

## **LATEST NEWS ON AMERICAN HEART ASSOCIATION (AHA) GUIDELINE CHANGES AND HOW THEY AFFECT YOU**

**October 18, 2010**

New American Heart Assn. protocols were announced today. This happens about every 5 years as part of ongoing efforts to teach what works best. The changes made are not radical at the Heartsaver level, mainly strengthening and simplifying directions along paths previously suggested. For instance, there is increased emphasis on doing compressions harder and faster. Untrained bystanders are only asked to do “Hands-Only” (compressions-only), so if you are trained and you train a bystander to help you in an incident, only ask them to do compressions, which will be less confusing to them. There is a downloadable “Hands-Only” flyer in the center of the home page on [www.castt.net](http://www.castt.net).

Other changes will increase efficient and effective response, but are best discussed in the context of the whole procedure, so we will not discuss them until all the materials are ready and the concept is easier to understand.

The new protocols cannot be substituted for what is currently taught until the new materials are released next Spring for everyone to use. From previous experience, prices for new materials will increase about 10% over current prices, so course costs will be a little more expensive.

Let all the publicity remind you, knowledge of CPR is an important part of being prepared. Review your training and think through the steps you would use to respond in an emergency that needs CPR. If you don't know what 30 and 2 means, it is time to take some CPR training.

Have a CPR training party in your neighborhood or at your church and everyone will be safer. We do those at cost. See Neighborhood CPR on the [castt.net](http://www.castt.net) menu.

### **TIMELINE REMINDERS**

**NEW MATERIALS WILL BE RELEASED IN SEVERAL STEPS THROUGH SPRING, 2011 –**

- Q1 (Jan-Mar) BLS HCP Course Materials
- Q2 (Apr-June) HS Course Materials
- Q3 (Jul-Sept) Family & Friends line of non-credentialed materials

Student workbooks usually increase in price 10% or more.

WHEN RENEWING A CERTIFICATION WITH CASTT, YOU DO NOT HAVE TO BUY A NEW STUDENT WORKBOOK, IF YOU HAVE THE CURRENT WORKBOOK FOR THAT INSTRUCTOR-LED CLASS AND BRING IT TO CLASS – If your renewal date is before Fall, 2011, you may want to renew a little early, so you don't need to pay for the student workbook.

COURSES WITH THE COGNITIVE PART 1 ONLINE WILL NOT BE AS AFFECTED BY THE GUIDELINE CHANGES – Since a student can refer back to the online information for some months after taking the course, a student workbook is not also required. Needed changes will just be made to the online training website. There may be some adjustments in price. Basic Life Support (BLS) disciplines with the optional Part 1 Online course delivery choice include BLS for the HealthCare Provider and the following Heartsaver disciplines: First Aid, CPR/AED and CPR/AED/First Aid.

CERTIFICATION CARD FORMAT WILL CHANGE WHEN THE NEW MATERIALS ARE AVAILABLE. CERTIFICATION CARDS ARE AVAILABLE AT THE END OF ALL CLASSES TAUGHT AT CASTT OFFICE – cards are sent the next day for group classes away from the office.

CASTT ACCEPTS CASH, CHECK OR CREDIT CARD – payment is required before class.

For more information, call CASTT at (714) 546-4252, email to [cast@castt.net](mailto:cast@castt.net), or check our website [www.castt.net](http://www.castt.net).