

# Project Heart Start – Be a Facilitator

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## **What is Project Heart Start?**

Project Heart Start is a program of the New Mexico Heart Institute Foundation which supports educational and research initiatives that enhance the cardiovascular health of people in New Mexico. Detailed information at:

[www.projectheartstartnm.org](http://www.projectheartstartnm.org)

## **Mission:** Project Heart Start (PHS) is dedicated to saving

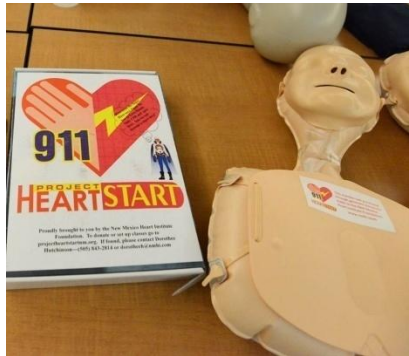
lives of victims of out-of-hospital cardiac arrest through teaching all capable citizens to perform the new compression-only CPR. A second goal is to encourage, facilitate placement and proper utilization of Automated External Defibrillators (AED). Project Heart Start training takes approximately 40 minutes.

**Project Heart Start Goal:** All capable citizens in New Mexico are trained in compression-only CPR, know how to recognize the symptoms of a heart attack and understand what an AED is and how it functions.

**Project Heart Start (PHS) sessions are led by facilitators.** Anyone who has an interest and passion for CPR and for teaching can be a Project Heart Start (PHS) facilitator. Facilitators DO NOT have to be certified instructors! It is encouraged that facilitators have a good understanding of the subject and are CPR certified.

**PHS training includes:** 1. Viewing of PHS training video (12 minutes) \*Note: a Spanish video is also available. 2. A hands-on skills session which reviews the steps covered in the video and reinforces techniques through practice. A PRE- and POST test is to be administered before the video and after the skill session.

**You need:**



**Project Heart Start Survey**

Name: \_\_\_\_\_ Age: \_\_\_\_\_ Sex: M F City: \_\_\_\_\_ Zip code: \_\_\_\_\_  
Email: \_\_\_\_\_ Date: 6/22/13

1. If you come across an adult or teenager who suddenly collapses in front of you what should you do?  
A. Begin rescue breathing and call 911  
B. Call 911 and compress on the center of the chest 100 p. minute  
C. Begin rescue breathing, compress on the chest 60 times p. minute and then call 911

2. When performing chest compressions where do you place the heel of your hands?  
A. On the center of the chest between the nipple line  
B. On the belly button  
C. On the stomach close to the belly button

3. How fast do you push on the chest when performing chest compressions?  
A. 100 per minute  
B. 80 x per minute  
C. 100 x per minute

4. How far down should you compress on the chest when performing chest compressions?  
A. 1 inch  
B. 1.5-2" depending on the size of the victim  
C. 4 inches

5. If an adult or child is choking and cannot speak or breathe you should:  
A. Call 911 and tell them to cough  
B. Call 911 and perform the Heimlich maneuver  
C. Tell them to cough and look for signs of life

6. How do you perform the Heimlich maneuver?  
A. Stand behind the victim and wrap your arms around their abdomen above the belly button. Clench both hands together in a fist and rapidly squeeze upward  
B. You slap on the back between the shoulder blades 5 times  
C. You reach in their mouth and get the object out and then give 5 blows to the back

7. What is an AED?  
A. It is used to shock the heart back to a normal rhythm  
B. It is used to help people breathe  
C. It is used as a pacemaker for cardiac arrest victims

8. If you or someone you are with is having chest pains how long should you wait to call 911?  
A. 30 Minutes  
B. 20 Minutes  
C. 60 Minutes

9. Would you like to volunteer for Project Heart Start? YES NO  
If YES, how can we get in touch with you? \_\_\_\_\_  
Thank you!

**Facilitator training includes:** 1. Review of PHS facilitator training video. If you do not have a copy of the training videos, download the facilitator and participant training videos at: [http://projectheartstartnm.org/demos\\_videos.aspx](http://projectheartstartnm.org/demos_videos.aspx) (Spanish video is also located there) 2. Review of the following skill sets:

- *Assessing the victim*
- *Call 911*
- *Compression Only CPR ( proper positioning etc. )*
- *Signs of a heart attack and how to respond*
- *AED Demonstration- (If you do not have an AED Trainer available, please discuss key points from the training video.)*
- *Responding to a choking victim ( Abdominal thrusts/ Heimlich maneuver)*

**Important to remember: Keep it simple and consistent. Do not teach more than the video shows. Do not demonstrate rescue breaths!**