



Cardiology and Resuscitation

This may be the week with the least amount of learning activities—but this narrow scope of material accounts for more than 20% of the NREMT examination. The NREMT not only wants you to know the facts and figures of CPR, you'll also need to know how to run a “code,” think critically about resuscitation decisions and troubleshoot when things go wrong.

Here is your study plan for the next 7 days. You should do part 1 before part 2 and part 2 before part 3, but you can do the items in each part in any order you choose. Cross the item off the list as you complete it to stay focused.

When you create note cards, you can make them verbal, pictures or both.

Come by EMTReview.com office hours with questions that arise as a result of this exercise.

Part 1 - Knowledge/Review



In your EMT textbook:

- Review the key terms in the cardiology chapter. If your book has a separate resuscitation chapter, review the terms there too. Make a study card for anything you don't know. This includes anything you read or listen to and don't know the word or concept.
- Do any exercises that are labeled as decision-making or critical thinking exercises.
- Use the book to review anything you don't feel comfortable with in the first two points.
- Make notes or study cards for anything you aren't familiar with.



In the EMT Review Audio Program

- Listen to - Acute Coronary Syndrome, Heart Failure, and Resuscitation.
- Take notes as necessary for words or concepts you aren't familiar with.



Part 1 - Knowledge/Review (cont'd)



In the EMT Review Plus App (optional)

- Review all study cards in the Medical Emergencies and OB section which contain cardiology.

* **Web reference:** The 2020 AHA guidelines can be found at the following link. Review the BLS guidelines. The NREMT relies heavily on these guidelines in creating exam questions. You can find them here: <https://cpr.heart.org/en/resuscitation-science/cpr-and-ecc-guidelines>

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Part 2 - Test Your Knowledge

At this point you have thoroughly reviewed the material. It is now time to test that knowledge.

- In EMTReview.com take the diagnostic exam for Cardiology and Resuscitation
- Complete the Cardiology and Resuscitation Worksheet (below)

Continue to take notes and/or study cards for anything you don't know or if something seems unfamiliar.

Part 3 - Self-Assessment

How prepared do you feel? If you were to take the NREMT exam right now, how would you do on the Cardiology and Resuscitation section?

Be sure to stop by Dan Limmer's office hours to ask questions and talk about what you learned.



Cardiology and Resuscitation Worksheet

Choose the *most important* of the two choices in each of the following situations:

You arrive on a scene alone and determine that a patient is pulseless.

Chest compressions

Defibrillator

Explain why:

You have completed a primary assessment of an alert patient with chest tightness.

Oxygen

Aspirin

Explain why:

You have just defibrillated with your AED.

Pulse check

Chest compressions

Explain why:

You are performing CPR and observe the patient exhibiting gasping respirations.

Pulse check

Blood pressure

Explain why:



Cardiology and Resuscitation Worksheet (cont'd)

Fill in the blanks in the following chart:

	Adult	Child	Infant
Age range for each category			
CPR compression rate (per minute)			
CPR compression depth (inches)			
Compression ventilation ratio for 1 rescuer			
Compression ventilation ratio for 2 rescuers			
Hand placement			
Ventilation rate when an advanced airway is in place.			