

3.2 SmartMan Manual – 3.Skills Menu 2. Ventilations Menu

V5.1 and later Current version v5.3.3.3

Click on any row in Table of Contents to go to that section

Table of Contents

3.0 The Skills Menu.....	1
3.1. Compressions Menu	1
3.2. Ventilations Menu	1
3.3. CPR Menu	1
3.4. Advanced Airway Menu	1
3.2 Ventilations Menu	1
3.2.1 a Practice Rescue Breathing.....	2
3.2.2 a Practice CPR Ventilations	3
3.2.3 c Test Rescue Breathing.....	4
3.2.4 d Test CPR Ventilations	4
3.2.5 Close Ventilations Menu.....	5

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](#)

3.2 Ventilations 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.

You can select to practice rescue breathing or the breaths provided during a cycle of CPR

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 Rescue Breathing
b. Practice CPR Ventilations
c. Test Rescue Breathing
d. Test CPR Ventilations
Close Ventilations Menu

3
Description of what you are
to do in this activity
Information
Welcome JohnSmith-1 to the Rescue Breathing Practice activity. You have 20 attempts remaining for this activity.
In this activity you are required to perform 1 cycle of 10 to 12 ventilations over 1 minute.
Ventilations are a difficult skill to perform properly. This activity will allow you to improve your ventilation skills, thus providing your SmartMan patient with an increased chance of survival. More importantly, efficient ventilations will reduce the hands off time during compressions. The scientific consensus is that chest compression interruptions should be minimized as a priority.
Use the view buttons below the chest lung model to change your view. Use the arrow keys to rotate the chest/lung/heart model around or up/down.
Press to Open/Close

4
Select Standard (show Feedback)
Or Advanced (hide feedback)
SmartMan Rescue Breathing Activity
Rescue breathing is provided to a victim with a perfusing heart but not breathing adequately.
The key criteria to effective rescue breathing are:
1) Ventilations should deliver about 600ml of air (enough to cause chest rise)
2) The inspiration time should be around 1 second,
3) The expiration time should be around 1 second so that the total time for one cycle should be around 2 seconds,
4) Ventilations should be delivered at a rate of 10 - 12 per minute with a 5 - 6 second interval between the start of one ventilation and the next.
Select the Standard Version or Advanced Version button below.
Standard Version **Advanced Version**

5
Show Close Up of Tidal Information
Show Closeup Screen

Manikin now active and waiting. Begin when ready!

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 the first compression is started.

[Top](#)

3.2.1 a Practice Rescue Breathing

What You Do

This activity is to practice how you perform rescue breathing. The protocol for this is to give 10-12 ventilations per minute. In practice this is 1 second for inspiration, 1 second for expiration, waiting 4 seconds then beginning the next ventilation.

Most people find it useful to count in order to get the interval between ventilations correct.

At the end of the activity, you will be given a score for your performance. The display will also include information on the duration of each inspiration and interval.

NOTE:

The activity will stop automatically after 75 seconds.

The description page will give 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 Will See

"Welcome John Smith to the Rescue Breathing Practice activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 1 cycle of 10 to 12 ventilations over 1 minute.

Ventilations are a difficult skill to perform properly. This activity will allow you to improve your ventilation skills, this providing your SmartMan patient with an increased chance of survival. More importantly, efficient ventilations will reduce the hands off time during compressions. The Scientific consensus is that chest compression interruptions should be minimized as a priority."

Use the view buttons below the chest lung model to change your view. Use the arrow keys to rotate the chest/lung/heart model around or up/down.

[Top](#)

3.2.2 a Practice CPR Ventilations

What You Do

This activity is to practice how you perform breaths during the 30:2 CPR protocol. You **ONLY** ever provide 2 ventilations during this protocol. The protocol stipulates that you provide 2 ventilations in 4 seconds. That is, you provide a breath in the first second, allow full exhalation of the breath in the following second, provide the second breath over 1 second and then allow full exhalation over the next second. Although the squeezing of the bag is slow, the second breath immediately follows the first.

During this practice you are given repeated opportunity to practice these two ventilations. Provide the two breaths then wait a few seconds, say 6 or so, then do another pair and repeat until you have mastered the two breaths. This is a practice exercise.

NOTE:

The activity will stop automatically after 75 seconds.

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 Rescue Breathing Practice activity. You have 20 attempts remaining for this activity.

In this activity you are required to perform 10 ventilations as you would if you were performing CPR without an advanced airway.

In properly performed CPR, 2 ventilations are supplied in about 4 seconds. This activity allows you to practice providing pairs of ventilations. Properly performed ventilations increase your SmartMan Patients' chance of survival. . More importantly, efficient ventilations will reduce the hands off time during compressions."

Use the view buttons below the chest lung model to change your view. Use the arrow keys to rotate the chest/lung/heart model around or up/down.

[Top](#)

3.2.3 c Test Rescue Breathing

What You Do

This activity is to Test how you perform rescue breathing. The protocol for this is to give 10-12 ventilations per minute. In practice this is 1 second for inspiring, 1 second for expiring, waiting 4 seconds then beginning the next ventilation.

Most people find it useful to count in order to get the interval between ventilations correct.

At the end of the activity, you will be given a score for your performance. The display will also include information on the duration of each inspiration and the interval.

NOTE:

The activity will stop automatically after 75 seconds.

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 Rescue Breathing Practice activity. You have 3 attempts remaining for this activity.

In this activity you are required to perform 1 cycle of 10 to 12 ventilations over 1 minute.

Ventilations are a difficult skill to perform properly. This activity will allow you to improve your ventilation skills, this providing your SmartMan patient with an increased chance of survival. More importantly, efficient ventilations will reduce the hands off time during compressions. The Scientific consensus is that chest compression interruptions should be minimized as a priority."

Use the view buttons below the chest lung model to change your view. Use the arrow keys to rotate the chest/lung/heart model around or up/down.

[Top](#)

3.2.4 d Test CPR Ventilations

What You Do

This activity is to Test how you perform breaths during the 30:2 CPR protocol. You **ONLY** ever provide 2 ventilations during this protocol. The protocol stipulates that you provide 2 ventilations in 4 seconds. That is, you provide a breath in the first second, allow full exhalation of the breath in the following second, provide the second breath over 1 second and then allow full exhalation over the next second. Although the squeezing of the bag is slow, the second breath immediately follows the first.

During this practice you are given repeated opportunity to practice these two ventilations. Provide the two breaths then wait a few seconds say 6 or so, then do another pair and repeat until you have mastered the two breaths. This is a practice exercise.

NOTE:

The activity will stop automatically after 75 seconds.

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 John Smith to the Rescue Breathing Practice activity. You have 3 attempts remaining for this activity.

In this activity you are required to perform 10 ventilations as you would if you were performing CPR without an advanced airway.

In properly performed CPR, 2 ventilations are supplied in about 4 seconds. This activity allows you to practice providing pairs of ventilations. Properly performed ventilations increase your SmartMan Patients' chance of survival. . More importantly, efficient ventilations will reduce the hands off time during compressions."

Use the view buttons below the chest lung model to change your view. Use the arrow keys to rotate the chest/lung/heart model around or up/down.

[Top](#)

3.2.5 Close Ventilations Menu

Clicking on this button returns you to the Skills Menu. From the Skills Menu you can select a different skill to perform

[Top](#)