #15-1016)

Instructor/Facilitator Materials:

Family & Friends CPR DVD with FREE Facilitator Guide (product #15-1017)

**Q: Can the Family & Friends CPR DVD be purchased separate from the Facilitator Guide?**

A: No. It is only offered free with the purchase of the course DVD.

**Q: Can Family & Friends CPR classes be conducted without CPR manikins?**

A: If students are practicing the CPR skills in the video, manikins are required. If the Instructor or Facilitator does not have access to manikins, he or she should not have students complete hands-on practice during the practice-while-watching segments in the video.

### Conducting Family & Friends CPR Classes

**Q: Who can conduct Family & Friends CPR classes?**

A: This course can be taught by AHA Instructors and led by Facilitators. Facilitators can be community members, family members, friends, and others who wish to help pass on lifesaving CPR skills. As a facilitated or Instructor-led course, Family & Friends CPR extends the availability of and access to training, so that more people can learn CPR and use their skills to act quickly in an emergency.

## CPR & First Aid

**Q: When must AHA Instructors and Facilitators of Family & Friends CPR classes begin using new materials and conducting classes based on the new curriculum?**

**A:** AHA Instructors and Facilitators should be conducting this course according to the new curriculum and using new materials by November 14, 2016.

### **Purchasing Materials/Finding Classes:**

**Q: Where/how can I purchase materials for the Family & Friends CPR Course?**

**A:** Course materials can be purchased from any of AHA's three product [Distributors](#) (Channing Bete, Laerdal, and WorldPoint).

**Q: How do I find a Family & Friends CPR class near me?**

**A:** To find a class near you, please use the Find A Course tool at [CPR.Heart.org](http://CPR.Heart.org).

### **Technical Issues**

**Q: Who should I contact if I have problems with Family & Friends CPR materials?**

**A:** For problems with these materials, customers should contact the AHA ECC Distributor from whom they purchased materials.