

Lesson One – Introduction to Bag Valve Mask Ventilation

FOCUS: Anatomy and Empathy

20 minutes

Purpose:

Participants will learn common anatomical terms of the respiratory system, along with therapeutic communication techniques.

Materials:

- *Anatomy Pre-Quiz*
- *Anatomy Pre-Quiz – Answer Key*
- *Empathy Activity*
- *Empathy Activity – Answer Key*

Facilitation Steps:

1. Distribute the *Anatomy Pre-Quiz* before or at the start of the class.
2. Have the *Anatomy Pre-Quiz – Answer Key* available for instructor reference.
3. Have participants complete the Pre-Quiz.
4. After completion, participants may pair up and compare answers, or the instructor may review the answers.
5. Distribute the *Empathy Activity* and have the answer key available for instructor reference.
6. Have participants complete the *Empathy Activity*.
7. After completion, participants may pair up and compare answers, or the instructor may review the answers.

Name: _____ Class: _____

Empathy Activity

You are an EMT and arrive on the scene of a motor vehicle accident. The passenger, a young female, has minor injuries. The driver, a male, is severely injured and unresponsive. You begin resuscitation efforts using a bag valve mask with two-person CPR. The young female is crying and asking questions.

Below is a list of her questions. In the columns to the right, write your response, and reflect on whether the response displays empathy. Empathy is an attempt to listen to, understand, and validate another person’s feelings.

| Passenger Questions | Your response | Is it empathic? |
|------------------------|---------------|-----------------|
| “What are you doing?” | | |
| “Is he going to live?” | | |
| “Can I help?” | | |

*Responses will differ.