

# SAVE MO HEARTS TRAINING COURSE

Save MO Hearts is an MU Health Care outreach program that teaches the public to assist someone who has suffered sudden cardiac arrest by performing hands-only CPR until professional medical help arrives.

## THE FIRST FEW MINUTES OF THE CLASS:

- Introductions
- Goal of Save Mo Hearts:  
**To improve cardiac arrest survival**

## GAUGE THE AUDIENCE:

- Has anyone taken a CPR class or have prior medical experience?
- What is cardiac arrest? A sudden, unexpected loss of heart function, breathing and consciousness.
- Explain the Good Samaritan Law

## STATS – CAN REVIEW BROCHURE

- Average response time to an arrest: 8 minutes
- Permanent brain damage w/o oxygen: 4 minutes
- Death can occur as soon as 4 to 6 minutes later

## BEING PREPARED AND COMFORTABLE

- Better to be prepared to provide CPR in an emergent situation
- Address the concerns for providing CPR to women and children
- About 70% of cardiac arrests occur at home. Does your family know how to perform CPR?

## CHAIN OF SURVIVAL

Most of the chain of survival occurs within the community setting

- Activation of emergency response (call 911)
- High-quality CPR
- Defibrillation

## DEMO PART 1

Algorithm on the card:

**Call → push → shock**

Providing info to dispatch:

- Location, surroundings, follow their instructions (no, no, go), send someone to an entrance, etc.

## DEMO PART 2

Mechanism/Instruction

- No more rescue breaths
- Show how to do proper compressions

Always perform compressions until EMS arrives

## DEMO PART 3

Introduce the second instructor

- Show how to perform a trade-off
- Show the automated external defibrillator (AED)

AED use:

- Turn on
- Apply pads
- Follow instructions

Emphasize minimal interruptions

## DEMO PART 4

Break out into groups

- How to use the manikin (baby manikin provides feedback)
- Perform compressions for as long as possible before fatigue
- Practice trade-offs
- Practice roles/team-based approach
- Everyone switches roles

## ADDITIONAL INFORMATION

- We offer courses for all groups. If you are part of another work group, organization, church, etc., please visit [muhealth.org/savemohearts](https://muhealth.org/savemohearts) to schedule a training.
- Does your facility have an AED? If yes, find it and check for efficiency.