

23rd May 2023

Update to Cardiac First Response training and practice

During the COVID-19 pandemic, changes were made to Cardiac First Response training and practice. From 1st June 2023, all Approved Training Institutions and Recognised Institutions teaching Cardiac First Response courses should resume the teaching, practice, and assessment of all required skills to include rescue breaths. Institutions should continue to place a strong emphasis on hygiene and protective measures for students.

Consideration should be given to methods of risk mitigation when providing CFR training:

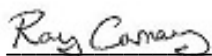
- Personal issue of pocket facemask
- Adherence to manikin hygiene procedures
- Student hand hygiene measures
- Awareness of symptomatic students (unable to progress with training at that time)
- Consideration of reduced manikin to student ratios
- Consideration given to mouth-to-mouth practice being optional during classes

Patient Care

For responders providing CPR to a patient in cardiac arrest, the responder must assess the risk and decide whether to provide rescue breaths via mouth to mouth or mouth to mask methods. It is reasonable to provide compression-only CPR where the responder considers there to be a risk, or they are not comfortable providing rescue breaths.

It should be noted that the benefit of providing rescue breaths to children and infants generally outweighs the risk of disease transmission and rescue breaths should, where possible, be provided to this patient group.

Yours sincerely,



Ray Carney
PHECC Clinical Programme Manager