



## FIRST AID/RESCUE BREATHING

The 2010 American Heart Association CPR guidelines were released on October 18, 2010, however, there are still questions about the rescue breathing skills. For that reason, NO CHANGES will be made in this event until after NLC 2011, with one exception. Procedure I: Bleeding, includes the removal of pressure points and elevation from the bleeding skill, as published in *Circulation: Journal of the American Heart Association, 2010*.

The most current First Aid/Rescue Breathing guidelines are at <http://www.hosa.org/natorg/sectb/index.html>

**Description of Event:** The competitive event will consist of an evaluation of student performance of selected skill procedure(s) identified in a written scenario. The scenario will require the use of critical thinking skills. The performance will be timed and evaluated according to the event guidelines.

**Dress Code:** Competitors shall wear attire appropriate to the occupational area. School identification or name pins must be removed or covered during competition. Bonus points will be awarded for proper dress.

**Rules and Procedures** 1. Competitors in this event must be active members of HOSA in good standing in the Secondary division.

**Eligibility.** In order to participate in this event, the competitor must meet all the following requirements:

- MUST be classified under the provision of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17.
- *Submit a completed form from the appropriate school official stating that the competitor is classified under the provisions of Public Law 105-17 to the State Advisor prior to state competitive events.* The appropriate form is on page 12 of these guidelines. [To be eligible for National competition, this signed form must be mailed by the State Advisor to National HOSA prior to May 15 of the competition year.]

2. The specific reference selected for each procedure is listed in the Facilities, Equipment and Materials section of these guidelines.

- American Heart Association, *Basic Life Support for Healthcare Providers*. Channing L. Bete Co., Inc. Latest edition.
- Simmers, Louise, *Diversified Health Occupations (OR Introduction to Health Science Technology)* Delmar, Latest edition.

3. Each competitor will be evaluated on his/her performance on selected procedure(s). The procedures approved for this event are:

Procedure I:	Bleeding (Conscious Victim)
Procedure II:	Fracture (Conscious Victim)
Procedure III:	Adult Rescue Breathing
Procedure IV:	Infant Rescue Breathing

4. The selected procedure(s) in the form of a written scenario will be presented to the competitor at the start of the skill to be performed. The timing for the skill will begin when the scenario is presented.

5. The scenario is a secret topic. Professional ethics demand that competitors DO NOT discuss or reveal the secret topic until after the event has concluded. Competitors who violate this ethical standard will be disqualified.
6. Should a tie occur in the ranking of competitors, the selected procedure with the highest possible point value will be used as the tie breaker; others as necessary in descending order of total point value.
7. If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).
8. Competitors must complete all steps of the procedure listed in the guidelines even if the steps must be simulated/verbalized. Steps may NOT be simulated/verbalized when the equipment/materials are available.
9. **Competitors will be stopped at the end of the time allowed for a selected procedure(s).**
10. The competitor must earn a score of 70% or higher on the combined skill procedure(s) of the event in order to be recognized as an award winner at the NLC.
11. Competitors must bring all items noted with \*\*\* in the materials section of these guidelines to the event.
12. Competitors must be familiar with and adhere to the **"General Rules and Regulations of the National HOSA Competitive Events Program."**

**Note:** HOSA follows **American Heart Association** guidelines for CPR. Steps may differ from those recommended by the American Red Cross. For competition purposes, competitors must follow the steps listed in the guidelines for this event.

### Required Personnel

1. One Event Manager per event
2. One Section Leader per section
3. Judges: two judges (one for each situation/scenario)
  - a. The rescue breathing judge must be at least a current American Heart or American Red Cross CPR Instructor.
  - b. The judge for the first aid problem must be at least a current ARC First Aid Instructor.
  - c. EMT's and Paramedics may judge either problem.
  - d. RN's with emergency training and the above certification may judge either problem
4. One-two Courtesy Corps per section
5. One-two patients as required by the scenario (per section)
6. Timekeepers (if necessary)
7. Moulage specialist (if necessary)

**Facilities, Equipment and Materials (Per Section)**

- General**
1. Clinical and/or laboratory stations for selected procedures
  2. Two blankets and one pillow per section
  3. Written scenario (one copy per competitor and judge)
  4. Calculators, note pads, pencils for judges
  5. Stopwatch
  6. Telephone set-up or non-working cell phone
  7. Moulage supplies (if needed)
  - \*\*\* 8. Print copy of the event guidelines for the event orientation

**Equipment/Supplies to be brought by competitor:**

- \*\*\* 1. Cravats (5-10) (Defined as strips of cloth, triangular bandages folded into strips, roller gauze, or other similar material to tie or anchor splints in place.)
- \*\*\* 2. Sterile Gauze Squares, 4" X 4", 6-10 total (may be packaged as singles, doubles, or multiples)
- \*\*\* 3. Any size roller bandages (Kling/similar) 4-6 total
- \*\*\* 4. One pair of scissors
- \*\*\* 5. Adhesive tape
- \*\*\* 6. Barrier Supplies: 10 pair of gloves, 2 sets of goggles or safety glasses, 2 masks and 2 gowns
- \*\*\* 7. Pocket mask and/or other appropriate barrier (face shield, mouth-to-mask device, BVM – Bag-Valve-Mask).
- \*\*\* 8. One trauma dressing (ABD)

**Procedure I Bleeding (Rescuer One) (Simmers)****Procedure II Fracture (Rescuer One) (Simmers)**

1. Board splints
2. Ice/cold packs
3. Towels to wrap around ice packs

**Procedure III Adult Rescue Breathing (Reference: American Heart Association)**

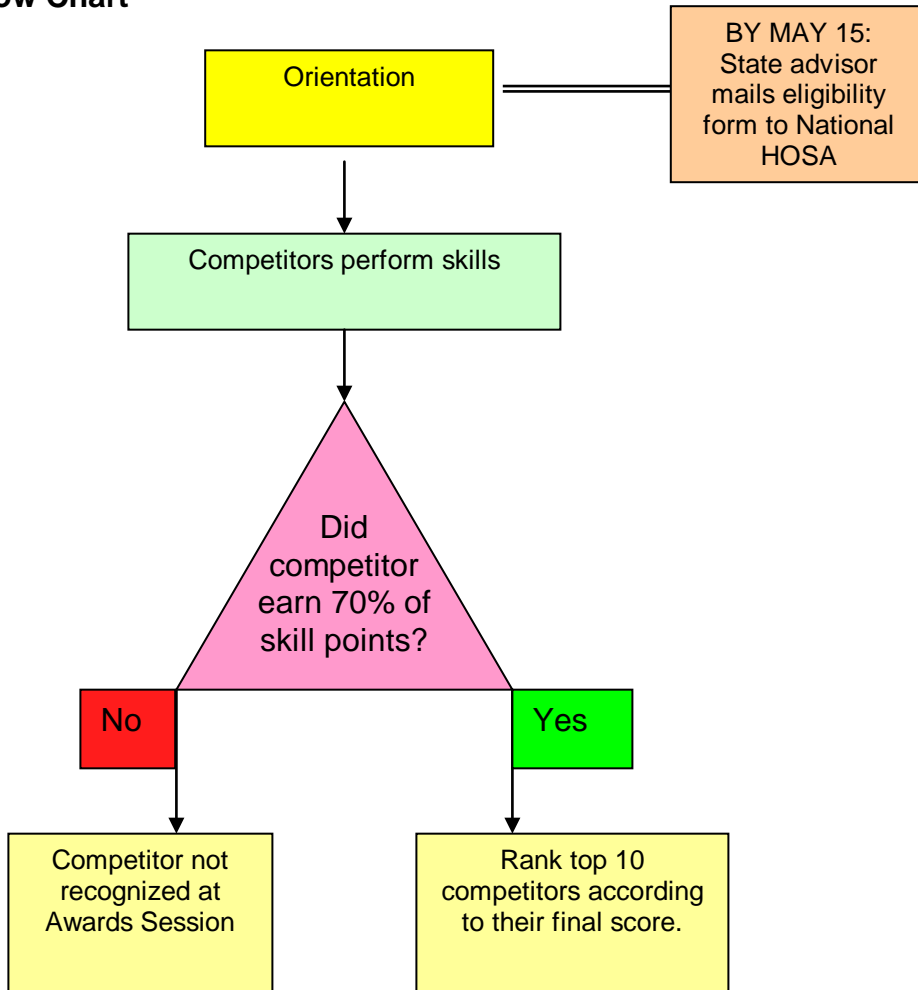
1. Manikin

**Procedure IV Infant Rescue Breathing (Reference: American Heart Association)**

1. Manikin

\*\*\* Must be provided by student competitor

Event Flow Chart



## FIRST AID/RESCUE BREATHING

Competitor ID #: \_\_\_\_\_

Judge's Signature: \_\_\_\_\_

Procedure I: Bleeding	(8 minutes)	Possible	Allocated
1. Surveyed the scene/secured environment. Moved the victim if absolutely necessary.		2	
2. Practiced standard precautions throughout procedure		3	
3. Checked for breathing, consciousness, verbal response		2	
4. Reassured victim; identified self and got consent to help		2	
5. Applied direct pressure to wound using thick dressing or sterile gauze.		2	
6. Applied pressure bandage to injury		2	
a. Applied additional dressings over the dressings already on the wound.		2	
b. Used roller bandage to hold dressings in place by wrapping the roller bandage around the dressings using overlapping turns		2	
c. Tied off ends of the bandage by placing the tie directly over the dressings		2	
d. Made sure pressure bandage is secure		1	
7. Checked to be sure bandage was not too tight by checking distal pulse or capillary refill * Judge states, "Bleeding controlled"		2	
8. Slowly released direct pressure. * Judge states, "No further bleeding."		2	
9. Called Emergency Medical Services and stated:			
a. Where emergency was located		1	
b. Phone number calling from and caller's name		1	
c. What happened		1	
d. How many victims needed help		1	
e. Condition of victim		1	
f. Help being given		1	
g. Hang up last		1	
10. Rechecked bleeding; reassured victim		2	
11. Treated for shock (as necessary)			
a. Placed in supine position unless contraindicated		2	
b. Elevated lower extremities 12" if no possibility of fracture or spinal injuries		2	
c. Covered victim with blanket		2	
d. Left serious injuries exposed for observation		2	

Items Evaluated	Possible	Allocated
12. Rechecked bleeding; reassured victim	2	
13. Initiate secondary survey a. Interviewed the victim - What happened? - Pain anywhere? - Allergies/medical conditions/medications?	3	
b. Checked vital signs - Problems breathing? - Checked pulse - Skin appearance and temperature	3	
14. Completed secondary survey: Head-to-toe exam: visually inspected, then asked victim to slowly move each body part if no pain occurs - Head	1	
- Neck	1	
- Shoulders	1	
- Chest and abdomen	1	
- Arms	1	
- Hips and legs	1	
15. Described findings of secondary survey to judge	3	
16. Rechecked bleeding site(s) * Judge states, "No further bleeding."	2	
17. Reassured victim until EMS arrived	2	
<b>TOTAL POINTS - PROCEDURE I</b>	<b>60</b>	

\*\* *If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## FIRST AID/RESCUE BREATHING

Competitor ID #: \_\_\_\_\_ Judge's Signature: \_\_\_\_\_

<b>Procedure II: Fracture</b>	<b>(Time: 10 Minutes)</b>	<b>Possible</b>	<b>Allocated</b>
1. Surveyed the scene/secured environment. Moved the victim if absolutely necessary.		2	
2. Practiced standard precautions throughout procedure		3	
3. Checked for breathing, consciousness, verbal response		2	
4. Reassured victim; identified self and got consent to help		2	
5. Called Emergency Medical Services and stated:			
a. Where the emergency was located		1	
b. Phone number calling from and caller's name		1	
c. What happened		1	
d. How many victims needed help		1	
e. Condition of victim		1	
f. Help being given		1	
g. Hung up last		1	
6. Covered open wounds with sterile dressing and bandage to control bleeding (if needed)		2	
7. Splinted fracture according to injury			
a. Minimal movement of injury		2	
b. Splinted injury in position found		2	
c. Positioned splints so that they did NOT apply pressure directly at the site of the injury		1	
d. Applied cravats properly			
1. Location and tightness		1	
2. Knots on outside of splint		1	
3. At least one fingernail/toe left visible		1	
e. Immobilized bones/joints above and below fracture site		2	
f. Slung/swathed if appropriate		2	
g. Used thick dressings, cloths, towels or other similar materials to pad the splints, making sure body areas are protected and avoided direct contact between the splint material and the skin.		2	
h. Checked distal circulation after completion of splinting * Judge states, "Pulse is present."		2	

Items Evaluated	Possible	Allocated
8. Treated for shock (as necessary)		
a. Placed in supine position unless contraindicated	2	
b. Elevated lower extremities if no possibility of fractures or spinal injuries	2	
c. Covered victim with blanket	2	
d. Left serious injuries exposed for observation	2	
e. Reassured victim	2	
9. Applied towel-covered ice/cold packs to fracture site or surrounding area (avoided putting pack over open fracture site)	2	
10. Initiates secondary survey:		
a. Interviewed the victim - What happened? - Pain anywhere? - Allergies/medical conditions/medications?	3	
b. Checked vital signs - Breathing problems? - Checked pulse - Skin appearance and temperature	3	
11. Completed secondary survey: Head-to-toe exam: visually inspected, then asked victim to slowly move each body part if no pain occurs		
- Head	1	
- Neck	1	
- Shoulders	1	
- Chest and abdomen	1	
- Arms	1	
- Hips and legs	1	
12. Described findings of secondary survey to judge	3	
13. Rechecked injury sites	2	
14. Reassured victim until help arrived	2	
<b>TOTAL POINTS - PROCEDURE II</b>	<b>65</b>	

\*\* *If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## FIRST AID/RESCUE BREATHING

Competitor #: \_\_\_\_\_

Judge's Signature \_\_\_\_\_

<b>Procedure III: Adult Rescue Breathing (Time: 6 mins)</b>		<b>Possible</b>	<b>Allocated</b>
1.	Surveyed the scene/secured environment	2	
2.	Practiced standard precautions throughout procedure	3	
3.	Determined unresponsiveness: tapped or gently shook shoulder, shouted "Are you OK?"	3	
4.	Called Emergency Medical Services and stated:		
	a. Where the emergency was located	1	
	b. Phone number calling from	1	
	c. How many victims need help	1	
	d. Condition of victim	1	
	e. What was being done	1	
	f. Hangs up last	1	
5.	Positioned victim in supine position on a hard surface	2	
6.	Opened airway (head tilt-chin lift or jaw thrust)	3	
7.	Determined breathlessness in 5-10 seconds (looked, listened, felt)  * Judge states, "Not breathing"	3	
8.	Delivered 2 breaths (1 second each) using a face shield, mouth-to-mask device or bag-mask.	2	
	a. Properly positioned barrier device over nose & mouth	3	
	b. Made a tight seal around victim's mouth	1	
	c. Allowed lungs to deflate between breaths	1	
	d. Observed chest rise and fall	1	

Items Evaluated	Possible	Allocated
9. Determined pulselessness: checked carotid pulse in 5-10 seconds * Judge states, "Pulse is present"	3	
10. Maintained open airway with head tilt	2	
11. Began Rescue Breathing: a. Properly positioned barrier device over nose & mouth	3	
b. Made tight seal around victim's mouth	1	
c. Gave 1 breath every 5-6 seconds	1	
d. Counted out loud "One, two, three, four,..." between breaths	1	
e. Looked for chest to rise and fall	1	
12. Rechecked breathing and pulse after two minutes (about 20-24 breaths) * Judge states, "Not breathing, pulse is present"	2	
13. Continued rescue breathing for 1 additional minute * Judge states, "Victim is breathing"	2	
14. Placed victim on side in recovery position	2	
15. Maintained open airway and monitored breathing until EMS arrived * Judge states, "EMS has arrived"	2	
<b>TOTAL POINTS - PROCEDURE III</b>	<b>50</b>	

*\*\*If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## FIRST AID/RESCUE BREATHING

Competitor #: \_\_\_\_\_

Judge's Signature \_\_\_\_\_

<b>Procedure IV: Infant Rescue Breathing (Time: 6 mins)</b>		<b>Possible</b>	<b>Allocated</b>
1.	Surveyed the scene/secured environment	2	
2.	Practiced standard precautions throughout procedure	3	
3.	Established unresponsiveness: tapped or gently shook	3	
4.	Shouted for help	1	
5.	Placed infant in supine, horizontal position on hard surface (palm may be placed under back)	2	
6.	Opened airway by head tilt-chin lift or jaw thrust	3	
7.	Determined breathlessness (looked, listened, felt)  * Judge states, "Not breathing"	3	
8.	Delivered 2 gentle breaths (1 second each) using a face shield, mouth-to-mask device or bag-mask.	2	
a.	Barrier device covered infant's mouth and nose	3	
b.	Observed the rise and fall of the chest	1	
9.	Determined pulselessness: checked brachial pulse appropriately  * Judge states, "Pulse is present"	3	
10.	Maintained open airway with head tilt or kept hand under infant's back	2	
11.	Began Rescue Breathing:		
a.	Properly positioned barrier device over infant's mouth and nose for an effective seal	3	
b.	Gave one breath every 3 - 5 seconds	1	
c.	Each breath was 1 second long	1	
d.	Counted "one, two, three,..." between breaths	1	
e.	Looked for chest to rise and fall	1	

Items Evaluated	Possible	Allocated
12. Rechecked breathing and pulse after two minutes (approximately 40 breaths) * Judge states, "Pulse is present but infant is not breathing"	2	
13. Called Emergency Medical Services and stated: a. Where the emergency was located	1	
b. Phone number calling from	1	
c. How many victims need help	1	
d. Condition of victim	1	
e. What was being done	1	
f. Hangs up last	1	
14. Resumed rescue breathing for one additional minute * Judge states, "Infant is breathing"	2	
15. Maintained open airway and monitored breathing until EMS arrived * Judge states, "EMS has arrived"	2	
<b>TOTAL POINTS - PROCEDURE IV</b>	<b>47</b>	

*\*\*If a competitor jeopardizes the patient's or his/her own safety or fails to perform a critical step and does not take immediate action to correct the error, the total points for the procedure or specific subpart(s) of the procedure will be deducted by the judge(s).*

## ***RESCUE BREATHING***

### **STUDENT ELIGIBILITY FORM**

***For Regional/Area competition:*** This signed form must be mailed/delivered to the designated person by the published deadline.

***For State competition:*** This signed form must be mailed/delivered to the State Advisor by the published deadline.

***For National competition:*** The State Advisor must sign and mail this form to National HOSA prior to May 15.

Student: \_\_\_\_\_

School: \_\_\_\_\_ State \_\_\_\_\_

- The above named student is classified under the provision of The Individuals with Disabilities Education Act Amendments of 1997 Public Law 105-17. (Students classified under Section 504 are NOT eligible to compete in this event.)
- Additional time is NOT considered a reasonable accommodation for this event due to the life-saving standards of the skills.

Chapter Advisor: \_\_\_\_\_

What accommodation recommended in the student's IEP should be made during this event?

School Official\*, Title and Date: \_\_\_\_\_

\* Exceptional children (special education) teacher, guidance counselor or principal

What specific accommodation was made for this student in this event at the State level?

State Advisor and Date: \_\_\_\_\_