Accelerated HeartCode BLS Agenda

Instructors: Use disc 2 labeled: "BLS Renewal Course HeartCode"

Station Setup:	
Adult/Child	• Adult manikin with lung and feedback device • Adult ambu bag and mask • AED trainer • Optional: step stool, kneelers, grippers
Infant	• Infant manikin with lung and feedback device • Infant ambu bag and mask
Paperwork	• AHA Roster (instructor/student) • Adult/Infant CPR and AED Skills Testing Checklist • Collect online completion certificate date from each student. Verify online completion certificate (dated within 90 days). Write completion date on AHA roster

Course Introduction
(No video)

• Introduce self	• Practicing on manikins	• Checkoff on adult/infant CPR skills

Special Considerations: Rescue Breathing
(Video)

• Ensure students have adult bag-mask ready
• **SHOW VIDEO** while students practice along:
  o Main Menu (no need to show intro)→ Practice While Watching: Bag-Mask Device (IFP)*-bottom right column

1-Rescuer Adult BLS
(Video and Skills Check)

Part 1: Video	• *Assess scene safety, call for help/AED, check breathing/pulse, compressions/breathing (30:2) for 3 cycles* • **SHOW VIDEO** while students practice along: o Practice While Watching→1-Rescuer Adult BLS (IFP)*-2nd from bottom on right column
Part 2: Demonstration	• Instructor demonstrates proper AED usage: o *Turn on AED, apply pads to victim's chest, plug in connector, clear to analyze rhythm-state: "clear", AED charges, state: "clear" before delivering shock, resume CPR* • Students practice using AED on manikin*

Part 3:
Skills Check
	• Instructor reviews checklist expectations:
	  o Rescuer-1: *assesses scene safety, calls for help/AED, checks pulse/breathing, begins compressions/breaths (30:2)*
	  o Rescuer-2: *brings AED and applies AED by following prompts*
	• Allow students practice before skills check off
	• Complete Skills Check Off for Adult CPR with AED in groups of 2 or 3
	• Each student will need to act as Rescuer-1 AND Rescuer-2

2-Rescuer Child CPR
(Video)

• Assign which student will act Rescuer-1 and Rescuer-2
• *Assess scene safety, call for help/AED, check breathing/pulse, begin compressions/breathing (15:2) for 3 cycles*
• **SHOW VIDEO** while students practice along:
  o Practice While Watching→Next→2-Rescuer Child CPR (IFP)*-2nd from bottom on right column

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	Relief of Choking Adult/Child and Infant (Discussion and Video)

Part 1:
Discussion
	Adult/Child Choking:
	• Universal sign for choking?
	   o Holding neck with one or both hands
	• Where to give thrusts for severely choking adult/child?
	   o Abdominal thrusts-slightly above belly button
	   o Chest thrusts-lower half of breastbone (pregnant, larger person/child or in wheelchair)

Part 2: Video	• *Practice relief of choking on a responsive infant by administering 5 back slaps and 5 chest thrusts* • **SHOW VIDEO** while students practice along: o Practice While Watching→Next→Relief of Choking in a Responsive Infant (IFP)*-bottom right column

	Infant BLS (Video and Skills Check)
Part 1: Video	• *Students will practice compressions 30:2 with the video for 3 cycles (no scene safety or breaths, CPR only)* • **SHOW VIDEO** while students practice along: o Practice While Watching→Previous→Infant Compressions (IFP)*- bottom right column
Part 2: Video	• Ensure students have infant bag-mask ready • Assign which student will act Rescuer-1 and Rescuer-2 • *Student will practice compressions (15:2)* **and breaths** *with infant bag-mask* • **SHOW VIDEO** while students practice along: o Practice While Watching→2-Rescuer Infant CPR (IFP)*-2nd from bottom on right column

Part 3:
Skills Check
	• Instructor reviews checklist expectations:
	   o Rescuer-1: *assesses scene safety, calls for help/AED, checks pulse/breathing, begins compressions/breaths (30:2)*
	   o Rescuer-2: *arrives and manages airway, while Rescuer 1 moves to thumb encircling (15:2)*
	• Allow students practice before skills check off
	• Complete Skills Check Off for Infant CPR in groups of 2 or 3
	• Each student will need to act as Rescuer-1 AND Rescuer-2

Lesson 6: Conclusion: (No Video)
• Thank the students for coming • Inform students how they will receive BLS eCards Submit paperwork via Enrollware. Instructors are responsible for purchasing eCards from BJC Training Center and assigning eCards to students. No evaluation is needed for BLS skills check

*Repeat video if more than one student/manikin