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## FAQs for Cardiac First Response (CFR) Courses

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### 1. What is PHECC's strategy on resuscitation?

It is PHECC's strategy to encourage as many people as possible to train in resuscitation.

### 2. What resuscitation courses are available from PHECC?

There are four life-threatening emergencies and they are cardiac arrest, choking, heart attack and stroke. PHECC's Education & Training Standards offers two levels of training and certification in basic life support and they are: CFR Community and CFR Advanced.

### 3. What is the difference between CFR Community and CFR Advanced?

A cardiac first responder (community level) is a person trained in cardiopulmonary resuscitation and in the use of an automated external defibrillator (AED) who can respond to someone who has suddenly collapsed. A cardiac first responder plays a vital role in keeping a person alive until they can receive expert clinical care. A cardiac first responder may be part of the emergency medical services, a healthcare practitioner or a member of the public who has completed the PHECC approved course within the last two years.

Responders at Advanced level are most likely to have a duty to respond. The advanced course builds on the basic life support skills at CFR Community level and includes using an oropharyngeal airway (OPA), a supraglottic airway (SGA), and a bag-valve-mask (BVM), checking the patient's pulse, giving oxygen, suction and post resuscitation care. If you are concerned about maintaining all the required CFR Advanced level skills, we recommend that you consider whether CFR Community level would be more appropriate for you.

### 4. What is the format for delivery of the CFR Course(s)?

The CFR course uses a DVD to guide practice. It uses a 'watch' and 'practice while watching' methodology. This format aims to help instructors to deliver the most consistent, accurate and up-to-date resuscitation information. It also makes sure instructors provide an enjoyable CFR course to the required standard. PHECC has also published a CFR Student Handbook and CFR Instructor Manual to support course delivery.

**Since 2012 there is a CFR online community course.** The course comprises of video and text tuition combined with a high end patient simulator following the PHECC education and training standard. Successful completion of the online course requires completion of a theory section, an MCQ test (randomly generated) and a skills test simulation on virtual patients. When these three sections are successfully completed, students may download the CFR Online Course completion certificate.

Finally students will attend a Recognised Institution (recommended within 90 days) for a CFR Community skills assessment. Typically, students are offered free practice time before undertaking the standard CFR skills assessment. Successful students will be awarded the joint PHECC/ Recognised Institution CFR Community certificate. All interested students should contact a participating PHECC Recognised Institution. Only designated persons in these

Recognised Institutions can provide a license (in the form of a valid username and password) to access the course. Every license lasts 2 years so you may repeat the course or parts of the course as often as you like and it is a valuable tool for refresher training.

**5. What is the duration of a CFR Course?**

While the main content of the course is general, each course is different in terms of learners, circumstance, requirements and so on. However, the CFR Community course can be delivered in 3.5 - 4 hours. The complete CFR Advanced course (incorporating the CFR Community course) can be delivered in 5 -6 hours. This is based on a group size of six and one break of 20 minutes.

**6. What certification is issued?**

Award of joint PHECC/recognised institution CFR Community or Advanced card/certificates to successful course participants by the recognised institution is mandatory.

**7. How long is CFR certification valid?**

Certification is valid for 2 years.

**8. What is the minimum age requirement for CFR courses in relation to use of the defibrillator?**

There is no minimum age requirement set out in the current Education & Training Standards, however an individual should be mature enough to comprehend the knowledge, skills and implications associated with defibrillation and have a maturity to complete assessment to receive certification. Currently PHECC recognised institutions use 16 years of age as a benchmark.

**9. Where can I access CFR training?**

PHECC Recognised Institutions are listed on the [PHECC website](#). Only CFR instructors working with recognised institutions are approved to deliver training and issue joint institution/PHECC CFR certificates.

**10. Is CFR taught on an occupational first aid (OFA) course?**

Yes CFR is a module on the OFA course and since 2008 all OFA instructor are also CFR instructor certified.

**11. Who teaches CFR Courses?**

A CFR-Instructor working on behalf of a recognised institution can teach CFR courses. A CFR Advanced Instructor can teach both Community and Advanced courses, however a CFR Community Instructor can only teach CFR Community courses.

**12. How do I become a CFR Instructor?**

A pre requisite for entry onto a CFR-Instructor course is that an individual has certified at provider level within the last 12 months. **Certification in OFA or First Aid Response** is also acceptable. The level of provider certification (Community or Advanced) will dictate the level at which they may apply for instructor training. You must next successfully complete a CFR instructor course at a PHECC recognised institution. The minimum age to become a CFR Instructor is 18.

**13. Are there any access restriction to a CFR Advanced instructor course?**

It is PHECC's recommendation that access is restricted for persons practicing (volunteering or working) in EMS, fire and rescue services and for healthcare professionals. If there are any concerns about the individuals capacity to maintain competency in all the required CFR Advanced skills (in particular airway management) PHECC strongly recommends that CFR Community Instructor level is more appropriate. This applies to healthcare and non-healthcare professionals equally.

**14. What is the content and structure of a CFR Instructor course?**

The CFR Instructor Standard includes tuition in instructional methods (IM) and a period of supervised teaching practice. The IM component is no less than 2 days/12 hours. It can be delivered on a full time or part-time/modular basis. The period of supervised teaching practice is not specified and may be extended until the specific learning outcomes are achieved. The recommendation is to assist on the first course, part teach the second and deliver a third independently.

**15. What is the duration of a CFR Instructor Course?**

CFR-Instructor courses are 12 hours / 2 days duration for instructional methods component plus teaching practice and evaluation.

**16. As a CFR Instructor, what are my options for delivering training?**

A CFR-Instructor has two options to deliver PHECC approved training and certification:

- Join an existing recognised institution as a member of their faculty
- Apply to PHECC for recognition of institution and seek course approval for CFR.

**17. How do I become a PHECC Recognised institution?**

Follow the [link](#) on the PHECC website.

**18. OFA and CFR?**

Every OFA course delivered since June 2008 incorporates the CFR Community course. PHECC recognises valid OFA certification as evidence that a person is trained in CFR Community without the need to hold a CFR certificate.

PHECC also acknowledges that some OFA instructors are faculty members of recognised institution and are therefore eligible to issue CFR Community certificates in addition to OFA certs, but this is not a requirement.

Council's Education and Training Standards allow certification in either FAR or OFA as meeting the requirement for CFR certification at entry to a CFR Instructor course.