



Hands On Practical Experience (HOPE)™

Answers to Frequently Asked Questions (FAQs)

1. What is HOPE?

HOPE is a 45 minute course in chest compression-only CPR. It is a partnership in community health and welfare between the Health and Safety Institute (HSI), Fairfield Medical Center, and the Gordon B. Snider Cardiovascular Institute.

2. What is the Dr. Gordon B. Snider Cardiovascular Institute?

The institute is named after the physician who brought the first intensive care unit to the Lancaster, OH community. The Dr. Gordon B. Snider Cardiovascular Institute joins physicians across medical disciplines for the evaluation of current heart care practices and to develop improved methods of heart care.

3. Who created HOPE?

HOPE was originally created by Becky DeVoss, RN, M.S.H.A. Becky is the Clinical Education Coordinator at [Fairfield Medical Center](#) in Lancaster, Ohio. Becky began teaching HOPE in the Ohio school system. She and her group of instructors and facilitators have trained thousands of people in chest compression-only CPR since HOPE began in 2012.

4. What is the goal of HOPE?

To save as many lives as possible.

5. What is chest compression-only CPR?

Chest compression-only CPR is CPR without mouth-to-mouth breaths. People are more likely to attempt resuscitation if it does not involve mouth to mouth.¹ Chest compression-only CPR has been shown to be as effective as conventional CPR (compressions and breaths) for sudden cardiac arrest at home, at work, or in public.^{2,3}

6. What is Sudden Cardiac Arrest?

Sudden cardiac arrest is a life-threatening medical emergency in which a heart's electrical system malfunctions and the heart abruptly stops working. An affected person will become unresponsive and collapse. If this happens,

¹ Taniguchi T, Omi W, Inaba H. Attitudes toward the performance of bystander cardiopulmonary resuscitation in Japan. *Resuscitation*. 2007 Oct;75(1):82-7.

² Bohm K, Rosenqvist M, Herlitz J, Hollenberg J, Svensson L. Survival is similar after standard treatment and chest compression only in out-of-hospital bystander cardiopulmonary resuscitation. *Circulation*. 2007 Dec 18;116(25):2908-12.

³ Bobrow BJ, et al. Chest compression-only CPR by lay rescuers and survival from out-of-hospital cardiac arrest. *JAMA*. 2010 Oct 6;304(13):1447-54.

blood stops flowing to the brain and other vital organs. SCA usually causes death if it's not treated within minutes. Immediate compression-only CPR from bystanders, followed by a shock with an automated external defibrillator (AED) are critical actions necessary to save the life of an SCA victim.

7. How did the American Safety and Health Institute (ASHI) get involved with HOPE?

Becky DeVoss, RN, M.S.H.A., the original creator of HOPE, has been the Training Center Director of Fairfield Medical Center's ASHI Training Center for many years. Following her initial success with the HOPE program in Ohio, she approached ASHI's parent company, the Health and Safety Institute (HSI), with the idea to work together to make the program available throughout North America.

8. Who is the intended audience for HOPE?

HOPE is designed for anyone who desires potentially life-saving hands-on practical experience in chest compression-only CPR; children attending school, family members and friends, members of the local, education, business, or religious communities.

9. How can my health and safety training business benefit from offering free HOPE courses?

The health and safety training and consulting market is competitive, and compels those who provide these educational services and instruction in diverse settings to find creative new ways to attract customers and maintain loyalty. Training Centers can offer free "Community CPR Training" on an occasional or ongoing basis with the imperative goal of training community members and saving as many lives as possible. Beyond "offering HOPE" to victims of sudden cardiac arrest, a free HOPE course is a positive educational experience that provides the opportunity to engage a wide variety community members. Inevitably such engagement provides the opportunity to promote full certification courses to individuals or businesses in the community who desire or require it. The bottom of the HOPE infographic on SCA and compression-only CPR has space allocated for contact information for full certification courses.

10. How can my corporation, association, or agency benefit from offering free HOPE courses?

Beyond "offering HOPE" to employees and visitors in the event of sudden cardiac arrest, a free HOPE course is a positive educational experience that can contribute to an effective program of safety and health training. As a short, but practical learning experience, HOPE is both efficient and engaging. It can be used to increase health awareness; to bolster support for existing safety and health compliance efforts; to improve morale; and to encourage safe and healthful working conditions. Free HOPE training can be extended to family members of staff, customers, and the community as one element of corporate citizenship effort to demonstrate a positive community impact.

11. How can my health care organization benefit from offering free HOPE courses?

Beyond "offering HOPE" to victims of sudden cardiac arrest, a free HOPE course is a positive educational experience for community members. The healthcare market is increasingly competitive, pushing hospitals and health systems to find creative new ways to emphasize its commitment to caring for the community, to attract new patients, and to forge loyalty. HOPE can be offered as a free "Community CPR Day" with the imperative

goal of training community members to save as many lives as possible. It can be united with planned or existing marketing campaigns to promote a new institute or clinic, or to raise the organizations brand awareness in the community. The bottom of the HOPE infographic on SCA and compression-only CPR has space allocated for contact information for full certification courses offered by the organization.

12. What is the cost of HOPE training materials?

HOPE training materials are provided free of charge as a public service and are not intended for sale or resale. To minimize associated costs, HOPE materials are only available by download via the [Online Training Information System](#) (OTIS).

13. What training materials are available to teach the HOPE participant course?

Training materials consist of the HOPE Participant Course Outline, HOPE Participant Course Presentation, Sudden Cardiac Arrest Infographic, Compression-Only CPR Skill Sheet , participant course evaluation, and Recognition of Participation document

14. What materials are required to teach the HOPE participant course?

Teaching the HOPE participant course requires the use of the HOPE Participant Course Outline and/or the HOPE Participant Course Presentation, the HOPE Compression-only CPR Skill Sheet (one per participant, print or digital), and the Rate Your Program Class Evaluation.

15. What training equipment is required to teach the HOPE course?

Hope requires use of suitable adult CPR training manikins. Manikins have visible and/or audible feedback features that help students learn proper compression depth, release, and speed are recommended. Ideally, when using the Practice-While-Watching method, each student should have their own manikin. Disposable gloves are generally recommended when providing emergency care, but not required in order to perform compression-only CPR

16. Do the CPR manikins need to be disinfected?

Yes. Manikin surfaces should be cleaned and disinfected according to manufacturer's instructions

17. What are the requirements for successful completion of HOPE?

Participants are required to correctly demonstrate how to recognize unresponsiveness, activate the EMS system by calling 911, and give two minutes of good chest compressions.

18. Are participants who successfully complete HOPE certified in CPR?

No. HOPE is not appropriate for individuals who are occupationally required to be certified in CPR/AED or professional level basic life support. However, participants do receive recognition and documentation of their participation in the HOPE course.

19. Who can teach the HOPE participant course?

- a. A current and properly authorized CPR/AED Instructor.
- b. A state licensed educator certified in CPR/AED.
- c. Anyone currently certified in, or licensed to perform CPR/AED, that has successfully completed the HOPE Facilitator Course.

20. Does a CPR/AED Instructor have to be authorized by HSI to teach HOPE?

No. Any current, properly authorized, CPR/AED Instructor in good standing with a legitimate, nationally recognized training organization that does not offer or endorse online-only CPR certification (CPR without hands-on skill practice) may teach HOPE.

21. What is the HOPE Facilitator Course?

The HOPE Facilitator Course is an approximately 3 hour training program for persons currently certified in, or licensed to perform CPR/AED, that have little or no previous teaching experience and who desire or require sufficient competency to help teach and evaluate participants in the HOPE course.

22. What are the requirements for successful completion HOPE Facilitator Course?

The participant is required to score 70% or better on the 12 question HOPE Facilitator Exam and demonstrate how to present HOPE course knowledge content and skills.

23. Who can teach the HOPE Facilitator Course?

- a. A current and properly authorized CPR/AED Instructor or Instructor Trainer.
- b. A state licensed educator certified in CPR/AED.
- c. A person currently certified in, or licensed to perform CPR/AED, that has successfully completed the HOPE Facilitator Course.

24. Is the HOPE course recommended for victims of all ages?

Conventional CPR (compressions and rescue breaths) is recommended for infants, children, and victims of drowning and drug overdose. However, if a person is not trained in providing rescue breaths, or is unable to do so, the person should provide continuous, uninterrupted chest compressions until help arrives. Compressions alone are preferable to no CPR.⁴ To learn conventional CPR, a certification class is recommended.

25. Can I charge participants for HOPE materials or for attending a HOPE course or for facilitator training?

HSI does not place a restriction on goods and services that may be offered for sale. However, HOPE is intended to be promoted as a no cost public service. HOPE training materials are provided free of charge and are not intended for sale or resale. Permission is granted to reproduce the copyrighted materials for nonprofit, educational purposes. For all other uses, *all rights are reserved*.

⁴ Berg MD, et al. Part 13: pediatric basic life support: 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. *Circulation*. 2010;122(suppl 3):S862–S875.