

BLS

BLS Page References

***If you have any ACLS only students please give out page numbers so they can follow along in their ACLS Book**

Topic	BLS Book	ACLS Book
Chain of Survival	Pg. 6	Pg.9
Adult BLS Algorithm	Pg. 15	
Characteristics of High-Quality CPR for Adults	Pg. 18-19	Pg 17-20
Operating the AED and Special Considerations w/ AED	Pg. 34-41	
Bag Mask Ventilations	Pg. 25-28	Pg. 105-106
Two Rescuer CPR for Adults	Pg. 28-30	
Mouth to Mouth	Pg. 65-67	
Rescue Breaths for Respiratory Arrest	Pg. 64-65	Pg. 102
Giving Breaths with an Advanced Airway	Pg. 63-64	Pg. 113
Opioid Associated Life-Threatening Emergencies	Pg. 69-71	Pg. 138-139
Maternal CPR	Pg. 21-22	Pg. 144-149
Choking for Adult or Child	Pg. 87-89	
Choking for Infants	Pg. 89-91	
Team Dynamics and CPR Coach	Pg. 31 & 43-45	Pg. 91-99

****Any ACLS Only Students May Leave for Lunch after the Team Dynamics Drill****

Child and Infant Single Rescuer Algorithm	Pg. 48
Child and Infant Multi-Rescuer Algorithm	Pg. 56
Characteristics of High-Quality CPR for Child and Infant	Pg. 50-54
Bag Mask Ventilations for the Infant	Pg. 55
AED for Children and Infants	Pg. 59-62
Summary of High-Quality CPR Summary Table	Pg. 102

****Tell students that the BLS Book now covers additional topics not covered in the classroom course, including Heart Attack, Stroke, Asthma, Drowning, and Allergic Reactions including Anaphylaxis**

2020 BLS Course Outline for Instructors

Basic Guide for Conducting a BLS Class

Class length 3.5-4 hrs

Utilize your instructor manual during each class ****Give out Page Numbers****

Do not skip any videos during BLS course*

Course Introduction – Introduce yourself and have the students introduce themselves. Do general housekeeping and explain the overview of the day and the folder and packet given to them at check-in. Review folders/paperwork/how to claim e-card options. **member20 for \$20 off next class and refer a friend \$20**. Tell students they will receive an email with a CE certificate~not CME or CEU

1 Rescuer BLS – (Pages 16-24)

- Play opening video. When video pauses, it will be time to practice scene safety and assessment along with the video after you recap the key concepts. Have the students stand and practice along with the video.
- After the Practice While Watching (PWW), press play and watch video on the Pocket masks, recap and make sure everyone can get chest rise. Have the students stand and complete the PWW with the pocket mask
- After the PWW, play the video recap and then have the students stand and complete the PWW encompassing the entire scenario with the video.

AED and Bag-Mask-Device – (Pages 33-41 for AED and pages 25-28 for BVM)

Play video. There is no pause between AED and Bag-Mask device. You may choose to pause the video and discuss/practice the AED and then play the BVM portion and do the PWW with that. Consider having half of the class practice with AED at a time so that it will not be too loud.

2 Rescuer BLS – (Pages 28-313) Play video, recap the video and have the students practice while maintaining social distancing (at their own table, but simulating they are actually together) for the PWW.

Special Considerations – (Page 31)

- Play the video, recap mouth to mouth and rescue breathing and then practice along with the video.
- After the PWW for rescue breathing play the video about advanced airways, naloxone, and maternal cardiac arrest. Recap video.

Adult Skills testing – Can test 2 students a one time. Use the adult skills check sheet, fill out as you are checking them off.

2020 BLS Course Outline for Instructors

High Performance Teams Team Dynamics with 10-minute activity – (Pages 43-45)
Watch video for High Performance Teams and the CCF activity. Then have one student be team leader and one student be CPR coach. The rest of the students are part of the team taking turns compressing and using the BVM. Only use 1 student for the AED to avoid confusion. Remind students to use good communication and mutual respect. Measure CCF *goal is 60-80% CCF

****10 min CCF drill deferred d/t COVID at this time**

Child BLS – (Pages 47-55) Play video and recap, then conduct PWW with students (same as we did for adult to maintain social distancing) for the child 2 rescuer sequence.

Infant BLS – (Pages 47-57)

- Play video, provide video recap before beginning compression with the video. Have the students stand and do PWW.
- Play video and recap the BVM for infants. Make sure everyone is comfortable with the BVM and then conduct the PWW
- Play video of 2 rescuer sequence for infants, discuss and conduct the PWW with 2 rescuers – maintaining social distancing.

Infant Skills – Can test 2 students at a time incorporating both single rescuer and 2 rescuer BLS.

Choking – (Pages 85-91) Play video. Video will not pause until the PWW with responsive infant, so you can manually pause after the discussion with the adult/child and then do a demonstration/practice with choking manikin. After the PWW for responsive infant, there is another video discussing nonresponsive choking infant. Ask and assist with any students that want to practice with the adult choking manikin.

Course Conclusion – Play the conclusion video, discuss the exams and provide instructions to the class on how to write the version and number on the version line of answer sheet.

Hand out the written exam. Note on the roster the # of the exam each student was given next to their name.

Remind the students it is an open resource and open note exam. But not open neighbor (no talking) 😊

Written Test – 25 questions test, can miss 4.

Please do not forget to mention to the class that if they liked their class and enjoyed you as their instructor to please leave us a Google Review!

Basic Life Support
Adult CPR and AED
Skills Testing Checklist



Student Name _____ Date of Test _____

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital Scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation

- Checks responsiveness Shouts for help/Activates emergency response system/Sends for AED
- Checks breathing Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."

Cycle 1 of CPR (30:2) *CPR feedback devices are required for accuracy

Adult Compressions

- Performs high-quality compressions*:
 - Hand placement on lower half of sternum
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least 2 inches (5 cm)
 - Complete recoil after each compression

Adult Breaths

- Gives 2 breaths with a barrier device:
 - Each breath given over 1 second
 - Visible chest rise with each breath
 - Resumes compressions in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Compressions Breaths Resumes compressions in less than 10 seconds

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

AED (follows prompts of AED)

- Powers on AED Correctly attaches pads Clears for analysis
- Clears to safely deliver a shock Safely delivers a shock

Resumes Compressions

- Ensures compressions are resumed immediately after shock delivery
 - Student directs instructor to resume compressions or
 - Second student resumes compressions

STOP TEST

Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation: **PASS** **NR**

Instructor Initials _____ Instructor Number _____ Date _____

Basic Life Support
Infant CPR
Skills Testing Checklist (1 of 2)



Student Name _____ Date of Test _____

Hospital Scenario: "You are working in a hospital or clinic when a woman runs through the door, carrying an infant. She shouts, 'Help me! My baby's not breathing.' You have gloves and a pocket mask. You send your coworker to activate the emergency response system and to get the emergency equipment."

Prehospital Scenario: "You arrive on the scene for an infant who is not breathing. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Assessment and Activation

- Checks responsiveness
- Shouts for help/Activates emergency response system
- Checks breathing
- Checks pulse

Once student shouts for help, instructor says, "Here's the barrier device."

Cycle 1 of CPR (30:2) *CPR feedback devices are preferred for accuracy

Infant Compressions

- Performs high-quality compressions*:
 - Placement of 2 fingers or 2 thumbs in the center of the chest, just below the nipple line
 - 30 compressions in no less than 15 and no more than 18 seconds
 - Compresses at least one third the depth of the chest, approximately 1½ inches (4 cm)
 - Complete recoil after each compression

Infant Breaths

- Gives 2 breaths with a barrier device:
 - Each breath given over 1 second
 - Visible chest rise with each breath
 - Resumes compressions in less than 10 seconds

Cycle 2 of CPR (repeats steps in Cycle 1) Only check box if step is successfully performed

- Compressions
- Breaths
- Resumes compressions in less than 10 seconds

Rescuer 2 arrives with bag-mask device and begins ventilation while Rescuer 1 continues compressions with 2 thumb-encircling hands technique.

Cycle 3 of CPR

Rescuer 1: Infant Compressions

- Performs high-quality compressions*:
 - 15 compressions with 2 thumb-encircling hands technique
 - 15 compressions in no less than 7 and no more than 9 seconds
 - Compresses at least one third the depth of the chest, approximately 1½ inches (4 cm)
 - Complete recoil after each compression

Rescuer 2: Infant Breaths

This rescuer is not evaluated.

(continued)

Basic Life Support
Infant CPR
Skills Testing Checklist (2 of 2)



Student Name _____ Date of Test _____

(continued)

Cycle 4 of CPR

Rescuer 2: Infant Compressions

This rescuer is not evaluated.

Rescuer 1: Infant Breaths

- Gives 2 breaths with a bag-mask device:
- Each breath given over 1 second
 - Visible chest rise with each breath
 - Resumes compressions in less than 10 seconds

STOP TEST

Instructor Notes

- Place a check in the box next to each step the student completes successfully.
- If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).

Test Results Check **PASS** or **NR** to indicate pass or needs remediation: **PASS** **NR**

Instructor Initials _____ Instructor Number _____ Date _____