



CPR/AED DRILL PROGRAM

Unconscious Victim Medical Emergency

Chain of Survival

- Call 911
- Early CPR
- Early Defibrillation
- Early Advance Life Support



MEDICAL EMERGENCY DRILL AED/CPR USE

This drill is designed for any individual lay rescuer (non-medical) to practice emergency response procedures and to evaluate and improve upon the effectiveness of those procedures.

*A recent Public Access Defibrillation clinical study conducted by the National Heart, Lung and Blood Institute concluded that trained laypersons can use AEDs safely and effectively. **The study resulted in twice as many people surviving out-of-hospital cardiac arrest when an AED and CPR were used over CPR alone.** Participants in this study had effective response plans that included mock cardiac arrest drills.*

In 2004, the AHA's Publication – The Emergency Response Plan for Schools, emphasized routine AED practice drills and evaluations. Considering the importance and effectiveness of fire drills, a situation most anyone can relate to – the need for routine practice of rescuing a sudden cardiac arrest victim during a life or death situation is also of importance.

AED drills should be implemented by your AED coordinator and include your Building Emergency Response Team and/or Identified First Responders. Although the main components for AED drills are standard, each building is unique and drills should be tailored to meet the needs of each facility.

MEDICAL EMERGENCY DRILL COMPONENTS:

Equipment:

- Training Manikin (preferably with clothing)
- AED Training Unit with Fast Response Kit, First Aid Kit w/ CPR face shield
- Stop watch

Communications:

- Inform main office of impending drill
- Simulate 911 call only. Do not call 911 **unless prearranged with your 911 system**
- Have participants state "**Participating in an AED Drill**" to non-participants.

Preparations:

- Training Manikins must be thoroughly cleaned **for rescue** breathing
- The **AED coordinator** should carry the AED Training Unit/Fast Response Kit

Drill Actions:

- Have rescuer retrieving the AED **place an "AED Drill in Progress" sign** in the AED storage location
- Exchange the retrieved AED with the Training Unit for rescue before using on manikin

Sample AED Drill Scenarios and Progressions:

Drills that resemble real life situations more accurately reflect the effectiveness and capabilities of the participants and the related procedures. The following are five separate drill levels. **The goal is to reach and consistently practice the Level 5 Drill.**

Drill (Level 1):

1. Inform selected individuals that they will be participating in an AED drill
2. Lead group to the drill location where you have placed a manikin
3. Observe the group's reactions and responses
4. Suggest recommendations to the rescuers
5. Run additional drills with multiple groups to further awareness and practice
6. Monitor and evaluate using Procedure Checklist and Time Line
7. Review, evaluate and discuss checklist / time line results and current procedures
8. **Communicate drill results and any procedural changes with entire staff**

Drill (Level 2):

Eliminate step #4 from Level 1: Monitor and evaluate using Procedure Checklist and Time Line

Drill (Level 3):

Eliminate step #1 from Level 2: Monitor and evaluate using Procedure Checklist and Time Line

Drill (Level 4):

Eliminate step #2 from Level 3 Drill: Place manikin at drill location informing first individual near scene regarding the drill. Monitor and evaluate using Procedure Checklist and Time Line

Drill (Level 5):

Same as Level 4 and include special situations such as water soaked clothing and chest; metals on manikin, simulated electrical (hot) wire cord near patient, medicine patch on chest, and/or collapse on metal bleachers. Monitor and evaluate using Procedure Checklist and Time Line

MEDICAL EMERGENCY DRILL AED/CPR USE PROCEDURE CHECK LIST AND TIME LINE			
Date _____	Time _____	Location _____	Time Line
Patient Collapses			
First Person arrives at the scene (may be first responder - not EMS):			Start Clock!
Concern for own safety considered?	Yes	No	
Patient checked for responsiveness?	Yes	No	
Internal call for help in accordance with emergency protocol	Yes	No	
"Call 911" command given?	Yes	No	
Command given to obtain AED?	Yes	No	
Command given to contact First Responder?	Yes	No	
Time of 911 Call			
Individual sends someone for help?	Yes	No	
Individual instructs someone to meet EMS?	Yes	No	
Documented emergency protocols followed?	Yes	No	
Time of First Responder arrival at scene			
Concern for own safety considered?	Yes	No	
Patient checked for responsiveness?	Yes	No	
"Call 911" command given?	Yes	No	
Time of AED command			
Patient responsiveness and breathing checked?	Yes	No	
CPR started and performed correctly?	Yes	No	
Documented emergency procedures followed?	Yes	No	
Time of AED arrival at Scene			
Clothing properly removed?	Yes	No	
Electrodes properly placed?	Yes	No	
AED voice prompts followed? (especially do not touch patient)	Yes	No	
Time of first AED shock			
AED voice prompts continued to be followed?	Yes	No	
Patient placed in recovery position?	Yes	No	
CPR performed correctly?	Yes	No	
Was AED left on?	Yes	No	
Monitoring of patient continued?	Yes	No	
Time of EMS Arrival (Add six (6) minutes to time of 911 call)			
Were details of event properly conveyed to EMS?	Yes	No	
SHOCK WITHIN 3 MINUTES / EMS WITHIN 7 MINUTES	EXCELLENT		
SHOCK WITHIN 5 MINUTES / EMS WITHIN 8 MINUTES	FAIR		
SHOCK AFTER 5 MINUTES / EMS AFTER 8 MINUTES	POOR		
YES ANSWERS 20-24	First Voice Super Hero		
YES ANSWERS 17-19	First Voice Sidekick		
YES ANSWERS 12-17	First Voice Trainee		
YES ANSWERS 6-12	You're Getting Better!		
YES ANSWERS LESS THAN 6	Keep Practicing!		
Other/Facility-Specific Medical Emergency Protocol Check List Addendum			
	Yes	No	
	Yes	No	
	Yes	No	

For further assistance on CPR / AED Drill Program please visit www.firstvoice.us

