

Learning Activity:

LEARNING OBJECTIVES	EXPANDED CONTENT OUTLINE
1. By the end of this session, the learner will be able to describe 2-3 concepts related to AHA standards for Hands-only cardiopulmonary resuscitation.	Instructional methods were based on the program American Heart Association's (AHA) Hands-Only CPR curriculum.
2. By the end of this session, the learner will be able to identify 1-2 strategies for delivering community-based in the homeless population.	The AHA Hands-Only CPR curriculum is simple to teach and designed for populations with varying levels of health literacy. The straightforwardness of the hands-only course allows for the educators to specifically target people who live in low-income neighborhoods and communities with an increased risk to die from cardiac arrest.
3. By the end of this session, the learner will be able to recognize the 2-3 benefits of early implementation of "Hands-only" CPR among people living in low-socioeconomic areas.	Hands-only CPR is to be implemented when a teen or adult "falls out ¹ " in an everyday setting and then a trained bystander can initiate the two basic steps which includes starting compression-only CPR (i.e. no mouth-to-mouth breaths are administered). The education program delivered to participants was based on teaching two basic steps to responding to a cardiac arrest, 1) call 911, and 2) "push hard and fast at the center of the chest." Nurses first demonstrated hands-only methods on manikins and provided real-life scenarios in which out-of-hospital cardiac arrests can occur. A focus of this program was to gain the participant's trust of emergency services with the instruction given by emergency nurses who could advocate to create a culture of health and promote a change to increase community safety.