

NO STRESS TRAINING

CPR Training

ABOUT US

We are Doug and Deanna Morris and our company is called No Stress Training. We are official American Heart Association Instructors with a combined 65 years of medical practice and teaching experience. We strive to make every class informative, fun, and most of all, stress-free.



CLASSES

Basic Life Support



Our Basic Life Support class is approximately 90 minutes. We will cover the latest resuscitation science for adult, child, and infant CPR, adult, child and infant choking (conscious and unresponsive), rapid defibrillation with an AED for all ages, scene safety, scene management, response to adult chest pain, and the use of naloxone for narcotic emergencies.

Each participant will receive their own training material and will complete a hands-on session and a 25 question written exam.

Non-medical staff can also take BLS. They will not be required to do pulse checks or take the written exam.

Our hours are flexible. We have some groups who prefer to take a little longer lunch and complete the training during that time, some prefer to come in early, some prefer to stay after work, and some prefer weekends. We are flexible. Just let us know what you need.

Pediatric Advanced Life Support



We also teach Pediatric Advanced Life Support for mid-level and advanced providers who are responsible for pediatric care. This is a relaxed class where we discuss respiratory, cardiac, and circulatory emergencies.

We then get a look at real children in the form of a video encounter in which we will have group discussion-based assessments and treatments.

We can combine the BLS class along with PALS for those that need both.

We have years of experience with teaching classes for Pediatric Advanced Life Support. We teach it in a way that is informative and not scary. You will leave this course knowing everything you need to know.

Family and Friends CPR



Another class that we have started offering for the parents and patients is the Family and Friends CPR.

This is an American Heart Association course. The Family & Friends CPR Course teaches the lifesaving skills of Adult Hands-Only CPR, Adult CPR with breaths, Child and Infant CPR with breaths, Adult, Child, and Infant AED use, and mild and severe airway block for Adults, Children, and Infants.

We include the use of an epi-pen for anaphylactic emergencies, and the use of OTC naloxone (Narcan) in case of an opioid overdose.

We will also discuss the importance of putting together a rapid response team of volunteers who can respond quickly with life-saving skills at their large scale events like their civic groups, religious services, sporting events at the ball field, gym, etc.

We are offering the class at a discounted rate of \$25 per person. This includes a manual they can take home with them. The manual includes a participation card they can put in their wallet if they would like.

The class will take about 2 hours. There is no written exam. This is not a certification class.

We have already been teaching this class at Dunwoody Pediatrics, Children's Medical Group in John's Creek, and Locust Grove Pediatrics. This course has been extremely popular with the children and parents, and they have been letting their friends know about the classes as well.

American Heart Association recommends the training is appropriate for children 9 and above.

We have received an enthusiastic and gratifying response to each of the classes offered thus far.

LOCATIONS

Our goal is to provide the training in several locations in the Atlanta and surrounding areas so it will be convenient for all of the KHF patients, parents, and also the local community to attend and learn life-saving skills.

Current locations:

Dunwoody Pediatrics, Atlanta location
Children's Medical Group, John's Creek
Locust Grove Pediatrics (not KHF)

Possible future location:

Dekalb Pediatric Center, Decatur

CONTACT US & REGISTER FOR A CLASS

Find our locations and times at www.nostresstraining.com/familyandfriendscpr.

You can also register for courses and pay directly at this link.

If you have a large area where we can provide the training and would like to offer the training at your location or would like more information, please contact us.

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