

# SmartMan Manual – 3.Skills Menu 3. CPR Menu

V5.1 and later

## The Skills Menu

1. Compressions Menu
2. Ventilations Menu
3. CPR Menu
4. Advanced Airway Menu

## 3. CPR Menu

### How To Select a Skill

This is where you select whether you want to practice or test your CPR skills. This requires both chest compressions and ventilations. You can choose to have the real time feedback on or off.

You can select from 1 person CPR or 2 person CPR

**1**  
Select Skill

**Skills Menu**

1. Compressions Menu
2. Ventilations Menu
3. CPR Menu
4. Advanced Airway Menu

**2**  
Select Practice 30 Compressions

- a. 1 Rescuer CPR Practice
- b. 2 Rescuer CPR Practice
- c. 1 Rescuer CPR Test
- d. 2 Rescuer CPR Test

Close CPR Menu

**3**  
Description of what you are to do in this activity

**Information**

Welcome JohnSmith-1 to the single rescuer CPR skills activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 2 cycles of CPR. Each cycle will consist of 30 compressions followed by 2 ventilations.

Linked to your performance are various models of the chest, the heart and the brain. You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart model around or up/down.

Use the "Press to Open/Close" button on the Panel on the left (or the SpaceBar) to commence this activity.

**4**  
Select Standard (show Feedback) Or Advanced (hide feedback)

SmartMan Single Rescuer CPR Activity

Select from either the standard or advanced version of this activity by using the buttons on the bottom of this panel.

In the standard version of this activity, the colored bars will provide immediate and continuous feedback on your performance. This provides you opportunity to correct any errors in your technique, to improve the outcomes for your SmartMan patient and improve your score.

In the advanced version, all bars are drawn as uniform gray, and the colours are not revealed until the end of the activity.

Standard Version    Advanced Version

**5**  
Start

Press the SPACEBAR or Start button below to begin.

Start

## a. 1 Rescuer CPR Practice

### What you are To Do

30:2 x 2 times Only.

This activity is to practice how 1 person performs 1 Person CPR. The protocol for this is 30:2; that is 30 compressions followed by 2 ventilations. For this practice you do only 2, 30:2 cycles.

The protocol stresses the primary importance of the chest compressions. Thus even if the ventilations are performed poorly, move quickly into the next set of compressions. The ventilations should be given in 4 seconds.

Part of performing 1 rescuer CPR at a high level is to quickly but carefully place the bag when you finish the ventilations. This facilitates rapid pickup and placement of the BVM for the next cycle.

At the end of the activity, you will be given a score for your performance. The display will also include information on the duration of each inspiration and interval.

### NOTE:

This is a CPR activity and thus it requires that you do both chest compressions and ventilations. If during the ventilations no air goes into the lungs, the program will terminate.

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

"Welcome John Smith to the single rescuer CPR skills activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 2 cycles of CPR. Each cycle will consist of 30 compressions followed by 2 ventilations.

Linked to your performance are various models of the chest, the heart and the brain. You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart model around or up/down."

Use the "Press to Open/Close" button on the panel on the left (or press the Spacebar) to select your options before commencing this activity.

## b. 2 Rescuer CPR Practice

### What you are To Do

30:2 x 5 times Only

This activity is to practice how 2 people perform 2 Person CPR. As this requires two rescuers, you will be asked to enter the name of the second rescuer. The program assumes that the person who has logged in will be the first rescuer.

The protocol for this is 30:2; that is 30 compressions followed by 2 ventilations. For this practice you perform this cycle 5 times without a changeover.

The protocol stresses the primary importance of the chest compressions. Thus even if the ventilations are performed poorly, move quickly into the next set of compressions. The ventilations should be given in 4 seconds.

Part of performing 2 rescuer CPR at a high level is to coordinate with the person performing the ventilations. Normally the person will count out loud for at least the last 5 compressions so the person can prepare to give the breaths.

At the end of the activity, you will be given a score for your performance. The display will also include information on the duration of each inspiration and the interval.

**NOTE:**

This is a CPR activity and thus it requires that you do both chest compressions and ventilations. If during the ventilations no air goes into the lungs, the program will terminate.

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

"Welcome John Smith to the two rescuer basic CPR skills practice activity. You have 20 attempts remaining for this activity.

In this activity you and a co-rescuer are required to perform 5 cycles of CPR. Each cycle will consist of 30 compressions followed by 2 ventilations."

Please enter the name of the second rescuer in the space provide (below). This name will be recorded as part of your results.

### c. 1 Rescuer CPR Test

**What you are To Do**

30:2 x 5 times

This activity is to practice how 1 person performs 1 person CPR.

The protocol for this is 30:2; that is 30 compressions followed by 2 ventilations. For this practice you perform this cycle 5 times.

The protocol stresses the primary importance of the chest compressions. Thus even if the ventilations are performed poorly, move quickly into the next set of compressions. The ventilations should be given in 4 seconds.

At the end of the activity, you will be given a score for your performance. The display will also include information on the duration of each inspiration and the interval.

**NOTE:**

This is a CPR activity and thus it requires that you do both chest compressions and ventilations. If during the ventilations no air goes into the lungs, the program will terminate.

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

"Welcome John Smith to the single rescuer CPR TEST. You have 3 attempts remaining for this activity.

In this test you are required to perform 5 cycles of CPR. Each cycle will consist of 30 compressions followed by 2 ventilations.

Linked to your performance are various models of the chest, the heart and the brain. You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart model around or up/down."

Press the Spacebar to commence this activity.

#### d. 2 Rescuer CPR Test

**What you are To Do**

30:2 5 times then change over and do another

30:2 5 times

This activity is to Test how 2 people perform 2 Person CPR. As this requires two rescuers, you will be asked to enter the name of the second rescuer. The program assumes that the person who has logged in will be the first rescuer.

The protocol for this is 30:2; that is 30 compressions followed by 2 ventilations for 5 cycles. Then the person performing chest compressions switches to ventilations and the person on ventilations performs chest compressions. The swap over should be coordinated so there is no or minimal interruption to CPR.

The protocol stresses the primary importance of the chest compressions. Thus even if the ventilations are performed poorly, move quickly into the next set of compressions. The ventilations should be given in 4 seconds.

To minimize delay between the last compression and the ventilation, it is normal for the person to count out loud for at least the last 5 compressions so the person can prepare to give the breaths.

There are several methods of doing the swap over. One that is common is for the person performing chest compressions to count from at least 20 on the 5<sup>th</sup> (his last) cycle. As he reaches 25 he moves out of the way and the person on ventilations now puts one hand onto the chest and presses the 26<sup>th</sup> compression and on. He then moves quickly into proper

position to keep the compressions moving smoothly. This gives the other person time to move to the head and be ready to provide ventilations as the 30<sup>th</sup> chest compression is completed.

At the end of the activity, you will be given a score for your performance. The display will also include information on the duration of each inspiration and the interval.

**NOTE:**

This is a CPR activity and thus it requires that you do both chest compressions and ventilations. If during the ventilations no air goes into the lungs, the program will terminate.

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

"Welcome John Smith to the two rescuer basic CPR skills practice activity. You have 20 attempts remaining for this activity.

In this activity you and a co-rescuer are required to perform 5 cycles of CPR. Each cycle will consist of 30 compressions followed by 2 ventilations.

Please enter the name of the second rescuer in the space provide (below). This name will be recorded as part of your results."

Close CPR Menu

Clicking on this button returns you to the Skills Menu. From the Skills Menu you can select a different skill to perform