



Curriculum Plan: Heart Attack Case Workshop

Total Duration: 1 hour (60 minutes)

- **Introduction (5 minutes)**
- **Four Learning Stations (12 minutes each)**
- **Conclusion/Wrap-Up (5 minutes)**

1. Introduction (5 minutes)

- **Instructor's Role:** Briefly explain what a heart attack is, including symptoms, risk factors, and importance of timely intervention.
- **Content Overview:** Provide a high-level outline of the stations the students will rotate through.
- **Group Division:** Divide students into 4 groups of 7-8 each. Assign each group a number or color to help with coordination.

2. Learning Stations (12 minutes each)

Station 1: Understanding Heart Attack Basics

- **Objective:** Explain what a heart attack is and why it occurs.
- **Activity:**
 - Use a simple model or diagram of the heart to show where blockages occur.
 - Discuss common symptoms (e.g., chest pain, shortness of breath) and risk factors (e.g., smoking, obesity).
 - Use props like artery models to show how blockages form.
- **Group Size:** 7-8 students.
- **Facilitator:** 1 instructor/volunteer.

Station 2: CPR and Calling 911

- **Objective:** Teach the basics of CPR and the importance of calling 911.
- **Activity:**
 - Provide a brief demonstration of CPR techniques using a mannequin.
 - Allow students to practice hands-on CPR in pairs or small subgroups.
 - Discuss the critical information needed when calling 911.
- **Group Size:** 7-8 students.
- **Facilitator:** 1 instructor/volunteer with CPR knowledge and experience.



Station 3: Drawing Labs and Understanding Their Role

- **Objective:** Simulate the process of drawing blood for cardiac enzymes (e.g., troponin) and discuss the significance of these tests.
- **Activity:**
 - Set up a mock lab station with syringes, vials, and fake arms for drawing blood.
 - Have students role-play as a phlebotomist and a patient to practice drawing blood.
 - Discuss what lab tests (like troponin) are and why they are important in diagnosing a heart attack.
- **Group Size:** 7-8 students.
- **Facilitator:** 1 instructor/volunteer.

Station 4: Interpreting EKGs

- **Objective:** Teach basic EKG interpretation, focusing on identifying heart attack signs.
- **Activity:**
 - Show examples of normal and abnormal EKGs.
 - Teach students how to recognize common signs of a heart attack (e.g., ST-elevation).
 - Provide a simple worksheet or template to help students practice interpreting sample EKGs.
- **Group Size:** 7-8 students.
- **Facilitator:** 1 instructor/volunteer familiar with EKG interpretation.

3. Conclusion/Wrap-Up (5 minutes)

- **Group Debrief:** Gather all students together.
- **Review Key Takeaways:** Recap the most important points from each station.
- **Q&A:** Allow time for any final questions.
- **Encouragement:** Reinforce the importance of acting quickly in emergencies and using the knowledge they've gained.

Logistics and Coordination:

- **Rotation:** Each group spends 12 minutes at each station, rotating clockwise.
- **Timing:** Use a bell or signal to indicate when it's time to switch stations.
- **Volunteers/Instructors:** At least 4 instructors/volunteers are needed, one at each station.



Curriculum Plan: Heart Attack Case Workshop (Whole Class Format)

Total Duration: 1 Hour (60 Minutes)

1. **Introduction (10 minutes)**
2. **Interactive Presentation and Demonstration (25 minutes)**
3. **Hands-On Practice (20 minutes)**
4. **Conclusion/Wrap-Up (5 minutes)**

1. Introduction (10 minutes)

- **Instructor's Role:** Provide an overview of what a heart attack is, including symptoms, causes, and why immediate action is critical.
- **Content Overview:**
 - Use a visual aid (e.g., PowerPoint, video, or poster) to explain the basics of a heart attack.
 - Discuss the objectives for the workshop and outline what students will learn.

2. Interactive Presentation and Demonstration (25 minutes)

This section involves the entire class and focuses on explaining key concepts using engaging, interactive methods.

- **Part 1: What is a Heart Attack? (5 minutes)**
 - Use a large heart model or diagram to explain the anatomy of the heart and how a heart attack occurs.
 - Ask questions to the class to encourage participation (e.g., "What do you think are some signs of a heart attack?").
- **Part 2: CPR and 911 Calling (10 minutes)**
 - Demonstrate CPR techniques to the entire class using a mannequin at the front of the room.
 - Involve a few students to come up and practice chest compressions while the rest observe and provide feedback.
 - Simulate a 911 call with role-playing: choose one student to act as the caller, another as the dispatcher, and discuss what information needs to be conveyed.
- **Part 3: Drawing Labs and Interpreting EKGs (10 minutes)**
 - **Drawing Labs:** Explain the importance of blood tests (like troponin) in diagnosing a heart attack. Use visual aids or a quick demonstration with a fake arm and syringe to show how blood is drawn.



- **EKG Interpretation:** Show an example of a normal and abnormal EKG on a screen. Use a laser pointer or highlighting to guide students through identifying the key signs of a heart attack on the EKG.

3. Hands-On Practice (20 minutes)

- **Split the Class into Small Groups for Practice (5 minutes)**
 - Quickly divide the class into smaller groups of 5-6 students.
 - Each group will rotate through different stations set up around the room (CPR practice, EKG interpretation, drawing labs) for hands-on activities.
 - Assign a volunteer or assistant to each station to guide students and keep them on track.
- **Station Rotations (15 minutes)**
 - Allow 5 minutes per station.
 - Students will practice:
 - **CPR:** Practice chest compressions and receive feedback from the facilitator.
 - **Drawing Labs:** Simulate drawing blood from a mock arm.
 - **EKG Interpretation:** Analyze provided EKG strips and identify abnormalities.
 - Use a signal (like a bell or timer) to indicate when it's time to switch stations.

4. Conclusion/Wrap-Up (5 minutes)

- **Review Key Points:** Recap the main lessons learned (symptoms of a heart attack, how to perform CPR, the importance of calling 911, understanding lab tests and EKG interpretation).
- **Q&A Session:** Allow time for students to ask questions and clarify doubts.
- **Encouragement and Call to Action:** Motivate students to share what they learned with family and friends.

Instruments and Materials Needed:

For Interactive Presentation:

- **Projector or Large Screen** for visual aids (PowerPoint, videos, EKG images).
- **Heart Model or Diagram** for anatomical explanations.
- **Microphone or Speaker System** to ensure everyone hears clearly.

For Hands-On Practice Stations:



- **CPR Mannequins** (at least 2) for chest compression practice.
- **Fake Arms for Phlebotomy Practice** with simulated veins.
- **Syringes (without needles), Vacutainers, and Tubes** to simulate blood drawing.
- **Sample EKG Printouts** for interpretation practice.
- **Worksheets, Markers, and Clipboards** for students to note down their observations.

Additional Materials:

- **Timer or Bell** to signal station changes.
- **Hand Sanitizer and Wipes** for hygiene, especially around the CPR station.
- **Feedback Forms** for student reflections on the workshop experience.

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