

Teaching the Course

Instructor Teaching Materials

Teaching Varied BLS Providers

The BLS Course is equipped to provide instruction to healthcare providers caring for patients both in and out of the hospital. The course's ability to serve both of these audiences is supported in the instructor-led (classroom) course and HeartCode BLS by both instructor and student materials.

Instructor-Led Training

The lessons featured on the video in the instructor-led BLS Course are based on real-world scenarios that show skills being demonstrated in settings for each type of BLS provider: in-facility provider or prehospital provider. To adapt to your classroom audience, as an instructor you have the option to choose between in-facility and prehospital lessons as you navigate through the video during the course.











Blended Learning

Students participating in HeartCode BLS experience the same tailoring to their needs by self-identifying as in-facility provider or prehospital provider. On the basis of their response, students navigate through the appropriate content of the online portion of the course. They view the same real-world scenarios featured in the instructor-led BLS video to prepare for skills practice and testing in the classroom.

The instructor manual, lesson plans, provider manual, and testing are designed to support both the instructor-led training and blended-learning formats of the course. Part 2: Preparing for the Course and Part 4: Testing will explain more about using each of these materials.

Understanding Icons

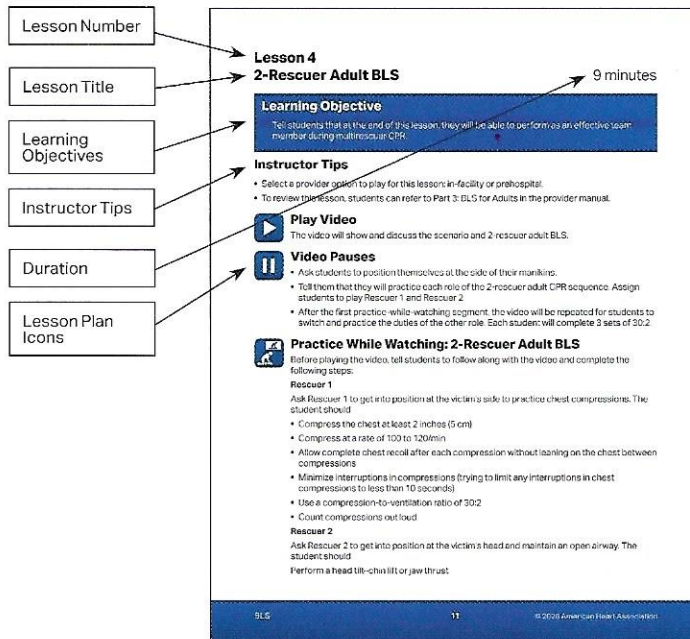
The icons used in the lesson plans, in this manual, and in the BLS Course videos are there to remind you to take certain actions during the course. The lesson plans and videos contain the following icons:

Icon	Action
	Discussion
	Play video
	Video pauses
	Stop video
	Students practice while watching video (instructors press Play to begin)
	Students practice
	Repeat segment
	Exam or skills test
	In-facility provider
	Prehospital provider

Understanding Lesson Plans

All AHA ECC instructor manuals include lesson plans (Figure 3). The purposes of lesson plans are to

- Help instructors facilitate ECC courses
- Ensure consistency from course to course
- Keep instructors focused on the main objectives for each lesson
- Explain the instructor's responsibilities during the course

Figure 3. Sample lesson plan.

Using Lesson Plans

Use lesson plans before the course, during the course, and during skills practice.

Before the course:

Review the lesson plans to understand

- Objectives for each lesson
- Your role for each lesson
- Resources that you need for each lesson

Make notes of things you want to remember or add.

During the course:

- Follow each lesson plan as you conduct the course.
- Remind students what they will see in each video segment.
- Make sure you have all the resources, equipment, and supplies ready for each lesson.
- Help the students achieve the objectives identified for each lesson.

During practice before a skills test:

A student may have a question about a certain part of BLS. The lesson plans serve as the authoritative answer.

Teaching With a Video

The BLS Course and classroom portion of HeartCode BLS are video based. Many of the lessons in the BLS Course use the practice-while-watching format. This means that students practice skills as the video guides them. To make sure that course material is taught consistently and that students benefit from the latest scientific research, show all of the course's video lessons completely.

Practice While Watching

The practice-while-watching method is used to teach skills in the BLS Course. Practice while watching is an effective approach for building skills mastery.

Practice while watching aids the learning experience by organizing content into the following format:

- Tell students what they will learn
- Show them
- Allow them to practice
- Provide coaching
- Summarize what they learned

Instructors should use the video to demonstrate correct performance of skills. Allow students time to practice while following the video demonstration. Observe students' performance of the skills and provide corrective feedback. Finally, give students the option to practice without the video, if needed.

Using the Provider Manual

Each student must have the current *BLS Provider Manual* readily available for use before, during, and after the course.

Students will need to do the following with the provider manual:

- Read it before coming to class
- Bring it to class to use as a resource during the exam
- Refer to it after the course to maintain knowledge

The AHA designed this manual to correspond with the course video. The lesson plans tell you when to refer students to specific sections of the provider manual.









The provider manual is designed for individual use and is an integral part of the student's education. Students may reuse their manuals during renewals or updates until new science guidelines are published.

Students taking HeartCode BLS have access to the *BLS Provider Manual* and other reference materials within the eLearning course. They may access the reference materials for up to 2 years after the date of key activation. Students should be allowed to bring electronic devices into the classroom to access these electronic materials.







Course Outlines and Agendas

BLS Course Outline

Approximate course duration: 3 hours 40 minutes (for all required lessons); student-instructor ratio 6:1; student-manikin ratio 3:1; lesson times below are estimates and can vary from course to course









Lesson	Course event	Lesson plan actions and time estimate (in minutes)
Precourse	Precourse Preparation	
1	Course Introduction	 5
2	1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS	 30
3	AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device	 20
4	2-Rescuer Adult BLS	 9
5	Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest	 10
6	High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)	 26
6A (optional)	Local Protocols Discussion	 20
7	Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR	 10

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Lesson	Course event	Lesson plan actions and time estimate (in minutes)
8	Infant BLS Part 1: Infant BLS Part 2: Infant Compressions Part 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPR Part 5: AED for Infants and Children Less Than 8 Years of Age	 <p>20</p>
9	Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking	 <p>7</p>
10	Conclusion	 <p>5</p>
11	Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test	 <p>40</p>
12	Exam	 <p>25</p>
13	Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation	 <p>15</p>
Postcourse	Immediately After the Course	

BLS Renewal Course Outline

Approximate course duration: 3 hours (for all required lessons); student-instructor ratio 6:1;
student-manikin ratio 3:1; lesson times below are estimates and can vary from course to course










Lesson	Course event	Lesson plan actions and time estimate (in minutes)
Precourse	Precourse Preparation	
1	Course Introduction	 5
2	Adult BLS Part 1: Adult Chains of Survival Part 2: 1-Rescuer Adult BLS Part 3: AED Practice Part 4: Bag-Mask Device	 22
3	Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest	 10
4	High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)	 26
4A (optional)	Local Protocols Discussion	 20
5	Child BLS Part 1: Pediatric Chains of Survival Part 2: 2-Rescuer Child CPR Part 3: Adult CPR and AED Skills Test (Optional)	 9
6	Infant BLS Part 1: Infant Compressions Part 2: 2-Rescuer Infant CPR Part 3: AED for Infants and Children Less Than 8 Years of Age Part 4: Infant CPR Skills Test (Optional)	 18
7	Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking	 7

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Lesson	Course event	Lesson plan actions and time estimate (in minutes)
8	Conclusion	 5
9	Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test	  40
10	Exam	  25
11	Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation	  15
Postcourse	Immediately After the Course	

HeartCode® BLS Outline

Approximate course duration: 2 hours (for all required lessons); student-instructor ratio 6:1; student-manikin ratio 3:1; lesson times below are estimates and can vary from course to course

Lesson	Course event	Lesson plan actions and time estimate (in minutes)
Precourse	Precourse Preparation	
1	Course Introduction	 5
2	Adult BLS Part 1: Scene Safety, Assessment, and Adult Compressions Part 2: Pocket Mask Part 3: 1-Rescuer Adult BLS Part 4: Bag-Mask Device Part 5: 2-Rescuer Adult BLS	 27
3	AED for Adults, Children, and Infants Part 1: AED Review Part 2: AED	 10
4	Special Considerations: Rescue Breathing	 3
5 (optional)	High-Performance Teams Activity	 17
5A (optional)	Local Protocols Discussion	 20
6	2-Rescuer Child CPR	 7
7	Infant BLS Part 1: Infant Compressions Part 2: Bag-Mask Device for Infants Part 3: 2-Rescuer Infant CPR	 15
8	Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking	 8

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Lesson	Course event	Lesson plan actions and time estimate (in minutes)
9	Conclusion	 2
10	Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test	  40
11	Remediation*	 
Postcourse	Immediately After the Course	

*Remediation time will vary depending on need and number of students.

Sample BLS Course Agenda With Optional Lessons

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1;
total time: approximately 4 hours and 15 minutes (with breaks)

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:35	Lesson 2: 1-Rescuer Adult BLS Part 1: Adult Chains of Survival Part 2: Scene Safety, Assessment, and Adult Compressions Part 3: Pocket Mask Part 4: 1-Rescuer Adult BLS
8:35-8:55	Lesson 3: AED and Bag-Mask Device Part 1: AED Part 2: Bag-Mask Device
8:55-9:04	Lesson 4: 2-Rescuer Adult BLS
9:04-9:14	Lesson 5: Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest
9:14-9:40	Lesson 6: High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams Part 3: High-Performance Teams Activity (Optional)
9:40-10:00	Lesson 6A: Local Protocols Discussion (Optional)
10:00-10:10	Break
10:10-10:20	Lesson 7: Child BLS Part 1: Pediatric Chains of Survival Part 2: Child BLS Part 3: 2-Rescuer Child CPR
10:20-10:40	Lesson 8: Infant BLS Part 1: Infant BLS Part 2: Infant Compressions Part 3: Bag-Mask Device for Infants Part 4: 2-Rescuer Infant CPR Part 5: AED for Infants and Children Less Than 8 Years of Age
10:40-10:47	Lesson 9: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
10:47-10:52	Lesson 10: Conclusion
10:52-11:32	Lesson 11: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test

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Time	Lesson
11:32-11:57	Lesson 12: Exam
11:57-12:12	Lesson 13: Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation

Sample BLS Renewal Course Agenda Without Optional Lessons

6 students, 1 BLS Instructor; student-instructor ratio 6:1; student-manikin ratio 3:1;
total time: approximately 3 hours (with breaks)

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:27	Lesson 2: Adult BLS Part 1: Adult Chains of Survival Part 2: 1-Rescuer Adult BLS Part 3: AED Practice Part 4: Bag-Mask Device
8:27-8:37	Lesson 3: Special Considerations Part 1: Mouth-to-Mouth Breaths Part 2: Rescue Breathing Part 3: Breaths With an Advanced Airway Part 4: Opioid-Associated Life-Threatening Emergency Part 5: Maternal Cardiac Arrest
8:37-8:46	Lesson 4: High-Performance Teams Part 1: Team Dynamics Part 2: High-Performance Teams
8:46-8:56	Break
8:56-9:05	Lesson 5: Child BLS Part 1: Pediatric Chains of Survival Part 2: 2-Rescuer Child CPR
9:05-9:23	Lesson 6: Infant BLS Part 1: Infant Compressions Part 2: 2-Rescuer Infant CPR Part 3: AED for Infants and Children Less Than 8 Years of Age
9:23-9:30	Lesson 7: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
9:30-9:35	Lesson 8: Conclusion
9:35-10:15	Lesson 9: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test
10:15-10:40	Lesson 10: Exam
10:40-10:55	Lesson 11: Remediation Part 1: Skills Testing Remediation Part 2: Exam Remediation

Sample HeartCode® BLS Agenda With Optional Lessons

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1;
total time: approximately 2 hours 35 minutes

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:32	Lesson 2: Adult BLS Part 1: Scene Safety, Assessment, and Adult Compressions Part 2: Pocket Mask Part 3: 1-Rescuer Adult BLS Part 4: Bag-Mask Device Part 5: 2-Rescuer Adult BLS
8:32-8:42	Lesson 3: AED for Adults, Children, and Infants Part 1: AED Review Part 2: AED
8:42-8:45	Lesson 4: Special Considerations: Rescue Breathing
8:45-9:02	Lesson 5: High-Performance Teams Activity (Optional)
9:02-9:22	Lesson 5A: Local Protocols Discussion (Optional)
9:22-9:29	Lesson 6: 2-Rescuer Child CPR
9:29-9:44	Lesson 7: Infant BLS Part 1: Infant Compressions Part 2: Bag-Mask Device for Infants Part 3: 2-Rescuer Infant CPR
9:44-9:52	Lesson 8: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
9:52-9:54	Lesson 9: Conclusion
9:54-10:34	Lesson 10: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test
	Lesson 11: Remediation*

*Remediation time will vary depending on need and number of students.

Sample HeartCode® BLS Agenda Without Optional Lessons

12 students, 2 BLS Instructors; student-instructor ratio 6:1; student-manikin ratio 3:1;
total time: approximately 2 hours

Time	Lesson
8:00-8:05	Lesson 1: Course Introduction
8:05-8:32	Lesson 2: Adult BLS Part 1: Scene Safety, Assessment, and Adult Compressions Part 2: Pocket Mask Part 3: 1-Rescuer Adult BLS Part 4: Bag-Mask Device Part 5: 2-Rescuer Adult BLS
8:32-8:42	Lesson 3: AED for Adults, Children, and Infants Part 1: AED Review Part 2: AED
8:42-8:45	Lesson 4: Special Considerations: Rescue Breathing
8:45-8:52	Lesson 6: 2-Rescuer Child CPR
8:52-9:07	Lesson 7: Infant BLS Part 1: Infant Compressions Part 2: Bag-Mask Device for Infants Part 3: 2-Rescuer Infant CPR
9:07-9:15	Lesson 8: Relief of Choking Part 1: Adult and Child Choking Part 2: Infant Choking
9:15-9:17	Lesson 9: Conclusion
9:17-9:57	Lesson 10: Skills Test Part 1: Adult CPR and AED Skills Test Part 2: Infant CPR Skills Test
	Lesson 11: Remediation*

*Remediation time will vary depending on need and number of students.