

# Design Document

<b>Business Purpose</b>	CPR is a lifesaving first aid procedure. It can significantly improve someone's chances of survival if they suffer a heart attack or stop breathing due to an accident or trauma. This course will provide concise and focused training on essential CPR techniques through a virtual environment.
<b>Target Audience</b>	Adult Care Workers for Autistic Adults
<b>Training Time</b>	One hour
<b>Training Recommendation</b>	<p>Virtual Instructor-Led Session: A qualified instructor will lead the training via a virtual platform, using multimedia resources such as slides, videos, and demonstrations.</p> <p>Interactive Discussions: Encouraging participant engagement and questions throughout the session.</p> <p>Hands-On Practice: Providing opportunities for participants to practice CPR techniques in real-time, utilizing manikins or pillowcase methods.</p> <p>Scenario-based Simulations: Creating realistic scenarios to enhance decision-making skills during CPR emergencies.</p> <p>Training Delivery Schedule:</p> <ul style="list-style-type: none"><li>• Introduction to CPR and CPR Techniques: 30 minutes</li><li>• AED Use and Demonstration: 10 minutes</li><li>• Demonstration and Practice Session: 10 minutes</li><li>• Summary and Q&amp;A: 5 minutes</li></ul>
<b>Deliverables</b>	<p>Virtual Platform: A stable and user-friendly video conferencing platform that supports screen sharing, video playback, and interactive features.</p> <p>Presentation Slides: Visually appealing slides with concise content to support the training delivery.</p> <p>Videos and Demonstrations: Pre-recorded videos demonstrating CPR techniques and AED usage.</p>
<b>Learning Objectives</b>	<p>By the end of the training, participants should be able to:</p> <ul style="list-style-type: none"><li>• Describe the importance of CPR in saving lives.</li><li>• Recall the steps to take when coming upon an emergency.</li><li>• Demonstrate the correct hand placement, compression technique and rescue breathing for adult CPR.</li><li>• Explain the use of an automated external defibrillator (AED) during CPR.</li></ul>

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<i>Training Outline</i>	<p>A. Introduction to CPR:</p> <ul style="list-style-type: none"><li>• Importance of CPR in saving lives.</li><li>• When to perform CPR and the steps to take before starting CPR</li></ul> <p>B. CPR Techniques:</p> <ul style="list-style-type: none"><li>• Correct hand placement and compression depth.</li><li>• Integration of rescue breaths and compression ratios.</li></ul> <p>C. Automated External Defibrillator (AED) Use:</p> <ul style="list-style-type: none"><li>• Explanation of AED purpose and benefits.</li><li>• Identifying when to use an AED.</li><li>• Step-by-step instructions on AED operation.</li></ul> <p>D. Demonstration and Practice:</p> <ul style="list-style-type: none"><li>• Live demonstration of adult CPR techniques</li><li>• Interactive practice session for participants to follow along with the instructor's guidance.</li></ul> <p>E. Summary and Q&amp;A Session:</p> <ul style="list-style-type: none"><li>• Recap of key learning points.</li><li>• Addressing participant questions and concerns.</li></ul>
<i>Evaluation Plan</i>	<p>Performance Evaluation: Participants will demonstrate CPR skills during the practice session, receiving real-time feedback from the instructor.</p> <p>Certification: Upon successful completion, participants will receive a virtual certificate of participation, highlighting their attendance and completion of the CPR training.</p>