SmartMan Manual – 3.Skills Menu 1. Compressions Menu

V5.1 and later Current version v5.3.3.3
Click on any row in Table of Contents to go to that section

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3.0 The Skills Menu

The Skills Menu is where you select the skills that you will perform. This provides you with the skills needed to perform CPR correctly. This menu is divided into 4 broad skill areas. Click on any area to show another menu with different skills

3.1. Compressions Menu

These Activities are designed to improve and assess how well you perform chest compressions. No ventilations are practiced here.

3.2. Ventilations Menu

These Activities are designed to improve and assess how well you perform ventilations. No chest compressions are practiced here.

3.3. CPR Menu

These activities are designed to improve and assess how well you perform CPR. This requires both chest compressions and ventilations. You can perform either one person CPR or two person CPR.

3.4. Advanced Airway Menu

These activities are designed to improve and assess how well you perform intubation and CPR on an intubated patient. This requires both chest compressions and ventilations and requires two people.
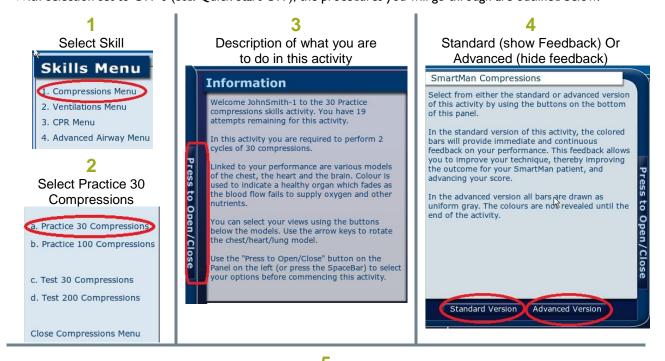
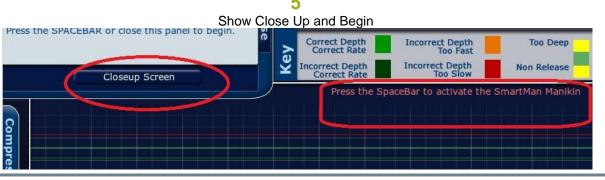[Top](#)

3.1 Compressions Menu

Procedure To Select a Skill

Click on the skill (Compressions, Ventilations, CPR, Advanced Airway) to see a sub menu of activities which can be performed.

Selection 6 and 7 on the Actions Menu will determine whether you have to go through each selection stage or whether you can go more quickly to pressing on the manikin.

With Selection set to OFF 6 (Std. Quick Start OFF), the procedures you will go through are outlined below.

1
Select Skill

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

2
Select Practice 30 Compressions

a. Practice 30 Compressions
b. Practice 100 Compressions

c. Test 30 Compressions
d. Test 200 Compressions

Close Compressions Menu

3
Description of what you are to do in this activity

Information

Welcome JohnSmith-1 to the 30 Practice compressions skills activity. You have 19 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. 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.

Press to Open/Close

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

SmartMan Compressions

Select from either the standard or advanced version of this activity by using the buttons on the bottom of this panel.

In the standard version of this activity, the colored bars will provide immediate and continuous feedback on your performance. This feedback allows you to improve your technique, thereby improving the outcome for your SmartMan patient, and advancing your score.

In the advanced version all bars are drawn as uniform gray. The colours are not revealed until the end of the activity.

Press to Open/Close

Standard Version   Advanced Version

5
Show Close Up and Begin

Press the SPACEBAR or close this panel to begin.

Closeup Screen

Key

| Correct Depth Correct Rate | Incorrect Depth Too Fast | Too Deep |
| Incorrect Depth Correct Rate | Incorrect Depth Too Slow | Non Release |

Press the SpaceBar to activate the SmartMan Manikin

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.

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3.1.1 a Practice 30 Compressions

What You 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. Also If you perform more than 34 compressions without stopping, the program will stop

- The description screen 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

What You 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.

3.1.2 b Practice 100 Compressions

What You 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

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.

3.1.3   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

What you 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.

3.1.4   d Test 200 Compressions

What You 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.

3.1.5 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

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