

SmartMan Manual – 3.Skills Menu 1. Compressions Menu

V5.1 and later

The Skills Menu

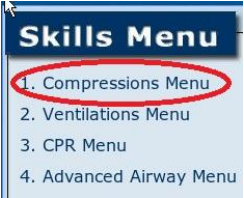
1. Compressions Menu
2. Ventilations Menu
3. CPR Menu
4. Advanced Airway Menu

1. Compressions Menu


How To Select a Skill

Below is an illustration of what you will see on the screen for each of the stages.

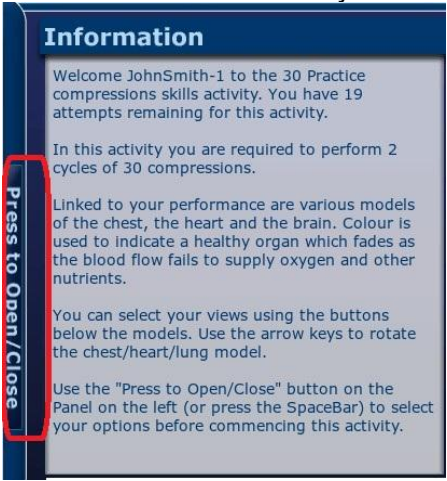
1
Select Skill



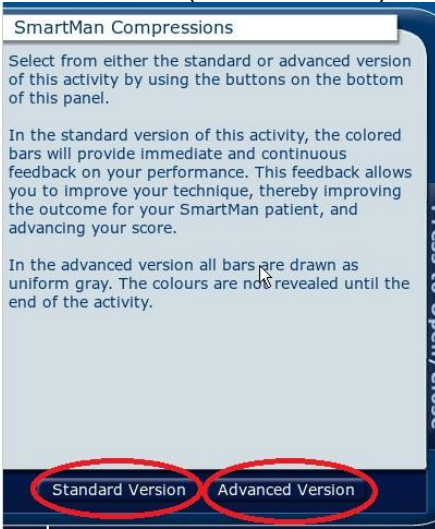
2
Select Practice 30 Compressions



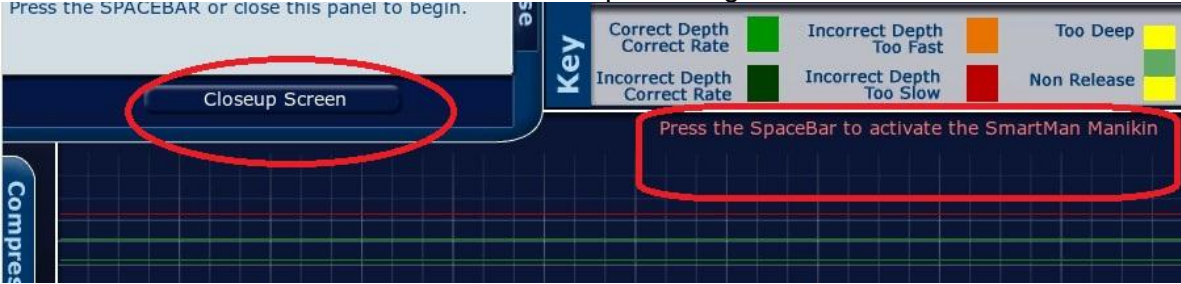
3
Description of what you are to do in this activity



4
Standard (show Feedback) Or Advanced (hide feedback)



5
Show Close Up and Begin



When you click the close-up screen or press the Space bar, the screen will say “Manikin Now Active and Waiting. Begin Compressions Now!”. SmartMan will not begin recording this activity until when the first compression is commenced.

a. Practice 30 Compressions

What you are to do

This activity is to practice how you perform chest compressions in the 30:2 CPR protocol. You perform 2 cycles of 30:2 but do not perform any ventilations. That is, you perform 30 compressions, wait for 4 seconds and then perform another set of 30 compressions.

Once you start the activity with the first compression, do not stop compressions until you reach thirty. Most people find it useful to count while they are performing the compressions.

At the end of the activity, you will be given a score of your performance.

NOTE:

If during a cycle of 30 compressions, you stop for more than 1 second, the program will move to the next cycle.

If you perform more than 34 compressions without stopping, the program will stop

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

Welcome John Smith to the 30 Practice compressions skills activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 2 cycles of 30 compressions

Linked to your performance are various models of the chest, the heart and the brain. Color is used to indicate a healthy organ which fades as the blood flow fails to supply oxygen and other nutrients.

You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart/lung model.

Use the “Press to Open/Close” button on the panel on the left (or press the Spacebar) to select your options before commencing this activity.

b. Practice 100 Compressions

What you are To Do

This activity is to practice how you perform chest compressions in the continuous chest compressions protocol. You perform 50 chest compressions without stopping, wait for 4 seconds, then perform another 50 chest compressions

Once you start the activity with the first compression, do not stop compressions until you reach fifty. Most people find it useful to count while they are performing the compressions.

At the end of the activity, you will be given a score for your performance.

NOTE:

If during a cycle of 30 compressions, you stop for more than 1 second, the program will move to the next cycle.

If you perform more than 34 compressions without stopping, the program will stop

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

Welcome John Smith to the 100 Practice compressions skills activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 2 cycles of 50 compressions

Linked to your performance are various models of the chest, the heart and the brain. Colour is used to indicate a healthy organ which fades as the blood flow fails to supply oxygen and other nutrients.

You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart/lung model.

Use the "Press to Open/Close" button on the panel on the left (or press the Spacebar) to select your options before commencing this activity.

c. Test 30 Compressions

What you are To Do

This activity is to test how you perform chest compressions in the 30:2 CPR protocol. You perform 5 cycles of 30:2 but do not perform any ventilations. That is, you perform 30 compressions, wait for 4 seconds, and repeat that another 4 times.

Once you start the activity with the first compression, do not stop compressions until you reach thirty. Most people find it useful to count while they are performing the compressions.

At the end of the activity, you will be given a score for your performance.

NOTE:

If during a cycle of 30 compressions, you stop for more than 1 second, the program will move to the next cycle.

If you perform more than 34 compressions without stopping, the program will stop

On the description page will tell you the following information

- The name of the person logged

- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

Welcome JohnSmith to the 30 Test compressions skills activity. You have 3 attempts remaining for this activity.

In this activity you are required to perform 5 cycles of 30 compressions

Linked to your performance are various models of the chest, the heart and the brain. Color is used to indicate a healthy organ which fades as the blood flow fails to supply oxygen and other nutrients.

You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart/lung model.

Use the “Press to Open/Close” button on the panel on the left (or press the Spacebar) to select your options before commencing this activity.

d. Test 200 Compressions

What you are To Do

This activity is to Test how you perform chest compressions in the continuous chest compressions protocol. You perform 50 chest compressions without stopping, wait for 4 seconds, then repeat another 3 times.

Once you start the activity with the first compression, do not stop compressions until you reach fifty. Most people find it useful to count while they are performing the compressions.

At the end of the activity, you will be given a score for your performance.

NOTE:

If during a cycle of 30 compressions, you stop for more than 1 second, the program will move to the next cycle.

If you perform more than 34 compressions without stopping, the program will stop

On the description page will tell you the following information

- The name of the person logged
- The activity you have selected
- The number of attempts this login has remaining for this practice
- Description of how you perform skills in this activity
- Information related to the 3D models

Here is what you will see

Welcome John Smith to the 100 Practice compressions skills activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 4 cycles of 50 compressions

Linked to your performance are various models of the chest, the heart and the brain. Colour is used to indicate a healthy organ which fades as the blood flow fails to supply oxygen and other nutrients.

You can select your views using the buttons below the models. Use the arrow keys to rotate the chest/heart/lung model.

Use the “Press to Open/Close” button on the panel on the left (or press the Spacebar) to select your options before commencing this activity.

Close Compressions Menu

Clicking on this button returns you to the Skills Menu. From the Skills Menu you can select a different skill to perform