

STUDENT

User Guide for
HeartCode
BLS



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Frequently Asked Questions are located throughout this guide.

HeartCode BLS Overview

The American Heart Association's HeartCode BLS program is a self-directed learning program that allows you to practice at your own pace. As you practice, you will receive objective feedback on the evaluation of your skills.

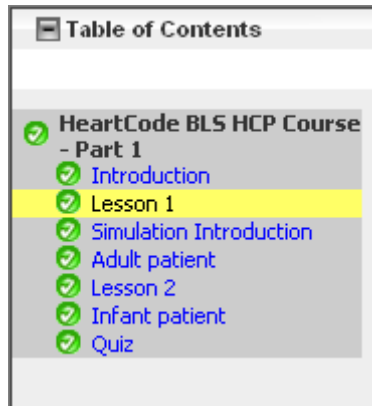
HeartCode BLS contains all of the lessons from the BLS Healthcare Provider text. Once you are in the Lesson, if you would like more detail, click on the specific activity.

The screenshot shows the top of the HeartCode BLS interface. On the left, a flowchart lists the steps: 'Assess responsiveness', 'Open airway A', 'Assess breathing Give 2 breaths B', and 'Check Pulse Begin CPR C'. Red arrows point from the 'A', 'B', and 'C' boxes to the right. On the right, text reads: 'Explore the steps of the BLS algorithm by clicking the items in the boxes to the left. When you feel ready to assess the adult victim, please click "Continue"'. The American Heart Association logo and 'Learn and Live...' slogan are in the top right corner.

You can then click on the picture for more information and you can click on the link to the provider text.

This screenshot shows the 'Check pulse (adults & children)' section. On the left is a flowchart with the 'Check Pulse Begin CPR C' step highlighted. To the right is an illustration of a person's neck with a hand feeling for a pulse. Below the illustration is the text 'Feeling for pulse' and a red link 'Click picture to learn more'. To the right of the illustration is the heading 'Check pulse (adults & children)' followed by text: 'In an emergency situation, a trained healthcare provider should feel for a carotid pulse to assess circulation. This evaluation should take at least 5 and no more than 10 seconds.' Below this text is another red link: 'Click here to read more in the BLS for Healthcare Providers - Student's Manual'. Red circles and arrows highlight the illustration, the 'Feeling for pulse' text, and the second link.

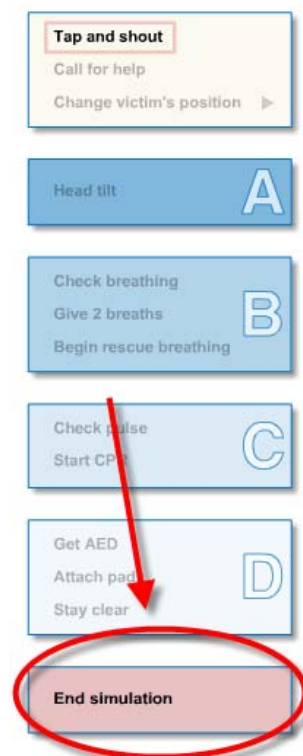
You can review the material from start to finish or choose the specific topics on which you would like to focus. In order to navigate to specific topics, use the Table of Contents in the top left corner.



- HeartCode BLS HCP Course
 - Part 1
 - Introduction
 - Lesson 1
 - Simulation Introduction
 - Adult patient
 - Lesson 2
 - Infant patient
 - Quiz

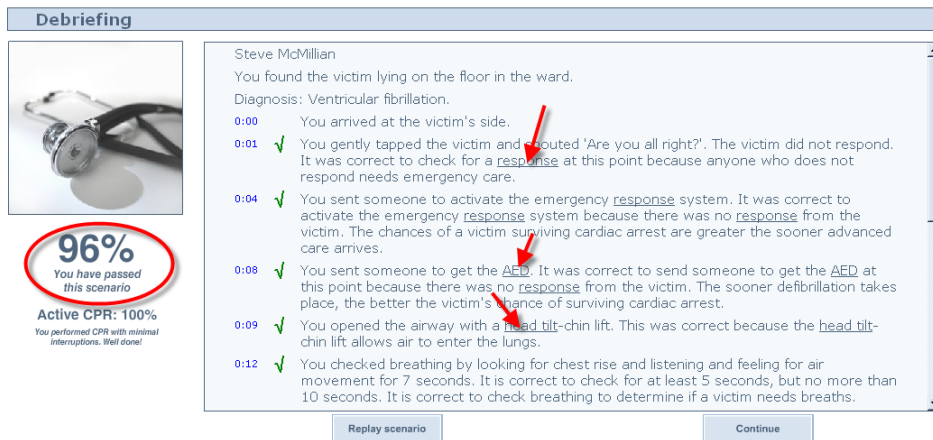
Patient Case Scenarios

HeartCode BLS features microsimulation technology. Realistic patient cases will require you to interact with the program, assess the patient, formulate a treatment plan based on the BLS algorithms, and effect treatment. When you are working on the patient cases, you can submit the scenario for evaluation whenever you feel confident that you have completed all the necessary steps to care for the patient. Submit the scenario by clicking on "End Simulation".




Debriefing

Upon completion of a given scenario, you are presented with a detailed debriefing screen. The debriefing is an account of your actions, both correct and incorrect. Suggestions for improvement are offered and all appropriate reference material is hyperlinked to the debriefing, allowing for immediate remediation.



Debriefing



96%
You have passed this scenario
Active CPR: 100%
You performed CPR with minimal interruptions. Well done!

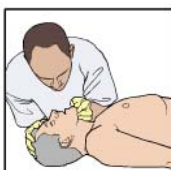
Steve McMillian
You found the victim lying on the floor in the ward.
Diagnosis: Ventricular fibrillation.

- 0:00 You arrived at the victim's side.
- 0:01 ✓ You gently tapped the victim and shouted 'Are you all right?'. The victim did not respond. It was correct to check for a response at this point because anyone who does not respond needs emergency care.
- 0:04 ✓ You sent someone to activate the emergency response system. It was correct to activate the emergency response system because there was no response from the victim. The chances of a victim surviving cardiac arrest are greater the sooner advanced care arrives.
- 0:08 ✓ You sent someone to get the AED. It was correct to send someone to get the AED at this point because there was no response from the victim. The sooner defibrillation takes place, the better the victim's chance of surviving cardiac arrest.
- 0:09 ✓ You opened the airway with a head tilt-chin lift. This was correct because the head tilt-chin lift allows air to enter the lungs.
- 0:12 ✓ You checked breathing by looking for chest rise and listening and feeling for air movement for 7 seconds. It is correct to check for at least 5 seconds, but no more than 10 seconds. It is correct to check breathing to determine if a victim needs breaths.

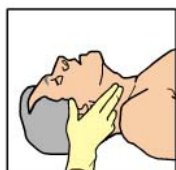
Replay scenario Continue

Mini Games

Mini Games reinforce BLS concepts taught in the Lessons. You will complete the Mini Games before starting the patient case scenarios.



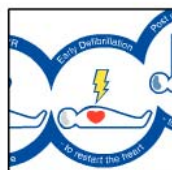
Mini game:
Look-listen-feel



Mini game:
Check pulse



Mini game:
Compression rate



Mini game:
The Chain of Survival

Once you click on the Mini Game icon, you will be instructed on how to use your mouse in order to complete the Mini Game.



Assess breathing

Move the pointer over the picture and press and hold down the mouse button to assess the victim's breathing. When you think you have allowed enough time to do this then release the button.

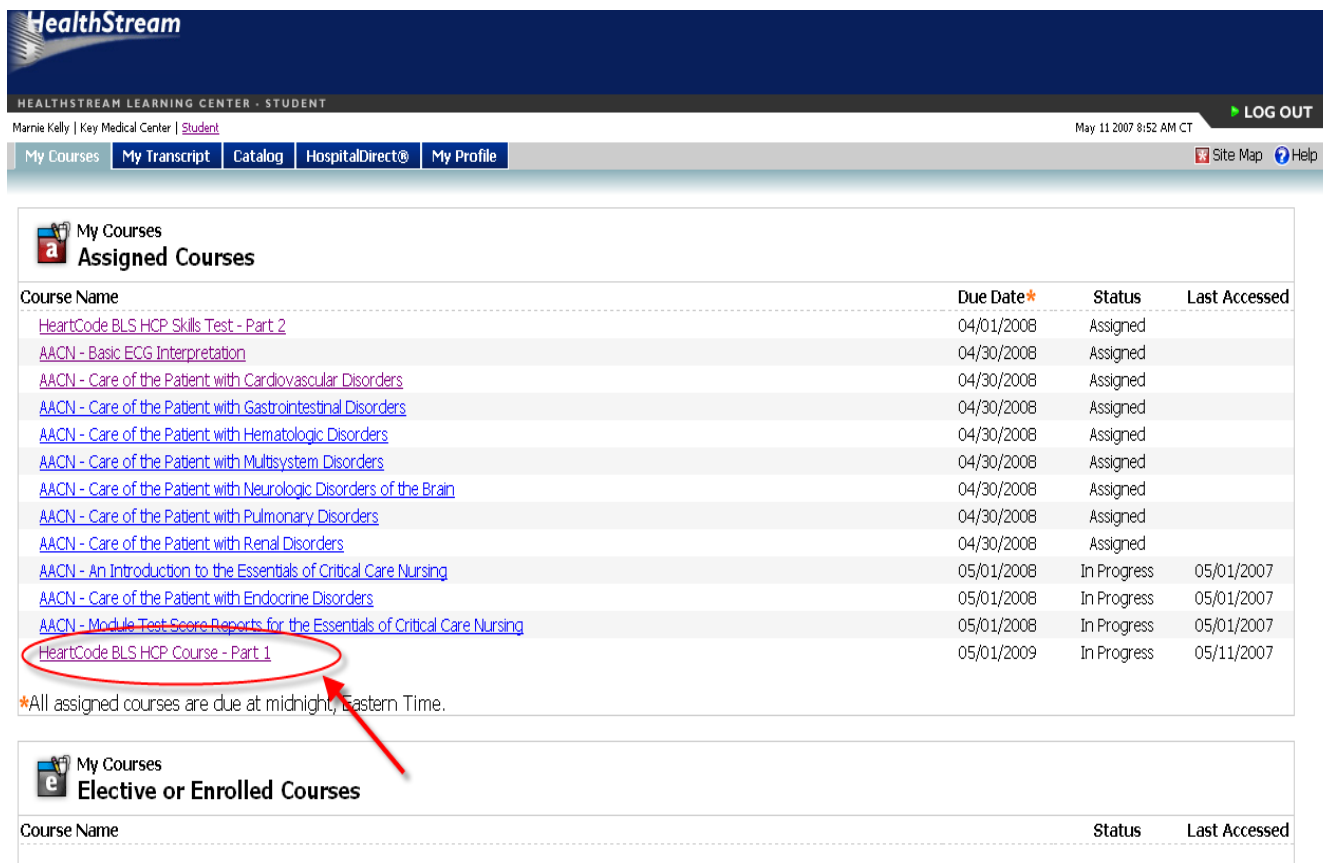
Continue



Mini Games are a required component for completion of HeartCode BLS.

How to Access HeartCode BLS Part One

1. Sign on to HealthStream
2. Under "My Courses", select HeartCode BLS HCP – Part 1:




The screenshot shows the HealthStream Learning Center Student interface. The top navigation bar includes the HealthStream logo, the text "HEALTHSTREAM LEARNING CENTER - STUDENT", and a "LOG OUT" button. Below the navigation bar, the user's name "Marnie Kelly | Key Medical Center | Student" and the date "May 11 2007 8:52 AM CT" are displayed. The main navigation menu includes "My Courses", "My Transcript", "Catalog", "HospitalDirect@", and "My Profile". The "My Courses" section is active, showing a list of assigned courses. The course "HeartCode BLS HCP Course - Part 1" is circled in red, and a red arrow points to it. Below the list of courses, a note states: "*All assigned courses are due at midnight, Eastern Time." The "Elective or Enrolled Courses" section is also visible but empty.

Course Name	Due Date*	Status	Last Accessed
HeartCode BLS HCP Skills Test - Part 2	04/01/2008	Assigned	
AACN - Basic ECG Interpretation	04/30/2008	Assigned	
AACN - Care of the Patient with Cardiovascular Disorders	04/30/2008	Assigned	
AACN - Care of the Patient with Gastrointestinal Disorders	04/30/2008	Assigned	
AACN - Care of the Patient with Hematologic Disorders	04/30/2008	Assigned	
AACN - Care of the Patient with Multisystem Disorders	04/30/2008	Assigned	
AACN - Care of the Patient with Neurologic Disorders of the Brain	04/30/2008	Assigned	
AACN - Care of the Patient with Pulmonary Disorders	04/30/2008	Assigned	
AACN - Care of the Patient with Renal Disorders	04/30/2008	Assigned	
AACN - An Introduction to the Essentials of Critical Care Nursing	05/01/2008	In Progress	05/01/2007
AACN - Care of the Patient with Endocrine Disorders	05/01/2008	In Progress	05/01/2007
AACN - Module Test Score Reports for the Essentials of Critical Care Nursing	05/01/2008	In Progress	05/01/2007
HeartCode BLS HCP Course - Part 1	05/01/2009	In Progress	05/11/2007

*All assigned courses are due at midnight, Eastern Time.



Course Name	Status	Last Accessed
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3. Under "Course Activities", click on HeartCode BLS HCP Course.

 **Course Details**
HeartCode BLS HCP Course - Part 1

Course Activities

Click the "Course Overview" link above to review the course description, learning objectives, and all available CE credit prior to beginning the learning activities below.

Activity	Status	Score	Last Accessed*
 HeartCode BLS HCP Course**	Not Yet Viewed		
 Evaluation**	Not Yet Viewed		

*All times listed in Eastern time zone.

4. Read the Disclaimer and if you agree, click on "I accept these terms" and Continue.

No responsibility is assumed by the authors, Laerdal Medical AS or the American Heart Association for any injury and/or damage to persons or property as a matter of liability, negligence or otherwise, or from any use or operation of any methods, products, instructions or ideas contained in this program. Because of rapid advances in the medical sciences, Laerdal Medical AS recommends that independent verification of diagnosis and drug dosages should be made by the appropriate medical authorities responsible for the medical control of your place of work.



I accept these terms

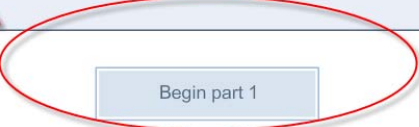
Continue

5. Select "Begin Part 1".

Welcome to the American Heart Association HeartCode BLS Course

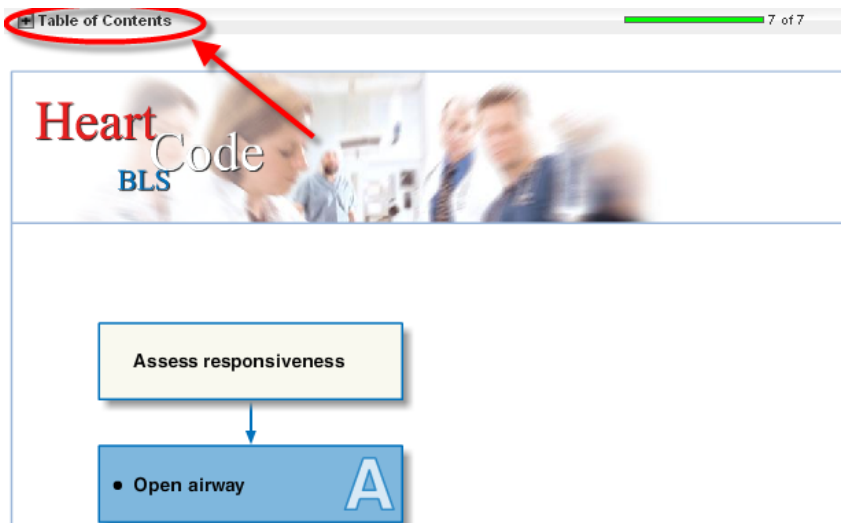
To claim your Healthcare Provider BLS card with this online program you have to complete the following two parts:

	<p>The online cognitive part</p> <p>The cognitive part consists of three different steps that each must be completed:</p> <ol style="list-style-type: none">1. Adult victim – a simulated case, where you must treat an adult victim2. Infant victim – again you are challenged to help a victim; this time an infant3. Multiple choice quiz – where your overall knowledge as a BLS provider will be tested. <p><i>The cases are preceded by short interactive lessons that will take you through algorithms and skills assessed in the simulators.</i></p>
	<p>The skills test</p> <p>The Heartcode BLS system provides an automated skills test system on a sensorized manikin. Please go to the skills test system and complete your skills test (*).</p> <p><i>Upon completion of your skills test a Healthcare Provider BLS card will be issued in your name.</i></p> <p><small>(*) might not be available at all sites, and can be substituted by a manual skills test performed by an AHA certified instructor. Please talk to your local administrator if you have questions.</small></p>

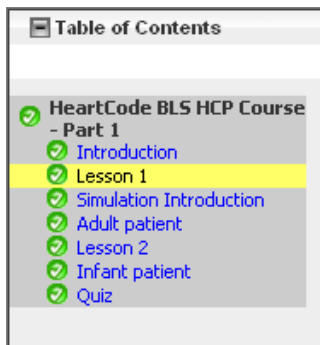


Self Navigation Instructions

The program will automatically proceed through each section of the program: introduction, lessons and testing. You can choose to navigate through the program manually by clicking on the plus sign: *+ Table of Contents* in the upper left corner.



This will display a drop down menu. You will receive a green checkmark for each section you successfully complete.



NOTE: Click on each section even if you do not go through the detail of that section.

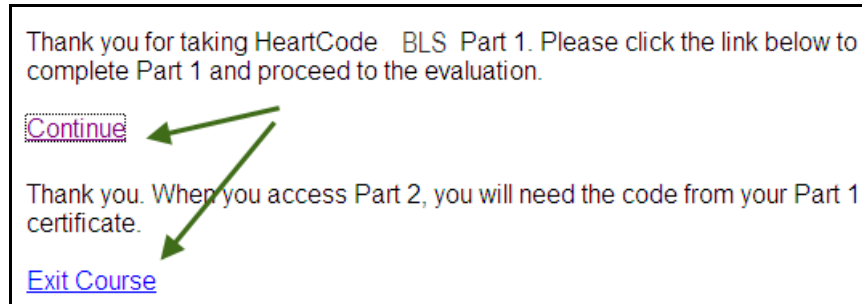
Course Components

Overview Video	Video will provide the student with an introduction to the course and provides an explanation of navigation, cognitive testing, and the manikin skills check testing.
Introduction	Introduction to BLS for the Healthcare Provider
Lesson 1	Adult and Child BLS Lessons
Simulation Introduction	Introduction to microsimulation testing. This section will explain how to navigate the patient cases and let you know what to expect.
Adult Patient	Exam: Simulated case for treatment of an adult patient
Lesson 2	Infant BLS Lessons
Infant Patient	Exam: Simulated case for the treatment of an infant patient
Quiz	Exam: Multiple choice questions testing your overall BLS knowledge

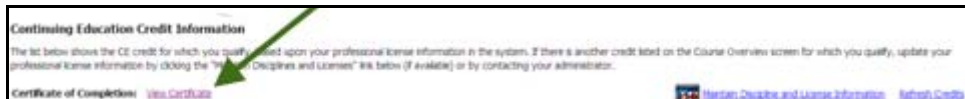
Evaluation



After completing Part 1, follow the prompts which will instruct you to click “Continue” then “Exit Course” as shown below. Click the link and proceed to the course evaluation. The evaluation will not automatically appear.



You must complete the course evaluation in order to print your certificate and receive completion code before proceeding to Part 2.

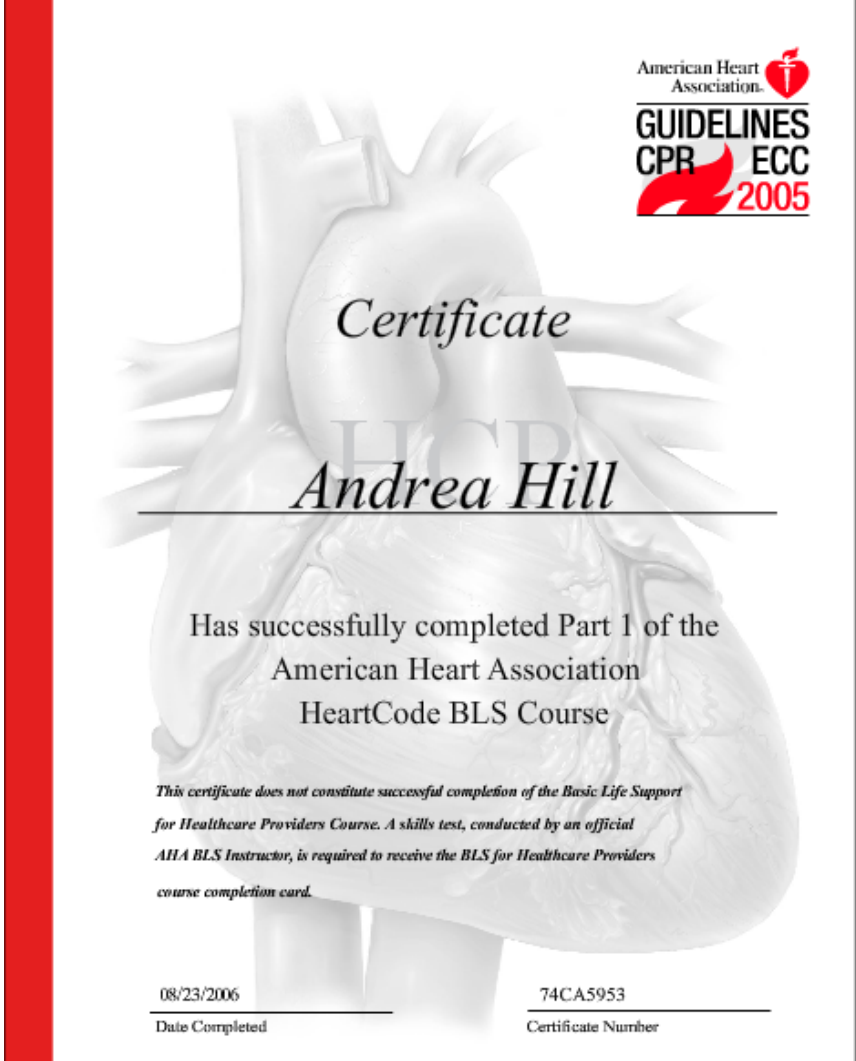


HeartCode BLS - Part One Certificate

After completing "HeartCode BLS HCP - Part 1" including a multiple choice exam, and the course evaluation, you will receive a certificate of completion.



NOTE: This course will be available on your transcript for review at any time over the next two years (until you next re-certification).



HeartCode BLS - Part Two Instructions

1. From the My Courses page, select HeartCode BLS HCP Skills Test - Part 2

My Courses My Transcript Catalog HospitalDirect® My Profile Site Map Help

[Upcoming Classes](#) [Classes to be Registered](#)

My Courses
Assigned Courses

Course Name	Due Date*	Course Status
HeartCode BLS HCP Skills Test - Part 2	07/31/2007	Assigned


*All assigned courses are due at midnight, Eastern Time.

2. Click on "HeartCode BLS HCP Skills" under Learning Activity

Course Details
HeartCode BLS HCP Skills Test - Part 2

[Course Overview](#) [Exit Course](#)

Course Learning Activities
You are enrolled in this course. Click the "Course Overview" link above to review the course description, learning objectives, and all available CE credit prior to beginning the learning activities below. (For CE Credit Information, scroll down.)

Learning Activity	Status	Score	Last Accessed
 HeartCode BLS HCP Skills*	Not Yet Started		

3. You will be asked to enter your certificate code from Part One.



Instructions: Enter the code from your Certificate of Completion for the cognitive portion of HeartCode BLS and click submit.

Certificate Code:

Information and Support

Should you experience technical difficulties or need assistance in using this course, contact customer service at:

Phone: 1-800-521-0574

Email: customer.service@healthstream.com

4. Determine how you will complete "HeartCode BLS HCP Skills Test - Part 2"

(Manikin or Instructor Led):

- a) Option 1: Online Manikin Skills Assessment: You will complete the HeartCode BLS HCP Skills Test - Part 2 using the manikin. The system records the completion on your transcript once you have successfully completed the course. See additional instructions below.
- b) Option 2: Instructor Led Skills Assessment: An instructor observes and grades your skills. If you select this option, you will be prompted to record

an 8-digit code and present this code to the instructor. You will then complete the skills assessment, and the instructor enters this code into the Instructor Tool (details provided in Administrator Users Guide). The system then validates this code and scores a completion for the course on your transcript.



(Note: If you forget to record the 8-digit code, you can go back to the "My Courses" page and select HeartCode BLS HCP Skills Test - Part 2 then select the option for "Instructor" and receive the same code).



Welcome to the HeartCode BLS Skills Test.

Instructions: If you are going to take the skills test online, and have a manikin connected to this computer, select "Manikin" below. If you are going to take the skills test offline with an instructor, select "Instructor" below. If you would like to exit without making a decision at this time, select "Exit".

Manikin

Instructor

Exit

Part 2 Skills Check with Manikins

1. From the My Courses page, select HeartCode BLS HCP Skills Test - Part 2
2. Click on "Begin Part 2".

HeartCode BLS

American Heart Association
Learn and Live™

Welcome to the American Heart Association HeartCode BLS Course

To claim your Healthcare Provider BLS card with this online program you have to complete the following two parts:

1

The online cognitive part
The cognitive part consists of three different steps that each must be completed:

1. Adult victim – a simulated case, where you must treat an adult victim
2. Infant victim – again you are challenged to help a victim; this time an infant
3. Multiple choice quiz – where your overall knowledge as a BLS provider will be tested.

The cases are preceded by short interactive lessons that will take you through algorithms and skills assessed in the simulators.

2

The skills test
The Heartcode BLS system provides an automated skills test system on a sensorized manikin. Please go to the skills test system and complete your skills test (*)

Upon completion of your skills test a Healthcare Provider BLS card will be issued in your name.

(*) might not be available at all sites, and can be substituted by a manual skills test performed by an AHA certified instructor. Please talk to your local administrator if you have questions.

Begin part 2

3. The computer will automatically start "Searching for manikins". This may take a few minutes to complete. Once completed, all skills check activities will appear in bold print.



Please watch the introductory video before beginning the assessment.

Manikin assessment - please select from the menu below



Adult manikin - none found

- Begin introduction to the adult assessment
- Begin chest compressions assessment
- Begin ventilations assessment
- Begin CPR assessment

Infant manikin - none found

- Begin introduction to the infant assessment
- Begin chest compressions assessment
- Begin ventilations assessment
- Begin CPR assessment

v2.0.0

No manikin located. Check cables and click here to repeat search.

4. Complete all 6 skills checks:

Adult Manikin

Introduction to the Adult Assessment

- Begin ventilations assessment
- Begin chest compression assessment
- Begin CPR assessment

Infant Manikin

Introduction to the Infant Assessment

- Begin ventilations assessment
- Begin chest compression assessment
- Begin CPR assessment

5. Click on each skill and listen to the instructions. Complete the skill as indicated and continue through the grading screens. A check mark in the box will show successful completion of that skill.

Manikin practice – *please select from the menu below*



Adult manikin

- Begin ventilations assessment
- Begin chest compressions assessment
- Begin CPR assessment

Infant manikin

- Begin ventilations assessment
- Begin chest compressions assessment
- Begin CPR assessment

Continue

Manikin Helpful Hints

Depending on your facility's policy, you may either use the Bag Valve Mask (BVM) device or a manikin Face Shield for ventilations. If available, try both methods.

Adult Manikin

Ventilations:

- Open the airway.
- Allow for 5-6 seconds between ventilations.
- When using the BVM obtain a good seal with the face mask. Use the "E" and "C" techniques (as described in the adult lessons).
- When doing mouth-to-mouth resuscitation, pinch the nose closed and get a good seal around the mouth.

Compressions:

- Hold your hands in the proper position (as described in the adult lessons).
- Compress at a rate of 100 compressions per minute.

Infant Manikin

Ventilations:

- Open the airway; however, do not hyperextend the neck by opening the airway too far - this will close off the airway.
- Allow for 3-5 seconds between ventilations.

Compressions:

- Place your fingers in the proper position (as described in the infant lessons)
 - Draw an imaginary line between the nipples. Place 2 fingers on the breast bone, just below this line.

- To give chest compressions, press the infant's breastbone $\frac{1}{3}$ to $\frac{1}{2}$ the depth of the chest.
- Compress at a rate of 100 compressions per minute.