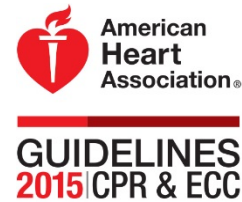


# 2015 Interim Training Materials

## Heartsaver® Lesson Map Changes

Updated: 12/15/2015



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### Purpose

These instructions will help you as a Heartsaver Instructor to update current (2010 Guidelines) Heartsaver course materials with science from the *2015 American Heart Association Guidelines Update for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care*. Instructors must incorporate the 2015 science updates into skills for all Heartsaver courses (Heartsaver First Aid CPR AED, Heartsaver First Aid, Heartsaver CPR AED, and Heartsaver Pediatric First Aid CPR AED classroom and online courses).

The Interim Training Materials may be used until new products are released. You must complete the 2015 Science Update for Heartsaver Instructors and begin including the 2015 Guidelines Update science in all courses by February 15, 2016.

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### Instructor Preparation

As a Heartsaver Instructor, you should be prepared to answer students' questions about the 2015 Guidelines Update. Therefore, you should review the Interim Training Materials, the 2015 Guidelines Update, and the *Highlights of the 2015 AHA Guidelines Update for CPR and ECC* ("Guidelines Highlights") before the course. You must complete the 2015 Science Update for Heartsaver Instructors before integrating the 2015 Guidelines Update science into your courses.

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### 2 Weeks Before Class

Ensure that students have the following materials:

1. Heartsaver Student Workbook for their course
2. Heartsaver Student Workbook Comparison Chart
3. Optional: 2015 Guidelines Highlights (available at [Guidelineshighlights.heart.org](http://Guidelineshighlights.heart.org))

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### Day of Class Materials List for Instructors

Required materials:

1. Appropriate Heartsaver Instructor Manual for course
2. Appropriate Heartsaver DVD for course
3. 2015 Guidelines Highlights (available at [Guidelineshighlights.heart.org](http://Guidelineshighlights.heart.org))
4. 2015 Interim Tools: Heartsaver CPR AED Skills Sheet, First Aid Skills Sheet, or Pediatric First Aid Skills Sheet for each student as appropriate (available on AHA Instructor Network)
5. Heartsaver Exam Changes, if exam is given (available from Training Center Coordinator)

**Lesson Map  
Changes**

To teach Heartsaver courses, follow the Lesson Maps from the appropriate Heartsaver Instructor Manual with the following modifications:

**Heartsaver First Aid**

<b>2011 Lesson Map</b>	<b>Modification</b>
<b>HS FA 9: Medical Emergencies</b>	If the first dose of epinephrine does not relieve the symptoms of a severe allergic reaction, then a repeat dose may be considered if the arrival of EMS will exceed 5 to 10 minutes.
<b>HS FA 12: Medical Emergencies</b>	Chest pain: A lay provider may have a person with a suspected heart attack chew 1 adult or 2 low-dose aspirin. If the lay provider is uncertain of the symptoms or is uncomfortable with administering aspirin, the lay provider may defer and wait for EMS.
<b>HS FA 17: Injury Emergencies Continued</b>	If unable to reimplant an avulsed tooth due to lack of protective medical gloves, training and skill, or fear of causing pain, temporarily store avulsed tooth in a solution shown to prolong viability of dental cells (compared with saliva)

**Heartsaver CPR AED (Adult/Child/Infant)**

<b>2011 Lesson Map</b>	<b>Modification</b>
<b>HS CPR A 2, HS CPR C 15, and HS CPR INF 25 (Compression rate)</b>	Compression rate of 100 to 120/min (was previously at least 100/min)

**Heartsaver Pediatric First Aid CPR AED**

<b>2013 Lesson Map</b>	<b>Modification</b>
<b>HS PFA 16: Epinephrine Pen Practice</b>	If the first dose of epinephrine does not relieve the symptoms of a severe allergic reaction, then a repeat dose may be considered if the arrival of EMS will exceed 5 to 10 minutes.

<b>HS PFA C 30, HS PFA INF 43, and HS PFA A 56 (Compression rate)</b>	Compression rate of 100 to 120/min (was previously at least 100/min)
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