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My name is Kathie Maloney, I am licensed as an LVN in the state of Texas and an Instructor Trainer through American Safety and Health Institute (ASHI) and Medic First Aid (MFA). I also have been appointed by my Floresville AHA Training Center as a Training Center Faculty. I have been actively teaching CPR First Aid and Safety for 19 years and I am the owner of Learn CPR First Aid and Safety located in San Antonio Texas since 1998. My husband, Mike Maloney, Director of River City School of Massage Therapy, also in San Antonio Texas as well as my daughter, owner of the Massage School, have been working hard to make sure that proposed changes are accurate assuring excellence for our students as well as the Massage Profession and Schools. They have asked me to look at the wording in your Finalized Version of Proposed Rules dated 1/10/08 and the Finalized Version of Preamble to Proposed Rules, 1/10/08 that pertain to CPR and First Aid training since I have extensive experience in this area of instruction.

I would like to address the following proposed rules and preambles:

**1. Topic: Hours accepted for CPR and/or First Aid CEU's & admission requirements.**

140.321 Acceptable Continuing Education for Massage Therapists  
(a)(2) First Aid and/or CPR, **not to exceed four hours total each renewal period;**

*The following Proposed Preamble – 2 & 3 changes wording from 4 to 6 hours, yet this document is dated the same day. CPR and First Aid training requires at least a minimum of 6 hours. (See attachments 1A, 1B & 1C).*

New 140.321 Proposed Preamble – 2 ....to allow online continuing education in non-technique subject areas.....**It limits the amount of continuing education credit allowed for CPR and/or First Aid certification to a total of six hours each renewal period.**

New 140.340 Proposed Preamble – 3 relates to Massage School Admission Requirements. New language requires schools to keep proof of CPR and/or First Aid certification if accepted **for credit of up to six hours.**

*In my 19 years of teaching CPR and First Aid, I can tell you that students that return for their renewal 2 years following issuance of their CPR/First Aid cards **DO NOT** remember their skills. Guidelines are changed approximately every 5 years which means there are no renewals following the changes. Learn CPR First Aid and Safety as well as my Training Center for AHA, require class training and skills practice*

for all students unless they are card holders who perform CPR in their practice and have ongoing experience with CPR.

Statistics show that less than 30% of the folks who need CPR actually have it performed. One of the reasons is fear because one may not remember what to do in a life threatening emergency, thus the need for a full class every two years with **ample** hands on training for the **required** amount of hours.

The National Guidelines for First Aid Training in Occupational Settings (NGFATOS) suggest that 6 months is the amount of time a CPR/First Aid student remembers their skills. We understand the importance of reviewing CPR & First Aid skills so that in a real life event our students are ready. We offer any student coming to our classes to come back anytime within the two years prior to their card expiration date, to sit in on classes for free. We cannot afford to cut corners. This is a life and death issue.

**I would suggest to you that the wording throughout the Proposed Rules and Preamble remain CONSISTENT with National Guidelines of 6 hours whether for CEU's, admission requirements or renewals.**

**2. Topic: Certification from AHA-ARC-NSC and Practice Experience.**

140.333 Massage School Instructors

(3).....and practical experience of a **minimum of two years within the last ten years in the subject area to be taught.**

As an Instructor Trainer, when I certify an Instructor who has successfully completed a CPR/First Aid Instructor's Course, the student receives an Instructor Card immediately following monitoring. I do not know of one Nationally recognized program that requires **previous 2 year experience** before receiving instructor status.

**I would suggest that 140.333(3)(d) be moved to 140.333(4) so the requirement of 2 years experience is clearly not a requirement of a CPR First Aid Instructor.**

**Topic 3 AHA vs ARC vs NSC for CPR but leaves out AHA for First Aid?**

(3)(d) Instructors teaching CPR must be certified as CPR instructors by the **American Heart Association, the American Red Cross, or the National Safety Council.** (e) Instructors teaching **First Aid must be certified as First Aid instructors by the American Red Cross, or the National Safety Council.**

a) Attachment 5A & 5B outline the State Requirements pertaining to legislation regarding AED's and the acceptable "nationally recognized" programs. The NGFATOS guidelines mention that in the year 2000, AHA proposed First Aid curriculum that they would begin teaching. Prior to that they had to offer a program implemented by NSC. Since they now have their own First Aid training program, the wording throughout the Proposed Rules seems outdated.

If as an instructor I am going to teach AHA CPR, due to the consistency required from training centers, the student would then also receive First Aid training for AHA, not change to NSC or ARC mid stream. Though guidelines remain the same throughout the organizations, it just makes sense to continue with a consistent class as CPR and First Aid are one training. First Aid is a continuation of CPR. It is very important that the guidelines of initial assessment through the ABC's, Airway Breathing and Compressions followed by AED placement and use, then bleeding assessment as well as any other life threatening issues remain in the order they are required to be taught.

b) This also brings up another concern. CPR and **OR** First Aid. As mentioned above, a student should have both, not one or the other if we are truly placing this in the curriculum to be compliant with the reason for CPR and First Aid training, aligning with the importance of becoming a First Aid Provider. (See attachment #3).

c) CPR is only 5% successful unless the Automated External Defibrillator (AED) arrives and shocks the victim within 3 minutes. Since ETA for EMS nationwide is 9-13 minutes, AED's are becoming more readily available in the market place so that the victim CAN be shocked within 3 minutes of dropping into "Fibrillation". If our students who are a branch of the medical field are in a facility that has an AED and they have training in CPR and First Aid, why not the AED training? You can go to the [www.americanheart.org](http://www.americanheart.org) web site to see the importance of the chain of survival, Early Recognition, Early CPR Early AED and Early Advanced Care. Until advanced care arrives, the victim loses a 10% chance of making it for every minute he waits to be shocked by the AED. (Because our heart runs on an electrical impulse, if an adult, anyone who is over 8 y/o, goes unresponsive we are to assume the victim is in fibrillation and the only remedy is immediate defibrillation, thus AED use immediately by a bystander.)

**See topic 5 for suggested wording.**

140.333 concerns Massage School Instructors. New language requires CPR and **First Aid instructors to be appropriately certified.**

*\_Not quite sure what this "New Language" is going to replace?*

**CPR, AED & First Aid be certified as CPR & First Aid Instructors by the American Heart Association (AHA), American Red Cross (ARC), Medic First Aid (MFA), American Safety and Health Institute (ASHI) or any nationally recognized organization.**

#### **Topic 4: Online course**

New 140.321 Proposed Preamble – 2 ....to allow **online** continuing education in non-technique subject areas.....It limits the amount of continuing education credit allowed for CPR and/or First Aid certification to a total of six hours each renewal period.

- a. *Students need to attend an entire class and pass required skills testing and written exam if applicable. All training centers require hands on skills testing. (See Attachment 2-Example of document from AHA Program Administrative Manual for AHA Instructors). On-line training is available for renewals but Skills testing is REQUIRED with the online completion certificate at an approved Training Site. This option would have to have approval from the State in order to receive the 6 CEU's. AHA, MFA and ASHI **do not** offer CEU's for CPR and First Aid for the lay person.*

#### **Topic 5**

140.340 Massage School Admission Requirements

(c) .....The record shall include, if applicable, proof of current CPR and/or First Aid certification from the **American heart Association, American Red Cross, or National Safety Council**, for a **maximum of six hours** of credit.

b.

**I would suggest the wording through the Proposed Rules and Preamble to state that Instructors teaching CPR, AED & First Aid training be certified through any nationally recognized training organization to include but not limited to AHA, ARC, NSC, MFA, ASHI. (See also attachment 5A & 5B regarding the past legislative wording.**