

### The Skills Menu

The Skills Menu is where you select the skills that you will perform. This provides you with the skills needed to perform CPR correctly. This menu is divided into 4 broad skill areas. Click on any area to show another menu with different skills.

#### Skills Menu

1. Compressions Menu: Here you practice improving how you perform chest compressions. No ventilations are practiced here.
2. Ventilations Menu: Here you practice improving how you perform ventilations. No chest compressions are practiced here.
3. CPR Menu: Here you practice performing CPR. This requires both chest compressions and ventilations.
4. Advanced Airway Menu: Here you practice quickly establishing an advanced airway as well as improving how two people provide CPR on an intubated patient.

#### White or Grayed Out

Selections in the Skills Menu are only possible if they are showing in bright blue. When you move your cursor over an item in bright blue, it will turn a reddish color. If the item is grayed out, then you need to do something else first. For example, if you have just logged in you need to register before any of the skills are available. Also you must calibrate the manikin before the skills will be available.

#### Software will detect which manikin is connected

All options that are available for your manikin will be displayed. Option “4. Advanced Airway Menu” will not show if you do not have the Airway Manikin connected. Also the Intubation Trainer in the Trainer Menu would not be available if you only have a SmartMan connected.

#### Summary of Procedure from Selecting a Skill to Starting the Skill

Here is a summary of the process to get from selecting a Skill from the Skills Menu and beginning that skill on SmartMan. At each stage you make a selection which refines what it is you want to do. Whenever you select a skill from the Skills menu you will go through this procedure.

What it is	Action to Select
1. Skills Menu 2. Select which skill 3. Describes what is required 4. Standard or Advanced 5. Show close-up & Start	Click Click to select practice/test & skill Click or Space Bar Click or Space Bar Click or Space Bar

### **Speeding up the Skill Selection process**

Once you are familiar with the SmartMan Skills and how they are selected, you will want to move through the selection process quickly.

You will notice that often you can click on a button to make the select OR you can press on the Space Bar. The Space Bar is a much quicker way to work through a menu once you know what you want to do. For example, at the Main menu, click to select compressions, click to select 1. 'Practice 30 Compressions', now press the Space Bar 3 times and the manikin is waiting for the first compression.

### **Some Terms**

The following terms you will see as you go through the Skills Menu. You must know what they mean in order to make the selection.

#### *Practice versus Test*

The main difference between a practice and a test is that the practice is usually shorter. For example, a "Practice 30 Compressions" only runs for 2 cycles of 30 whereas the test runs for 5 cycles of 30. The detailed description of what is involved in each skill activity is on the page which follows the selection

#### *Standard versus Advanced*

Standard provides the real time feedback during performance of the skill.

Advanced does not provide feedback. It will display gray bars which indicate that the program is working and recording the result. Once the activity is completed, the results, including the colored bars will be visible.

#### *Close Up or Not*

In the compressions activities this will act as the cue to start the compressions.

In ventilations this will open or close to show the tidal view of the breaths performance.