

# HEARTSAVER

**Heartsaver®  
First Aid  
CPR AED**



**American  
Heart  
Association®**

**Amber Fowler**

**has successfully completed the cognitive and skills  
evaluations in accordance with the curriculum of the  
American Heart Association Heartsaver®  
First Aid CPR AED Program.**

**Optional modules completed:**

**Issue Date**

9/3/2019

**Recommended Renewal Date**

09/2021

**Training Center Name**

North Central Michigan College

**Instructor Name**

Evelyn Northrop

**Training Center ID**

MI03683

**Instructor ID**

11170631467

**Training Center Address**

1515 Howard Street  
Petoskey MI 49770 USA

**eCard Code**

196006454493

**Training Center Phone  
Number**

(231) 348-6660

**QR Code**



To view or verify authenticity, students and employers should scan this QR code with their mobile device or go to [www.heart.org/cpr/mycards](http://www.heart.org/cpr/mycards).

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# Heartsaver® Course Roster

Emergency Cardiovascular Care Programs



## Course Information

- Heartsaver CPR AED
  - Child CPR AED
  - Infant CPR
  - Exam
- Heartsaver First Aid CPR AED
  - Child CPR AED
  - Infant CPR
  - Exam
- Heartsaver First Aid
  - Exam
- Heartsaver Pediatric First Aid CPR AED
  - Adult CPR
  - Exam
- Heartsaver Instructor

Lead Instructor EVERYNN NORCHEROP  
 Lead Instructor ID# 119100031467  
 Card Expiration Date 09.03.2021  
 Training Center NORTH CENTRAL MICHIGAN COLLEGE  
 Training Center ID# \_\_\_\_\_  
 Training Site Name (if applicable) COSTER  
 Address 12414 COSTER RD  
 City, State ZIP ETHELAKA, MI  
 Course Location COSTER

Course Start Date/Time 9:00AM Course End Date/Time 2:1:00PM Total Hours of Instruction 4  
 No. of Cards Issued 4 Student-Manikin Ratio 2:1, 2:1 Issue Date of Cards 9.3.19

### Assisting Instructor (Attach copy of instructor aligned with a TC other than the primary TC)

Name and Instructor ID#	Card Exp. Date	Name and Instructor ID#	Card Exp. Date
1.		5.	
2.		6.	
3.		7.	
4.		8.	

I verify that this information is accurate and truthful and that it may be confirmed. This course was taught in accordance with AHA guidelines.

Signature of Lead Instructor *EVERYNN NORCHEROP* Date 09.03.19

# Course Participants



Date 04.03.19

Course HeartSaver CPR

Lead Instructor EVERYNN NORSTROM

Lead Instr. ID# 11170051467

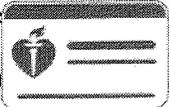
Name and Email  
Please PRINT as you wish your name to appear on your card. Please print email address legibly.

Mailing Address/Telephone

Complete/  
Incomplete

Remediation/Date  
Completed  
(if applicable)

1.	Lisa MacArthur Beacon	822 Sable St Alpena, MI 49707	Complete	
2.				
3.	Craig Herbert Herbert.Emily@uphs.com	3478 N. 7 mile Rd. Lake City, MI 49651	Complete	
4.	Amber Fowler	502 second st #462 Kalkaska MI 49646	Complete	
5.	vera Cousins vccousins99@gmail.com	11756 Coster Rd SW Fife Lake MI 49633	Complete	
6.				
7.				
8.				
9.				
10.				

 (HTTPS://WWW.HEART.ORG)
 
MANAGE ECARDS ▾ (HTTPS://DONATENOW.HEART.ORG/)

VOLUNTEER (HTTPS://WWW.HEA.../VOLUNTEER/VOLUNTEERFORM.JSP)

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WARNING SIGNS (HTTPS://WWW.HEART.ORG/HEARTORG/CONDITIONS/CONDITIONS\_UCM\_305346\_SUBHOMEPAGE.JSP)

## CPR & FIRST AID

INSTRUCTOR NETWORK

(<https://ahainstructornetwork.americanheart.org/AHAECCECC/ECC.DASHBOARD>)

 Evelyn Northrop ▾

DASHBOARD ▾ (HTTPS://AHAINSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/ECC.JSP?)

ECC.DASHBOARD)

NEWSARCHIVES/UCM\_311962\_COURSES.JSP)

ADDITIONALTOOLS/UCM\_311983\_NEWS.JSP)

ADDITIONALTOOLS/UCM\_311984\_ADDITIONAL-

HELP/UCM\_311985\_SUPPORT.JSP)

(HTTPS://AHAINSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/ADDITIONALTOOLS/PAM/UCM\_311993\_PROGRAM-

ADMINISTRATION-MANUAL.JSP)

## Assign eCards to Students - Confirm

Hide Info ▾

### Confirm

Confirm the information below is correct to finish assigning your eCards.

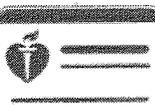
Course	Heartsaver First Aid CPR AED
Training Center	North Central Michigan College
eCard Location	Beacon (MI03683-008)
Instructor	Evelyn Northrop - 11170631467
Available eCards Quantity	7
Assign Quantity	4

Clicking the **FINISH** button from this page will result in an AHA eCard being sent to a Student via email. Please make sure each Student has successfully completed all course requirements **before** clicking the **FINISH** button.

Show  ▾ entries

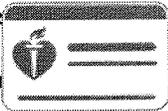
Search:

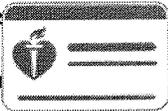
Course ▾	First ▾	Last ▾	Email	Mobile ▾	Course ▾	Delete ▾
Date	Name	Name		Phone	Modules	

Course Date	First Name	Last Name	 MANAGE ECARDS	Mobile Phone	Course Modules	Delete
9/3/2019	Lisa	Ma	ur@beaconspecialized.org			
9/3/2019	Craig	Herbert	herbert.emily@yahoo.com			
9/3/2019	Amber	Fowler	amber184095@gmail.com			
9/3/2019	Vera	Cousino	vcousino@beaconspecialized.org			

Showing 1 to 4 of 4 entries

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 (HTTPS://DONATENOW.HEART.ORG/)

VOLUNTEER (HTTPS://WWW.HEA)
 
 /VOLUNTEER/VOLUNTEERFORM.JSP)

WARNING SIGNS (HTTPS://WWW.HEART.ORG/HEARTORG/CONDITIONS/CONDITIONS\_UCM\_305346\_SUBHOMEPAGE.JSP)

## CPR & FIRST AID

 Evelyn Northrop

INSTRUCTOR NETWORK  
 (https://ahainstructornetwork.americanheart.org/AHAECCECC/  
 pid=ahaecc.dashboard)

DASHBOARD (HTTPS://AHAINSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC.JSP?)

EDUCATION DASHBOARD)

NEWS ARCHIVES INSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/COURSES/UCM\_311962\_COURSES.JSP)

ADDITIONAL TOOLS INSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/NEWSARCHIVES/UCM\_311983\_NEWS.JSP)

HELPS://AHAINSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/ADDITIONALTOOLS/UCM\_311984\_ADDITIONAL-

TOOLS.JSP)AINSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/HELP/UCM\_311985\_SUPPORT.JSP)

(HTTPS://AHAINSTRUCTORNETWORK.AMERICANHEART.ORG/AHAECCECC/ADDITIONALTOOLS/PAM/UCM\_311993\_PROGRAM-

ADMINISTRATION-MANUAL.JSP)

## Assign eCards to Students - Complete

Hide Info ▾

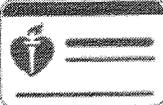
Complete

Course	Heartsaver First Aid CPR AED
Training Center	North Central Michigan College
eCard Location	Beacon (MI03683-008)
Instructor	Evelyn Northrop - 11170631467
New Available eCards Quantity	3
Assigned Quantity	4

Show 25 ▾ entries

Search:

eCard Code	Course Date	First Name	Last Name	Email	Mobile Phone	Course Modules
196006454491	9/3/2019	Lisa	MacArthur	lmacarthur@beaconspecialized.org		
196006454492	9/3/2019	Craig	Herbert	herbert.emily@yahoo.com		

eCard Code	Course Date		Email	Mobile Phone	Course Modules
196006454493	9/3/2019		amber184095@gmail.com		
196006454494	9/3/2019	Vera	Cousino	vcousino@beaconspecialized.org	

Showing 1 to 4 of 4 entries

Previous  Next

(/INVENTORY)

# Adult CPR and AED Skills Testing Checklist



Student Name Amber Fowler Date of Test 9-3-19

Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

## Assessment and Activation

- Checks responsiveness     Shouts for help/Sends someone to phone 9-1-1 and get an AED     Checks breathing

Once student shouts for help, instructor says, "Here's the barrier device. I am going to phone 9-1-1 and get the AED."

## Cycle 1 of CPR (30:2) \*CPR feedback devices preferred for accuracy

### Adult Compressions

- Performs high-quality compressions\*:
- Hand placement on lower half of breastbone
  - 30 compressions in no less than 15 and no more than 18 seconds
  - Compresses at least 2 inches (5 cm)
  - Complete recoil after each compression

### Adult Breaths

- Gives 2 breaths with a barrier device:
- Each breath given over 1 second
  - Visible chest rise with each breath
  - Gives 2 breaths in less than 10 seconds

## Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions     Gives 2 effective breaths

Instructor says, "Here is the AED."

## AED (follows prompts of AED)

- Powers on AED     Correctly attaches pads     Clears for analysis     Clears to safely deliver a shock  
 Presses button to deliver shock     Student immediately resumes compressions

AED trainer says, "The shock has been delivered."

## Cycle 3 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Gives 30 high-quality compressions     Gives 2 effective breaths

STOP TEST

### Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

Test Results Check PASS or NR to indicate pass or needs remediation:

PASS  NR

Instructor Initials EN Instructor Number 11170631467 Date 9-3-19

# First Aid Skills Testing Checklist



Student Name Amber Fowler Date of Test 9-3-19

Scenario: "EMS has arrived and takes over. You may now remove your gloves. Demonstrate what you would do next."

## Removing Gloves

- Grips one glove on the outside, near the cuff, to peel it off
- Cups the inside-out glove with the gloved hand
- Places 2 fingers of the bare hand inside the cuff to peel the second glove off, with the first glove inside it
- Verbalizes the need to dispose of gloves properly

Scenario: "You find a coworker lying on the floor in the break room. There are a phone, first aid kit, and AED on the wall. Demonstrate how you would find the problem."

## Finding the Problem

- Verbalizes that the scene is safe
- Taps and shouts\*
- Shouts for help/Phones 9-1-1/Gets first aid kit and AED
- Checks breathing†
- Looks for injury and medical information jewelry‡
- Verbalizes that he or she will stay with the person until EMS arrives

\*After the student taps and shouts, the instructor says, "The person is unresponsive."

†After the student verbalizes that he or she has checked for breathing, the instructor says, "The person is breathing normally."

‡After the student checks for injury and medical information jewelry, the instructor says, "The person is not injured, and there is no medical information jewelry."

Scenario: "A coworker has a severe allergic reaction, has an epinephrine pen, and needs help using it. You have completed all previous steps and are now ready to use the epinephrine pen. Demonstrate what you would do next."

## Using an Epinephrine Pen

- Holds epinephrine pen in fist
- Takes off safety cap
- Presses epinephrine pen firmly against outer side of thigh for 10 seconds
- Removes epinephrine pen
- Rubs injection site for 10 seconds

Scenario: "You will demonstrate stopping bleeding and then bandaging a small cut on the person's forearm. You have the first aid kit and are now ready to begin."

## Stopping Bleeding and Bandaging

- Tells person to place pressure over cut with clean dressing to bleeding area\*
- Adds more dressings and presses harder†
- Verbalizes putting on gloves
- Applies pressure
- Applies more bandages over the dressing

\*Instructor says, "The bleeding is not stopping."

†Instructor says, "The bleeding has stopped."

STOP TEST

### Instructor Notes

- Place a ✓ in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to Instructor Manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation:

PASS  NR

Instructor Initials EN Instructor Number 11170031467 Date 9-3-19

# Course Saver® Classroom Course Evaluation



American Heart Association

life is why™

Date 9-3-19

Instructor(s) EVERLYN NORRHEAP

Training Centre Northcentral Michigan College Location Cosby

Please answer the following questions about your Instructor.

My Instructor:

1. Provided instruction and help during my skills practice session  
 a. Yes  
 b. No
2. Answered all of my questions before my skills test  
 a. Yes  
 b. No
3. Was professional and courteous to the students  
 a. Yes  
 b. No

Please answer the following questions about the course content.

1. The course learning objectives were clear.  
 a. Yes  
 b. No
2. The overall level of difficulty of the course was  
a. Too hard  
b. Too easy  
 c. Appropriate
3. The content was presented clearly.  
 a. Yes  
 b. No
4. The quality of videos and written materials was  
a. Excellent  
 b. Good  
c. Fair  
d. Poor
5. The equipment was clean and in good working condition.  
 a. Yes  
 b. No

Please answer the following questions about your skill mastery.

1. The course prepared me to successfully pass the skills session.  
 a. Yes  
 b. No
2. I am confident I can use the skills the course taught me.  
 a. Yes  
 b. No  
c. Not sure

3. I will respond in an emergency because of the skills I learned in this course.

- a. Yes  
 b. No  
 c. Not sure

4. I took this course to obtain professional education credit or continuing education credit.

- a. Yes  
 b. No

Optional questions:

Have you previously taken this course via another method, such as in a classroom or online?  
Which learning method do you prefer and why?

Yes, I prefer this way.

Were there any strengths or weaknesses of the course that you would like to comment on?

made it interesting, kept us from to much boredom

What would you like to see in future courses developed by the AHA?

After Completing This Evaluation

Please return this evaluation to your Instructor before you leave the class.

Alternatively, you can send the evaluation to your Instructor's Training Center. Ask your Instructor for the contact information.

If you have significant problems or concerns with your course, please contact the AHA at 877-AHA-4CPR.



 **cpi** **Blue Card™**

Name: Amber Fowler

has completed 3.5 hours of training in the  
**Nonviolent Crisis Intervention®** training program.

Issued: 9.3.19

Units Completed: 1-10

Expires: 9.3.20

Instructor: Erlynn Wood

More learning opportunities  
available via the CPI App for Apple®  
and Android™ devices. Download  
at [crisisprevention.com/app](http://crisisprevention.com/app).

**NED31462**

Nonviolent Crisis Intervention® Training Program

Post-Test

Name Amber Fowler Date 9-3-19

Organization Beacon

Phone 989 251 3319 Email amber184093@gmail.com

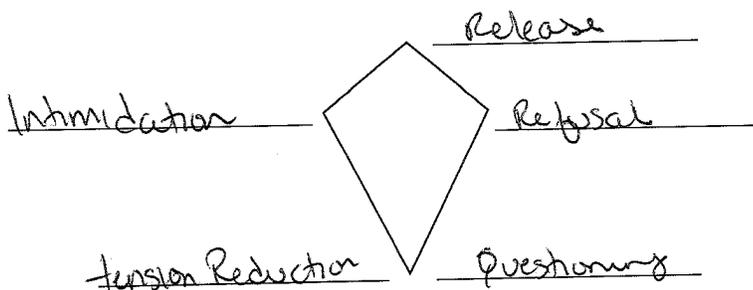
1. Complete the Crisis Development Model<sup>SM</sup>.

Crisis Development/Behavior Levels	Staff Attitudes/Approaches
1. Anxiety	1. Supportive
2. Defensive	2. Directive
3. Risk Behavior	3. Physical Intervention
4. Tension Reduction	4. Therapeutic Rapport

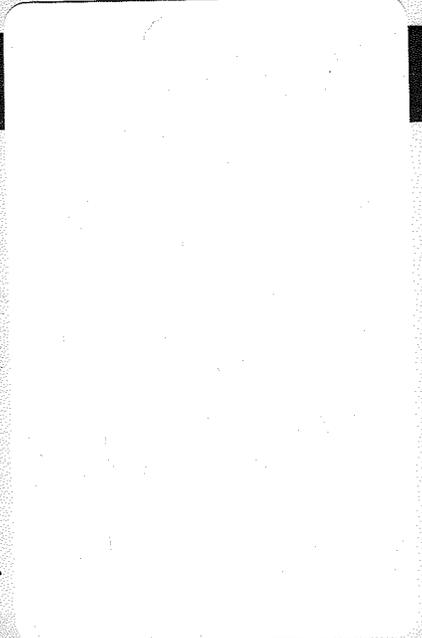
2. What is the value of learning the four levels and corresponding staff attitudes?

prevent escalation or de-escalate crisis

3. Complete the Verbal Escalation Continuum<sup>SM</sup>.



INSTRUCTOR: Remember to remove this card and give to participant.  
For easy removal of card, please pop card from the sides.



# Participant Evaluation

Please indicate your response to each of the following items by circling the number that most appropriately expresses your opinion, using a scale of 1 (strongly disagree) through 5 (strongly agree). 1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

### Program Objectives:

As a result of completing this program, I believe that I have learned to:

Use nonverbal techniques to prevent risk behavior.

1 2 3 4 5

Implement verbal deceleration strategies, such as limit setting.

1 2 3 4 5

Make use of *Nonviolent Crisis Intervention*® physical intervention principles to avoid injury to all involved in a crisis situation.

1 2 3 4 5

Use safe physical intervention procedures as a last resort when a person is a danger to self or others.

1 2 3 4 5

Build Therapeutic Rapport with aggressive individuals after a crisis.

1 2 3 4 5

### Instructor:

During the program, the Instructor:

Applied the course content to a variety of examples.

1 2 3 4 5

Stimulated interest in the subject matter.

1 2 3 4 5

Created an enjoyable learning atmosphere.

1 2 3 4 5

Emphasized the philosophy of *Care, Welfare, Safety, and Security*™.

1 2 3 4 5

### Content: (1 = lowest; 5 = highest)

The program content was relevant to my needs.

1 2 3 4 5

How would you rate the program overall?

1 2 3 4 5

As a result of this program, I can now safely keep a crisis under control  
I can gain control if need be

Additional comments on the program, teaching methods, course materials, and/or the Instructor:

I love Evie she is fantastic and far from boring. :)

From time to time, we use comments from program participants in our promotional materials. If you'd agree to allow us to share your comments, please give us permission by signing here. [Signature]

Thank you for your input. It is both valuable and necessary in maintaining the quality of the program.