

## **CPR AED and Safety Education**

### **ACLS Provider Course Agenda**

**Approximately 13 hours**

<b>Day 1</b>	
<b>9:00</b>	<b>Lesson START:</b> Welcome, Introductions, and Course Administration
<b>9:15</b>	<b>Lesson 1:</b> ACLS Course Overview and Organization
<b>9:25</b>	<b>Lesson 2:</b> Learning/Testing Station: High-Quality BLS
<b>10:10</b>	<b>Lesson 3:</b> Learning/Testing Station: Airway Management
<b>10:55</b>	<b>Break</b>
<b>11:10</b>	<b>Lesson 4:</b> Technology Review
<b>11:25</b>	<b>Lesson 5:</b> Learning Station: Preventing Arrest: Bradycardia
<b>12:25</b>	<b>Lunch</b>
<b>1:20</b>	<b>Lesson 6:</b> Learning Station: Preventing Arrest: Tachycardia (Stable and Unstable)
<b>2:20</b>	<b>Lesson 7:</b> High-Performance Teams
<b>2:50</b>	<b>Break</b>
<b>3:05</b>	<b>Lesson 8:</b> Learning Station: High-Performance Teams: Cardiac Arrest and Post-Cardiac Arrest Care
<b>5:30</b>	<b>End of Day 1</b>
<b>Day 2</b>	
<b>9:00</b>	<b>Lesson 9:</b> Learning Station: High-Performance Teams: Megacode Practice
<b>11:20</b>	<b>Break</b>
<b>11:30</b>	<b>Lessons T2-T4:</b> High-Performance Teams: Megacode Testing and Megacode Testing
<b>12:45</b>	<b>Written Exam (T5-T6)</b>
<b>1:30</b>	<b>Remediation/Class Ends</b>

### **Agenda ACLS Update Course**

**Approx. 8.5 hours**

<b>Single day</b>	
<b>9:00</b>	<b>Lesson START:</b> Welcome, Introductions, and Course Administration
<b>9:15</b>	<b>Lesson 1:</b> ACLS Course Overview and Organization
<b>9:25</b>	<b>Lesson 2:</b> Learning/Testing Station: High-Quality BLS
<b>10:10</b>	<b>Lesson 3:</b> Learning/Testing Station: Airway Management
<b>10:55</b>	<b>Break</b>
<b>11:10</b>	<b>Lesson 4:</b> Technology Review
<b>11:25</b>	<b>Lesson 7:</b> High-Performance Teams
<b>11:55</b>	<b>Lunch</b>
<b>12:45</b>	<b>Lesson 9:</b> Learning Station: High-Performance Teams: Megacode Practice
<b>3:05</b>	<b>Break</b>
<b>3:20</b>	<b>Lessons T2-T4:</b> High-Performance Teams: Megacode Testing and Megacode Testing Details
<b>4:35</b>	<b>Written Exam (T5-T6)</b>
<b>5:20</b>	<b>Remediation/Class Ends</b>



**CPR AED & Safety Education**  
"Just in CASE you need to save a life"

Thank you for learning how to save lives. Your instructor's training center wants to know how they performed. Please take a few moments and complete this questionnaire and return it to the Instructor. If you would like, you can also email or call the training center directly with praises or concerns:

[cpraedtraining@comcast.net](mailto:cpraedtraining@comcast.net) 301-681-4300.

**Name of Class:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Location:** \_\_\_\_\_ **Instructor:** \_\_\_\_\_

**Your Name (optional):** \_\_\_\_\_ **Phone/email (optional):** \_\_\_\_\_

Circle or write your answers.

1. Did you have your own American Heart Association student workbook/manual during the class, and you were able to take it with you?  
Yes      No      Other \_\_\_\_\_

2. During the class, did you watch the AHA course videos and perform skills practice while watching the video?  
Yes      No      Other \_\_\_\_\_

3. Did your instructor utilize a skill check off sheet during your skills testing and did they share the completed form with you?  
Yes      No      Other \_\_\_\_\_

4. During CPR skills practice and testing, did you utilize a feedback device that measured depth and speed of compressions?  
N/A      Yes      No      Other \_\_\_\_\_

5. How long did your class actually take? \_\_\_\_\_

6. The most outstanding things about my Instructor/Class:

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7. Concerns you have about the Instructor/Class:

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## How to Claim and View Your AHA eCard

Congratulations on completing your AHA course! One last step will make it official — **claiming your eCard**. As a reminder, only you should claim your eCard; it should not be claimed by someone on your behalf. **Note:** To claim an eCard, your Training Center must have issued an eCard (not a printed course completion card).

### Claim your eCard via Email:

1. You will receive an email from [eCards@heart.org](mailto:eCards@heart.org) with a link inviting you to claim your eCard online. Please make sure to check your spam or junk folder. The link will direct you to the Student Profile webpage; please confirm that all information on that page (First Name, Last Name, Email, Phone Number (if entered for claiming by SMS), eCard Code, AHA Instructor Name, and Training Center information) is correct. If it is not, contact your Training Center.
2. Set up your security question and answer. Accept the terms of the site and click "Submit."
3. Complete the survey on the course you just completed. Your answers to these questions will help improve the quality of future AHA training.
4. After you complete the survey, your eCard will display. You can save or print your eCard.
5. Once your eCard has been claimed, you will receive an email notification; please save this confirmation email for your records.
6. Claiming your eCard is the only way you can show proof of course completion to your employer. If you need to email your eCard, please see step 5 under "How to View your Claimed eCard"

### Claim your eCard via eCards Site:

1. Visit the [eCards Search page](#). On the "Student" tab, enter your First Name, Last Name, and Email (ensure this is the email address that was used to sign up for the course) OR enter your eCard Code at the bottom of the page (ask your Training Center for this code). Click "Search."
2. If all the information was entered correctly, you will be brought to a page that shows "My eCards." Look for your eCard that is "Unclaimed" and follow the steps through the site to claim your card, including setting up a security question and answer. If your eCard cannot be found, contact your Training Center to verify your information.

### How to View your Claimed eCard:

1. Visit the [eCards Search page](#). On the "Student" tab, enter your First Name, Last Name, and Email (ensure this is the email address that was used to sign up for the course) OR enter your eCard Code at the bottom of the page. Click "Search."
2. Answer your security question.
3. If all the information entered is correct, you will be brought to a page that shows "My eCards." If your eCard cannot be found, contact your Training Center to verify your information.
4. To download an eCard, select the size you would like (Full or Wallet) where it says, "View eCard."
5. To email an eCard, select "Email Cards," enter the email address, and click "Email."

### How an Employer Can Verify a Student's Claimed eCard:

**Note:** The student must have claimed their eCard for an employer to view it.

1. Visit the [eCards Search page](#). On the "Employer" tab, enter the eCard Code (up to 20), and click "Verify."
2. The next page will show the eCard Status of the inputted code(s).

# PulsePoint

# GET THE APP. SAVE A LIFE.

Sudden Cardiac Arrest (SCA) is a leading cause of preventable death. The PulsePoint app alerts bystanders—like you—who can help victims before professional help can arrive.

PulsePoint alerts you to nearby people in need. For every minute that passes before help arrives, SCA survival decreases by 7%-10%. It's like an amber alert for SCA victims.



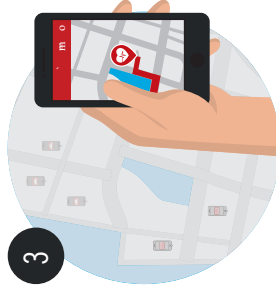
1

SCA victim in need.



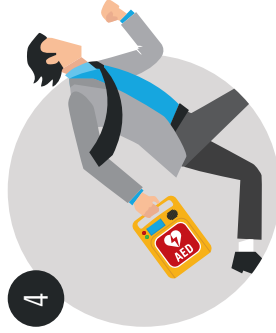
2

911 system sends PulsePoint alert.



3

Signal received by nearby PulsePoint users.



4

Users rush to help the victim before professional help arrives.

Learn more at [pulsepoint.org](http://pulsepoint.org)

Download PulsePoint Respond



BROUGHT TO YOU BY:



CPR AED Safety Education  
"Just in C.A.S.E."

[cpraedandsafety.com](http://cpraedandsafety.com)

301-681-4300

SCA KILLS ALMOST  
**1,000** /DAY  
IN THE U.S.

NEARLY **60%** OF SCA  
VICTIMS DON'T GET CPR  
UNTIL PROFESSIONAL  
HELP ARRIVES.

**13M** AMERICANS ARE  
CPR TRAINED AND  
CERTIFIED ANNUALLY.

THE U.S. SURVIVAL  
RATE FOR SCA IS **11%**  
**WE CAN DO BETTER.**

**CALL 911**  
PUSH HARD AND FAST  
IN THE CENTER OF THE  
CHEST TO THE BEAT  
OF "STAYIN' ALIVE"  
(100X/MINUTE).

Early CPR and rapid defibrillation before an emergency team arrives can boost survival by 50%.



## Megacode Testing Checklist: Scenarios 1/3/8 Bradycardia → Pulseless VT → PEA → PCAC

Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>Pulseless VT Management</b>						
Recognizes pVT						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug-rhythm check/shock-CPR						
Administers appropriate drug(s) and doses						
<b>PEA Management</b>						
Recognizes PEA						
Verbalizes potential reversible causes of PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

**Test Results** Check **PASS** or **NR** to indicate pass or needs remediation:  **PASS**  **NR**  
 Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

**Learning Station Competency**  
 Bradycardia  Tachycardia  Cardiac Arrest/Post-Cardiac Arrest Care  Megacode Practice



## Megacode Testing Checklist: Scenarios 2/5 Bradycardia → VF → Asystole → PCAC

Student Name \_\_\_\_\_

Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug-rhythm check/shock-CPR						
Administers appropriate drug(s) and doses						
<b>Asystole Management</b>						
Recognizes asystole						
Verbalizes potential reversible causes of asystole (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

### STOP TEST

**Test Results** Check **PASS** or **NR** to indicate pass or needs remediation:  **PASS**  **NR**  
 Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

**Learning Station Competency**  
 Bradycardia  Tachycardia  Cardiac Arrest/Post-Cardiac Arrest Care  Megacode Practice

# Megacode Testing Checklist: Scenarios 4/7/10

## Tachycardia → VF → PEA → PCAC



Student Name \_\_\_\_\_

Date of Test \_\_\_\_\_

Critical Performance Steps					Check if done correctly
<b>Team Leader</b>					
Assigns team member roles					
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of 2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>
Ensures that team members communicate well					
<b>Tachycardia Management</b>					
Starts oxygen if needed, places monitor, starts IV					
Places monitor leads in proper position					
Recognizes unstable tachycardia					
Recognizes symptoms due to tachycardia					
Performs immediate synchronized cardioversion					
<b>VF Management</b>					
Recognizes VF					
Clears before analyze and shock					
Immediately resumes CPR after shocks					
Appropriate airway management					
Appropriate cycles of drug-rhythm check/shock-CPR					
Administers appropriate drug(s) and doses					
<b>PEA Management</b>					
Recognizes PEA					
Verbalizes potential reversible causes of PEA (H's and T's)					
Administers appropriate drug(s) and doses					
Immediately resumes CPR after rhythm checks					
<b>Post-Cardiac Arrest Care</b>					
Identifies ROSC					
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests					
Considers targeted temperature management					

### STOP TEST

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

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

PASS  NR

#### Learning Station Competency

Bradycardia  Tachycardia  Cardiac Arrest/Post-Cardiac Arrest Care  Megacode Practice

# Megacode Testing Checklist: Scenarios 6/11

## Bradycardia → VF → PEA → PCAC



Student Name \_\_\_\_\_

Date of Test \_\_\_\_\_

Critical Performance Steps					Check if done correctly
<b>Team Leader</b>					
Assigns team member roles					
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of 2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>
Ensures that team members communicate well					
<b>Bradycardia Management</b>					
Starts oxygen if needed, places monitor, starts IV					
Places monitor leads in proper position					
Recognizes symptomatic bradycardia					
Administers correct dose of atropine					
Prepares for second-line treatment					
<b>VF Management</b>					
Recognizes VF					
Clears before analyze and shock					
Immediately resumes CPR after shocks					
Appropriate airway management					
Appropriate cycles of drug-rhythm check/shock-CPR					
Administers appropriate drug(s) and doses					
<b>PEA Management</b>					
Recognizes PEA					
Verbalizes potential reversible causes of PEA (H's and T's)					
Administers appropriate drug(s) and doses					
Immediately resumes CPR after rhythm checks					
<b>Post-Cardiac Arrest Care</b>					
Identifies ROSC					
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests					
Considers targeted temperature management					

### STOP TEST

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

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

PASS  NR

#### Learning Station Competency

Bradycardia  Tachycardia  Cardiac Arrest/Post-Cardiac Arrest Care  Megacode Practice



## Megacode Testing Checklist: Scenario 9 Tachycardia → PEA → VF → PCAC



## Megacode Testing Checklist: Scenario 12 Bradycardia → VF → Asystole/PEA → PCAC

Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Tachycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes tachycardia (specific diagnosis)						
Recognizes no symptoms due to tachycardia						
Considers appropriate initial drug therapy						
<b>PEA Management</b>						
Recognizes PEA						
Verbalizes potential reversible causes of PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm check and pulse checks						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug-rhythm check/shock-CPR						
Administers appropriate drug(s) and doses						
<b>Post-Cardiac Arrest Care</b>						
Identifies ROSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

**STOP TEST**

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

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

**Learning Station Competency**

Bradycardia  Tachycardia  Cardiac Arrest/Post-Cardiac Arrest Care  Megacode Practice

Critical Performance Steps						Check if done correctly
<b>Team Leader</b>						
Assigns team member roles						
Ensures high-quality CPR at all times	Compression rate 100-120/min <input type="checkbox"/>	Compression depth of ≥2 inches <input type="checkbox"/>	Chest compression fraction >80% <input type="checkbox"/>	Chest recoil (optional) <input type="checkbox"/>	Ventilation (optional) <input type="checkbox"/>	
Ensures that team members communicate well						
<b>Bradycardia Management</b>						
Starts oxygen if needed, places monitor, starts IV						
Places monitor leads in proper position						
Recognizes symptomatic bradycardia						
Administers correct dose of atropine						
Prepares for second-line treatment						
<b>VF Management</b>						
Recognizes VF						
Clears before analyze and shock						
Immediately resumes CPR after shocks						
Appropriate airway management						
Appropriate cycles of drug-rhythm check/shock-CPR						
Administers appropriate drug(s) and doses						
<b>Asystole and PEA Management</b>						
Recognizes asystole and PEA						
Verbalizes potential reversible causes of asystole and PEA (H's and T's)						
Administers appropriate drug(s) and doses						
Immediately resumes CPR after rhythm checks						
<b>Post-Cardiac Arrest Care</b>						
Identifies RCSC						
Ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, verbalizes need for endotracheal intubation and waveform capnography, and orders laboratory tests						
Considers targeted temperature management						

**STOP TEST**

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

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

**Learning Station Competency**

Bradycardia  Tachycardia  Cardiac Arrest/Post-Cardiac Arrest Care  Megacode Practice

## Advance 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	
<input type="checkbox"/> Checks responsiveness	<input type="checkbox"/> Shouts for help/Activates emergency response system/Sends for AED
<input type="checkbox"/> Checks breathing	<input type="checkbox"/> 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	
<b>Adult Compressions</b>	
<input type="checkbox"/> 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)	Time: <input type="text"/> Seconds
• Complete recoil after each compression	
<b>Adult Breaths</b>	
<input type="checkbox"/> 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	
<input type="checkbox"/> Compressions	<input type="checkbox"/> Breaths
<input type="checkbox"/> 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)	
<input type="checkbox"/> Powers on AED	<input type="checkbox"/> Correctly attaches pads
<input type="checkbox"/> Cleans to safely deliver a shock	<input type="checkbox"/> Cleans for analysis
	<input type="checkbox"/> Safely delivers a shock

Resumes Compressions	
<input type="checkbox"/> Ensures compressions are resumed immediately after shock delivery	
• Student directs instructor to resume compressions or	
• Second student resumes compressions	

**STOP TEST**

Instructor Notes	
<ul style="list-style-type: none"> <li>Place a check in the box next to each step the student completes successfully.</li> <li>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).</li> </ul>	

Test Results	
Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>NR</b>
Instructor Initials _____ Instructor Number _____ Date _____	

## Airway Management Skills Testing Checklist

Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Critical Performance Steps	Check if done correctly
<b>BLS Assessment and Interventions</b>	
Checks for responsiveness	
• Taps and shouts, "Are you OK?"	
Activates the emergency response system	
• Shouts for nearby help/Activates the emergency response system and gets the AED or	
• Directs second rescuer to activate the emergency response system and get the AED	
Checks breathing	
• Scans chest for movement (5-10 seconds)	
Checks pulse (5-10 seconds)	
<b>Breathing and pulse check can be done simultaneously</b>	
Notes that pulse is present and does not initiate chest compressions or attach AED	
Inserts oropharyngeal or nasopharyngeal airway	
Administers oxygen	
Performs effective bag-mask ventilation for 1 minute	
• Gives proper ventilation rate (once every 6 seconds)	
• Gives proper ventilation speed (over 1 second)	
• Gives proper ventilation volume (about half a bag)	

**STOP TEST**

Instructor Notes	
<ul style="list-style-type: none"> <li>Place a check in the box next to each step the student completes successfully.</li> <li>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).</li> </ul>	

Test Results	
Check <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<input type="checkbox"/> <b>PASS</b> <input type="checkbox"/> <b>NR</b>
Instructor Initials _____ Instructor Number _____ Date _____	

