

Basic Life Support (BLS)

Basic Life Support (BLS) is the foundation for saving lives after cardiac arrest. Participant will learn the skills of high-quality cardiopulmonary resuscitation (CPR) for victims of all ages and will participate delivery of these skills both as a single rescuer and as a member of multi-rescuer team. The skills participants will learn in this course will enable you to recognize cardiac arrest, activate the emergency response system early, and respond quickly and confidently. The BLS course focuses on what rescuer needs to know to perform high-quality CPR in a wide variety of settings. Participant will also learn how to respond to choking emergencies.

Course Outline

Part 1: General Concepts

Introduction

- BLS Course Objectives
- Provider Manual
- Age Definitions
- Boxes
- Review Questions
- Student Notes

High-Quality CPR

- Your Approach to a Resuscitation Attempt
- Personal Protective Equipment

The Chain of Survival

- Learning Objectives
- Adult Chain of Survival Chain of Survival for an In-Hospital Cardiac Arrest
- Key Differences Between IHCA and OHCA Chains of Survival
- Importance of Each Link in the Chain of Survival
- Pediatric Chain of Survival

Cardiac Arrest or Heart Attack?

Review

Student Notes

Part 2: BLS for Adults

BLS General Concepts

- Overview
- Learning Objectives
- Basic Framework for CPR
- High-Performance Rescue Teams
- Main Components of CPR

BLS Health Provider Adult Cardiac Arrest Algorithm

Adult 1-Rescuer BLS Sequence

- Introduction
- Verify Scene Safety, Check for Responsiveness, and Get Help
- Assess for Breathing and Pulse
- Locating the Carotid Pulse
- Determine Next Actions
- Begin High-Quality CPR, Starting with Attempt Defibrillation with the AED
- Resume High-Quality CPR

Adult Chest Compressions

- Importance of Chest Compressions
- High-Quality Chest Compressions
- Chest Compression Technique
- Alternate Technique for Chest Compressions

Adult Breaths

Opening the Airway

- Introduction
- Head Tilt-Chin Lift
- Jaw Thrust
- Jaw-Thrust Manwuver

Barrier Devices

- Introduction
- Pocket Mask
- Use of a Pocket Mask

Bag-Mask Devices

- Bag-Mask Device
- Bag-Mask Ventilation Technique (1 Rescuer)
- Bag-Mask Ventillation Technique (2 Rescuer+)

Adult 2-Rescuer BLS Sequence

- Introduction
- Verify Scene Safety, Check for Responsiviness, and Get Help
- Assess for Breathing and Pulse
- Determine Next Actions
- Begin High-Quality CPR, Starting with Chest Compressions
- Resume Hight-Quality CPR

Team Roles and Duties for 2-Rescuer CPR

- Rescuer Tasks

Review**Student Notes****Part 3: Automated External Defibrillator for Adults and Children 8 Years of Age and Older****General Concepts**

- Overview
- Learning Objectives
- Early Defibrillation
- Public-Access Defibrillation
- AED Arrival

Using the AED

- Be Familiar with the AED Equipment in Your Setting
- Universe steps for Operating an AED
- Do Not Delay High-Quality CPR After AED Use

Special Circumstances

- Hairy Chest
- Waiter
- Implanted Defibrillation and Pacemakers
- Transdermal Medical Patches

Review**Student Notes**

Part 4: Team Dynamics

General Concepts

Overview

Learning Objectives

Elements of Effective Team Dynamics

Roles During a Resuscitating Attempt

Clear Roles and Responsibilities

Knowing Your Limitations

Constructive Intervention

What to Communicate

Knowledge Sharing

Summarizing and Reevaluating

How to Communicate

Closed-Loop Communication

Clear Messages

Mutual Respect

Debriefing

Review

Student Notes

Part 5: BLS for Infants and Children

General Concepts

Overview

Learning Objectives

BLS Healthcare Provider Pediatric Cardiac Arrest Algorithm for the Single Rescuer

Infant and Child 1-Rescuer BLS Sequence

Introduction

Verify Scene Safety, Check for Responsiveness, and Get Help

Assess for Breathing and Pulse

Infant: Locating the Brachial Artery Pulse

Child: Locating the Femoral Artery Pulse

Determine Next Actions

Was the Collapse Sudden?

Begin High-Quality CPR, Starting with Chest Compressions

Attempt Defibrillation with the AWD

Resume High-Quality CPR

Infant / Child Chest Compressions

Compression Rate and Compression-to-Ventilation Ratio

Chest Compression Technique

Infant (1 Rescuer): 2-Finger Technique

Infant: (2 Thumb-Encircling Hands Technique)

Infant/ Child Breaths

Opening the Airway

Why Breaths Are Important for Infants and Children in Cardiac Arrest

Ventilation for an Infant or Child with a Barrier Device

BLS Healthcare Provider Pediatric Cardiac Arrest Algorithm for 2 or More Rescuers

Infant and Child 2-Rescuer BLS Sequence

Introduction

Verify Scene Safety, Check for Responsiveness, and Get Help

Assess for Breathing and Pulse

Determine Next Actions

Begin High-Quality CPR, Starting with Chest Compressions

Attempt Defibrillation with the AED

Resume High-Quality CPR

Review

Student Notes

Part 6: Automated External Defibrillator for Infants and Children Less Than 8 Years of Age

AED for Infants and Children

Overview

Learning Objectives

Be Familiar with the AED Equipment in Your Setting

Pediatric-Capable AEDs

Delivering a Pediatric Shock Dose

Choosing and Placing the AED Pads

Use of an AED for Infants

Review

Student Notes

Part 7: Ventilation Techniques

Learning Objectives

CPR and Breaths with an Advanced Airway

Rescue Breathing

Techniques for Giving Breaths without a Barrier Device

Overview

Mouth-to-Mouth Breathing for Adults and Children Breathing Techniques for Infants

Review

Student Notes

Part 8: Opioid-Associated Life-Threatening Emergencies

General Concepts

Overview

Learning Objectives

What Are Opioids?

Adverse Effects

Antidote to Opioid Overdose

Naloxone Autoinjector

Intranasal Naloxone

Opioid-Associated Life Threatening Emergency (Adult) Sequence

Opioid-Associated Life-Threatening Emergency Response Sequence

Review

Student Notes

Part 9: Choking Relief for Adult, Children, and Infants

General Concepts

Overview

Learning Objectives

Signs of Choking

Choking Relief in a Responsive Adult or Child

Abdominal Thrusts

Abdominal Thrusts with Victim Standing or Sitting

Choking Relief in an Unresponsive Adult or Child

Choking Relief in an Unresponsive Adult or Child

Actions After Choking Relief

Choking Relief in infants

Choking Relief in a Responsive Infant

Choking Relief in an Unresponsive Infant

Review

Student Notes

Appendix

- **Summary of High-Quality CPR Components for BLS Providers**
- **Adult CPR and AED Skills Testing Checklist**
- **Adult CPR and AED Skills Testing Critical Skills Descriptors**
- **Infant CPR Skills Testing Checklist**
- **Infant CPR Skills Testing Critical Skills Descriptors**
- **Answers to Review Questions**
- **Recommended Reading**

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