



2020 Interim Training Materials: Heartsaver® Student Workbook Changes

Purpose

These instructions will help update the current Heartsaver student workbooks with science from the *2020 American Heart Association Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care*.

Student Workbook Changes

Print these materials and give to students to help them know where to change the information in their student workbook:

1. Chains of Survival: Adult and Pediatric

2020 Changes

- A sixth link, for recovery, was added to both of the out-of-hospital Chains of Survival (adult and pediatric).
- The process of recovery from cardiac arrest extends long after the initial hospitalization. Support is needed during recovery to ensure optimal physical, cognitive, and emotional well-being and return to social/role functioning. This process should be initiated during the initial hospitalization and continue for as long as needed.

Apply Here

- **Heartsaver First Aid CPR AED Student Workbook**
 - **Part 6: First Aid Resources**
 - Section: CPR and AED
- **Heartsaver Pediatric First Aid CPR AED Student Workbook**
 - **Part 6: Pediatric First Aid Skills Summary**
 - Section: CPR and AED

2. Compressions

2020 Changes

- Quickly move bulky clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing.
- If an AED becomes available, remove all clothing that covers the chest. AED pads must not be placed over any clothing.

Apply Here

- **Heartsaver First Aid CPR AED Student Workbook**
 - CPR and AED
 - Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Adult High-Quality CPR AED Summary
- **Heartsaver First Aid CPR AED Student Workbook**
 - CPR and AED
 - CPR and AED Use for Children (Summary)
 - Perform High-Quality CPR (Compression Technique)



- Putting It All Together: Child High-Quality CPR AED Summary
- **Heartsaver First Aid CPR AED Student Workbook**
 - CPR and AED
 - CPR for Infants: Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Infant High-Quality CPR Summary
- **Heartsaver Pediatric First Aid CPR AED Student Workbook**
 - CPR AED
 - CPR and AED Use for Children
 - Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Child High-Quality CPR AED Summary
- **Heartsaver Pediatric First Aid CPR AED Student Workbook**
 - CPR AED
 - CPR for Infants
 - Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Child High-Quality CPR AED Summary
- **Heartsaver CPR and AED Student Workbook**
 - CPR and AED
 - CPR and AED Use for Children
 - Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Infant High-Quality CPR Summary
- **Heartsaver CPR and AED Student Workbook**
 - CPR and AED
 - CPR for Infants
 - Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Infant High-Quality CPR Summary

3. Infant Compressions

2020 Changes

- Single rescuer: use 2 fingers, 2 thumbs, or the heel of 1 hand for infants.
- For infants, single rescuers (whether lay rescuers or healthcare providers) should compress the sternum with 2 fingers or 2 thumbs placed just below the nipple line.
- For infants, if the rescuer is unable to achieve guideline-recommended depths (at least one third the diameter of the chest), it may be reasonable to use the heel of 1 hand.

Apply Here

- **Heartsaver First Aid CPR and AED Student Workbook**
 - Section: CPR and AED
 - CPR for Infants
 - Perform High-Quality CPR (Compression Technique)



- Putting It All Together: Infant High-Quality CPR Summary
- **Heartsaver Pediatric First Aid CPR and AED Student Workbook**
 - Section: CPR and AED
 - CPR for Infants
 - Perform High-Quality CPR (Compression Technique)
 - Putting It All Together: Infant High-Quality CPR Summary

4. Hypoglycemia (Low Blood Sugar)

2020 Changes

- For children with suspected hypoglycemia (low blood sugar) who are awake but unwilling to swallow oral glucose, it may be reasonable to apply a slurry of granulated sugar and water under the tongue.
- Call for help if not better in 10 minutes after oral glucose administration.

Apply Here

- **Heartsaver First Aid CPR AED Student Workbook**
 - **Part 2: Medical Emergencies**
- **Heartsaver Pediatric First Aid CPR AED Student Workbook**
 - **Part 2: Illnesses and Injuries: Group A**

5. Control of Life-Threatening Bleeding (for Heartsaver First Aid)

2020 Changes

- Consider a wound to be life-threatening if the flow of blood is continuous and steady and if the volume of loss appears large—about equal to half of a 12-ounce can.
- A manufactured tourniquet should be used as first-line therapy for life-threatening extremity bleeding and should be placed as soon as possible after the injury.
- If a manufactured tourniquet is not immediately available or if a properly applied manufactured tourniquet fails to stop bleeding, direct manual pressure, with the use of a hemostatic dressing if available, should be used to treat life-threatening extremity bleeding.
- For individuals with life-threatening external bleeding, direct manual pressure should be applied to achieve initial bleeding cessation for wounds not amenable to a manufactured tourniquet or when a manufactured tourniquet is not immediately available.
- If a hemostatic dressing is available, it can be useful as adjunctive therapy to direct manual pressure for the treatment of life-threatening external bleeding.
- If the bleeding is severe and is located on a body part that is not the arm or leg—such as the head, neck, chest, abdomen, shoulders, or hips—you can pack a wound and then apply pressure as noted previously. *Packing the wound* means to take a material like gauze or clothing and place it tightly into the wound. You would then apply pressure and a compression dressing.

Apply Here

- **Heartsaver First Aid CPR AED Student Workbook**
 - **Part 3: Injury Emergencies**
- **Heartsaver Pediatric First Aid CPR AED Student Workbook**
 - **Part 2: Illnesses and Injuries: Group A**