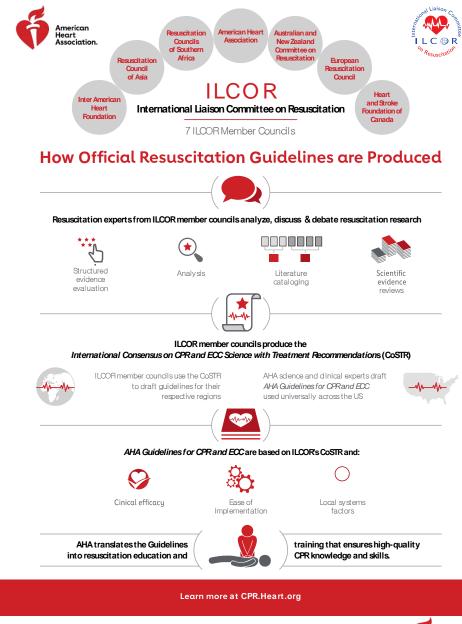


American Heart Association.

# BLS Instructor Essentials Course: The PAM

October 2024

#### Resuscitation Guidelines





### **American Heart Association**

- The American Heart Association (AHA) is the nation's oldest and largest voluntary organization dedicated to fighting heart disease and stroke
  - Our mission is to build healthier lives, free of cardiovascular disease and stroke
  - We are a trusted leader in emergency cardiovascular care (ECC) and train people around the world in how to save lives with CPR and first aid
  - AHA Global Training has set up International Training Centers (ITCs) to provide quality ECC training across the world
- AHA 2024 goal:
  - Every person deserves the opportunity for a full, healthy life. As champions for health equity, by 2024, the AHA will advance cardiovascular health for all, including identifying and removing barriers to healthcare access and quality



#### **AHA Mission Statement**



To be a relentless force for a world of longer, healthier lives



### **Instructor Core Competencies**

The AHA has defined 5 core competencies for all instructor candidates:

- Skills
- Course delivery
- Testing
- Professionalism
- Program administration



### Skills

Instructors need to demonstrate mastery in all skills for the courses that they teach. This includes both cognitive and psychomotor skills.



### **Course Delivery**

Instructors need to teach AHA materials correctly and as outlined in the appropriate instructor manual and lesson plans.











#### Testing

#### Instructors must be able to test students effectively.

#### Basic Life Support Adult CPR and AED **Skills Testing Checklist**



#### Student Name

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."

Date of Test

#### Assessment and Activation

Checks responsiveness □ Shouts for help/Activates emergency response system/Sends for AED Checks breathing 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 Adult Compressions

- 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)
- Complete recoil after each compression

#### Adult Breaths

- 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 □ Compressions □ Breaths □ 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)

Powers on AED	Correctly attaches pads	Clears for analysis
Clears to safely deliver a shock		Safely delivers a shock

#### **Resumes Compressions**

- Ensures compressions are resumed immediately after shock delivery
- · Student directs instructor to resume compressions or
- · Second student resumes compressions

#### STOP TEST

#### Instructor Notes

- · Place a check in the box next to each step the student completes successfully.
- 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).

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

Instructor Initials Instructor Number

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#### Professionalism

Instructors need to maintain a high standard of ethics and professionalism when teaching AHA courses.



### **Program Administration**

Instructors need to be able to manage time, space, materials, and paperwork in compliance with AHA guidelines.

**Emergency Cardiovascular Care** 

#### Program Administration Manual

Guidelines for Program Administration and Training

International Version

### **Program Administration Manual:** International Version

**Emergency Cardiovascular Care** 

Program Administration Manual Guidelines for Program Administration and Training

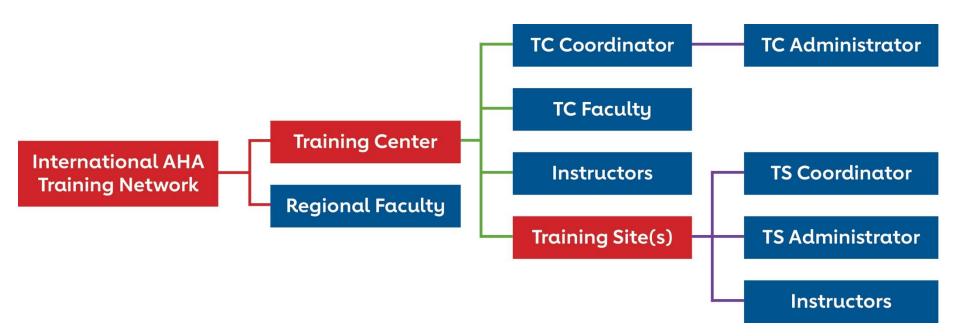
International Version

Effective April 1, 2022

Always refer to the most up-to-date international version



### International AHA Training Network Structure





Abbreviations: TC, Training Center; TS, Training Site.

# The Role of the International Training Center

ITCs are responsible for

- The administration and quality of all ECC courses, whether delivered directly by the ITC or aligned Training Sites (TS) and instructors, regardless of the course location
- Providing aligned instructors and TS with consistent and timely communication of any new or updated information that could potentially affect an instructor in carrying out their responsibilities
- Serving as the principal resource for information, support, and quality control for all AHA ECC Instructors aligned with the ITC
- The day-to-day management of the ITC, TS, and instructors



### **Training Center Coordinator (1 of 3)**

- Represents the ITC and is selected by the ITC
- Serves as the primary contact between the ITC and AHA ECC Programs
- Does not need to be an AHA ECC Instructor
- Has an understanding of ECC Programs



### **Training Center Coordinator (2 of 3)**

- Handles the management and storage of ITC records
- Is responsible for the security and distribution of course completion cards
- Is responsible for the security and distribution of exams to instructors and TS



### **Training Center Coordinator (3 of 3)**

- Manages instructors and TS for the ITC
- Manages instructor alignment on the AHA platform
- Manages the instructors and rosters on the AHA platform
- Appoints and manages all ITC Faculty for the ITC





# **Regional Faculty**

- Appointed volunteers who serve as science and curriculum experts to ITCs and instructors
- Conduct course monitoring on a routine basis and as requested by the AHA
- May monitor, update, coach, and mentor Training Center Faculty (TCF) and instructors upon request of the assigned ITC
- May conduct science and training updates in the region, as requested by AHA International

*Note:* The AHA reviews Regional Faculty assignments to avoid conflict of interest and has final authority in assignment decisions

#### Training Center Faculty



Serves as quality assurance and educational leadership for the ITC



Conducts instructor courses and is responsible for monitoring, updating, and coaching instructors



Each ITC must appoint at least 1 TCF in each discipline it teaches; the recommended ratio is at least 1 TCF per 8 to 12 instructors



### **Electronic Resources**

- AHA online courses: eLearning.heart.org
- AHA eBookstore: <u>ebooks.heart.org</u>
- New platform:

atlas.heart.org

For Europe: ahainternational.eu.learning.laerdal.com

- Outside the United States, AHA International website: <u>international.heart.org</u>
- To order products directly from the AHA: <u>shopcpr.heart.org</u>

Refer to the PAM: International Version for other electronic resources.



#### **Course Formats**







Instructor-led course

HeartCode<sup>®</sup> (Blended learning) Resuscitation Quality Improvement<sup>®</sup> (RQI<sup>®</sup>)



#### **Course Formats: HeartCode**

Coach



Welcome to the HeartCode BLS Adaptive Learning for Verified CPR Performance.

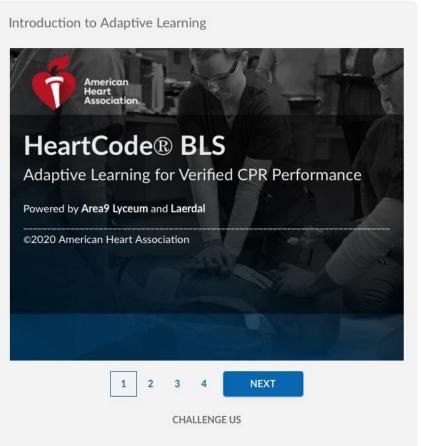
This adaptive learning module is powered by Area9 Lyceum and Laerdal.





How well do you know this subject? Your learning path will be adjusted accordingly.





Basic Life Support	
Introduction to Adaptive Learning	
Course Overview	
Adult Chain of Survival	
Describe the Steps of the Chain of Survival	
High-Quality CPR in Adults	
Describe the Steps to Take for Scene Safety and Asse	
Describe How to Check the Pulse for an Unresponsiv	
Identify the Critical Components of Chest Compressi	
Describe the Importance of a Chest Compression Fe	
Describe How to Open the Airway for Breaths	
Describe How to Use a Pocket Mask	
Recognize When to Use a Bag-Mask Device to Deliv	
Order the Steps for How to Use a Bag-Mask Device	
Recognize How to Deliver Breathes Using a Bag-Mas	
Adult BLS	
Describe Why an AED Is Needed	
Describe the Functionality of an AED	
Describe What the Rescuer Should Do After the AE	
Determine When the Rescuer Operating the AED Sh	



### **Course Formats: RQI**



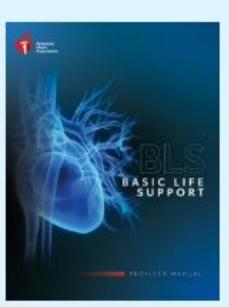
https://www.youtube.com/watch?v=top2tVqgZDI



#### **Required Instructor Materials**

All AHA Instructors are required to have their own current copy of instructor manuals and provider manuals or student workbooks for each discipline that they teach.





BLS Course Digital Video American Heart Association



### **Course Equipment**

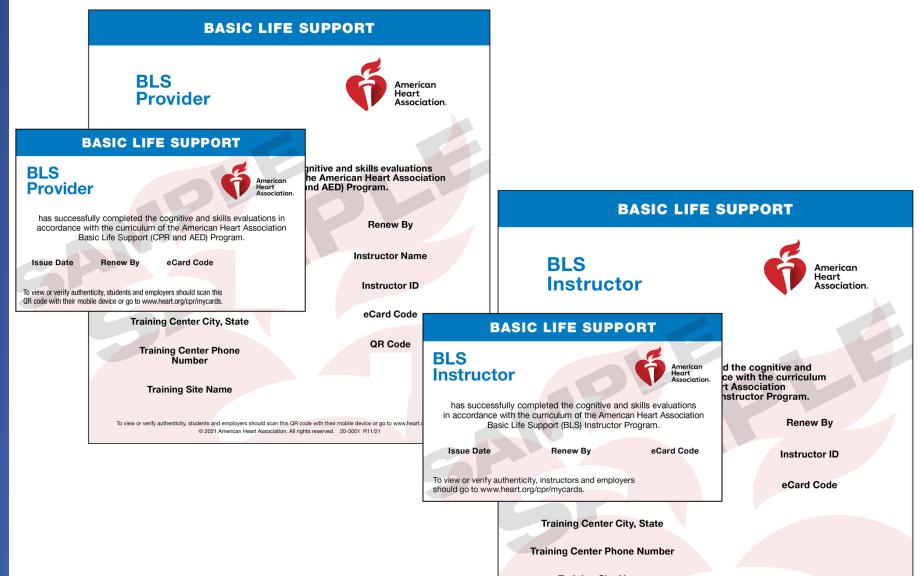
- All courses are required to have feedback devices for adult CPR skills
- Feedback devices may include manikins that, at a minimum, provide audio or visual feedback on rate and depth of compressions
- Child and infant CPR feedback devices will be required as those devices become available



### **Course Cards**

- Only a Training Center Coordinator (TCC) (or another authorized ITC representative designated by the TCC) can use the confidential security code to order eCards or course completion cards for approved disciplines
- Each student who successfully completes an AHA ECC course must be issued the appropriate course completion card unless prohibited by local or state statutes or regulations
- The ITC of the instructor who conducts the provider course is responsible for card issuance and security
- ITCs must issue eCards or course completion cards within 20 business days after receipt of completed paperwork





Training Site Name

To view or verify authenticity, instructors and employers should go to www.heart.org/cpr/mycards. © 2021 American Heart Association. All rights reserved. 20-3016 R11/21



### **AHA Policies and Procedures**

#### Use of AHA Materials: Textbook or Provider Manual

- All students must have a current, appropriate course textbook of their own readily available for use before, during, and after the course
- Textbooks are designed for individual use and are an integral part of the student's education. Students may reuse their textbooks during renewals or updates until new science guidelines are published



### **Managing Records**

- ITCs must keep all required documents for at least 3 years after the date of action; for example, they must maintain records for 3 years past the last day of the course
- An ITC may store records at a TS as long as the records are available to the ITC and accessible, as requested by the AHA



# **Copyright/Copying of AHA** Material

- The AHA owns the copyrights to AHA textbooks, manuals, and other ECC training materials. These materials may not be copied, in whole or in part, without the prior written consent of the AHA
- To request permission to reprint, copy, or use portions of ECC textbooks or materials, submit a written request to the AHA
- For more information, refer to the copyright information page on the AHA website: <u>https://www.heart.org/en/about-us/statements-and-policies/copyright-permission-guidelines</u>



### Trademarks

- The AHA's stylized name and heart-andtorch logo are trademarks of the American Heart Association, Inc, and are registered with the US Patent and Trademark Office. Only the AHA may use these trademarks
- The trademarks symbolize the identity of the AHA and, when placed on publications, materials, and other items, serve to distinctly identify the materials as having originated from the AHA



### **AHA Disclaimer**

The AHA strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.

Refer to the disclaimer in the Course Fees section of the PAM: International Version.



### Instructor Essentials Course Prerequisites

- Currently have or obtain a provider card in the discipline(s) the candidate is interested in teaching and be proficient in all skills
- Identify ITCs accepting new instructors before enrolling in an instructor program (the ITC hosting the course may not necessarily be the same as the primary designated ITC); Instructor Essentials courses/ITCs may be located at <u>heart.org/cpr</u>
- Complete an Instructor Candidate Application to be on file with the accepting primary ITC
- Successfully complete the appropriate discipline-specific online Instructor Essentials course with a certificate of completion brought to the classroom for a hands-on session conducted by TCF
- Successfully be monitored teaching within 6 months after successful completion of the appropriate Instructor Essentials course with a Course Monitor Form documented by TCF (ITCs may require additional monitoring, if needed)





#### Instructor Candidate Application

	ons: To be completed by the instructor candidate with appropriate signatures. Complete 1 on for each discipline.
Applicati	on for Instructor Status: Select the discipline you are applying for (select only 1):
🗆 Hes	artsawer <sup>®.</sup> 🗆 BLS 🗆 ACLS 🗆 ACLS EP 🛛 PALS 🗖 PEARS <sup>®</sup> 🗖 ASLS
Renewal d	date of provider card:
Candidate	's name:
Mailing ad	ddress:
	State:Zip code:
Phone:	Email:
Te     Ma     Str     Co     Av	r Commitment: As an AHA Instructor, I agree to sach at least 4 courses in 2 years in accordance with the guidelines of the AHA aintain a current provider card rengthen and support the Chain of Survival and the mission of the AHA in my community onduct myself in accordance with the ECC Leadership Code of Conduct void any perception of conflict of interest in accordance with the AHA Statement of Conflict Interest
Signature	of instructor candidate: Date:
or higher of completed H H H H	ion of Instructor Potential: I verify that this instructor candidate has achieved a score of 84% on the provider written examination in the discipline for which he or she is applying and has d at least I of the following options: las been identified as having instructor potential during performance in a provider course las demonstrated instructor potential during a screening evaluation las demonstrated exemplary performance of provider skills under my direct observation
-	of Training Center (TC) Faculty/Course Director:
Date:	(
TC Alignt following: I i re	ment and Instructor Network Verification: TC Coordinator of aligning TC has verified the
Instructor	ID #: Renewal Date:
TC Name:	TC ID #:
Signature	of TC Coordinator: Date:
	andidate Application Revised: June 2023

Instructor Candidate Application

### **Instructor Monitoring**

- An instructor card is issued by the ITC once the instructor candidate has completed the discipline-specific requirements
- Instructors must register on the AHA Platform and be accepted and approved by the primary ITC for issuance of an instructor ID number from the Instructor Network, which must be used to issue course completion cards/eCards
- An instructor can teach for more than 1 ITC:
  - Can be aligned with only 1 ITC
  - Can teach as a "guest" for other ITCs
- The instructor card is valid for 2 years



#### Instructor **Monitor Tool**

American Heart Association Emergency Cardiovascular Care Program Instructor Monitor Tool

Instructions: Training Faculty (TF) should use this form to assess the competencies of instructor candidates and renewing instructors. For each competency, there are several indicators or behaviors that the instructor may exhibit to demonstrate competency.

#### To be used in conjunction with the Instructor/TF Renewal Checklist.

#### Role of the TF Observer:

The role of the TF observer for this monitoring is to observe only. Debriefing or correcting the instructor during the course should be avoided. If critical components are not being completed, contact the TC Coordinator or Course Director outside the classroom setting immediately.

#### Evaluating the Critical Actions:

The following questions are critical actions required for a successful course. Each item is written to maximize the objectivity and minimize the subjectivity of the evaluator. For each item, mark one of the following:

Yes	for items present or completed if there are no required changes for improvement.
	There may be recommendations for improvement and comments but no required
	changes.
Yes with req.	(Yes with requirements) for items that were completed but changes are required
-	for full compliance. Fill in the comment box with the required change and rationale.
No	if the required action was not done or was done incorrectly.
Not Observed	for items the observer did not witness during monitoring.

#### SECTION 1: General information for the individual and course being observed.

Instructor or instructor candidate name:

Instructor ID #:

Instructor card expiration date:

Course reviewed	: 🗆 Heartsawer*	□ BLS	□ ACLS □ ACLS EP	PALS	□ PEARS <sup>®</sup>	ASLS
-----------------	-----------------	-------	------------------	------	----------------------	------

Purpose of review: 
Initial application Instructor renewal Remediation

#### SECTION 2:

#### Instructor competencies and indicators. Observed by TF in a class setting.

Course Delivery: Presents AHA course content as intended by using AHA course curricula and materials

2.1 Delivers all core content consistent with AHA published guidelines, Instructor Manual, Lesson Plans, and agenda

Yes with req.	No	Not observed
0	0	0

 $\mathbf{O}$ Reviewer's comments:

Yes

Instructor Monitor Tool

American leart

Association.

#### **Instructor Renewal**

#### Meet the following requirements:

- Be renewed by a TCF
- Maintain current provider status
- Earn 4 credits during each 2 years of instructor recognition by doing any combination of the following:
  - Teach an instructor-led BLS or Heartsaver<sup>®</sup> class. Each course counts as 1 credit
  - Conduct the hands-on skills session for a blended course. Each day of HeartCode<sup>®</sup>
     BLS hands-on sessions or Heartsaver hands-on sessions counts as 1 credit
  - Conduct a BLS and AED skills testing during a Pediatric Advanced Life Support (PALS);
     Pediatric Emergency Assessment, Recognition, and Stabilization (PEARS<sup>®</sup>); or
     Advanced Cardiovascular Life Support (ACLS) class. One credit is awarded per class.
  - Facilitate a Family & Friends class. Each class counts as 1 credit



#### **Instructor Renewal**

#### (Continued)

#### Meet the following requirements:

- Attend updates as required within the previous 2 years
- Be monitored while teaching before instructor status expiration. The first monitoring after the Instructor Essentials Course does not satisfy this requirement

The AHA is a global company, and in some countries, local laws apply that are beyond the AHA's decisions.





Instructor/ Training Center Faculty Renewal Checklist American Heart Association Emergency Cardiovascular Care Programs Instructor/Training Center Faculty Renewal Checklist

Instructions: This checklist may be used to document successful completion of instructor/Training Center Faculty (TCF) renewal requirements and contact information. It is recommended that the TC keep the completed form in the instructor's file.

#### Complete 1 form per renewing discipline.

#### + To be used in conjunction with the Instructor Monitoring Tool.

General information	1 for the r	enewing in	SECTION astructor or T		r.	
Renewing discipline:						
Heartsaver.	BLS	□ ACLS	ACLS EP	PALS	PEARS <sup>8.</sup>	SLS
Instructor ID#:			Expiration	date of instr	uctor card:	
Primary TC name:					TC ID #:	
TC Coordinator's nar	me:					
Instructor's or TCF's	name:					
Mailing address:						
City:						
Email:						
Instructor or TCF n	nember te	aching, m	SECTION onitoring, and		ivity for renewa	L
Instructor/TCF me						
Course name:		-	-			
Date:						
Instructor/TCF up	date(s) att	ended:				
Date:			Location:			
Date:			Location:			
Date:			Location:			
□ Instructor Essentia	ils course	completed	(if applicable):			
Date:			Location:			



Instructor Records Transfer Request American Heart Association Emergency Cardiovascular Care Programs Instructor Records Transfer Request

Instructions: When an instructor wants to transfer to a different Training Center (TC), this form must be completed by the instructor, the transferring TC Coordinator (TCC) and the accepting TCC. The transferring TCC returns the completed form with the instructor's records to the accepting TCC. The accepting TCC contacts the instructor when the transfer is complete.

fo be completed by		CTION 1: TC and sent or give	n to the transferring instructor.
Our TC is willing to a	accept the instructor named	below as an instruct	or at our TC.
instructor's name:		Instructo	or ID#:
	l maintain all instructor rec m Administration Manual.		ith our TC Agreement with the
TC name:			TC ID#:
			Phone:
			Date:
	SE	CTION 2:	given to the transferring TCC.
nstructor records for	, Instructor ID#	ACLS ACLS	, authorize the transfer of my P □ PALS □ PEARS <sup>®</sup> □ ASL
Fom TC name:			TC ID#:
o TC name:			TC ID#:
instructor's home add	iress:		
			Zip code:
Home phone:		Work phone:	
Note: All applicable i	the current TCC and sent	ned in the Program A	dministration Manual, must be
IC name:	TC ID#:		
TC address:			

Zip code:

City:	State:		
Signature of TCC:			

÷

Phone:

Date:



Notice to **Primary** Training **Center of** Instructor Teaching Activity

American Heart Associat	ion Emergency Card	liovascular Care Pr	ogram
Notice to Primary 7	Fraining Center	r of Instructor	<b>Teaching Activity</b>

Instructions: When an instructor teaches a course at a Training Center (TC) other than his or her primary TC, this form is to be completed and sent to the instructor's primary TC. A letter with the same information or a copy of the course roster (without scores) may also meet this requirement.

15	<b>`</b>			
Tester Televentine	SE	CTION 1:		
Instructor Information				
Instructor name:		Ins	tructor ID#:	
Instructor ID #:		Instruc	tor card expiration date:	
Discipline: 🗆 Heartsaver®	□ BLS □ ACLS	ACLS EP	□ PALS □ PEARS <sup>®</sup> □ ASLS	
Primary TC Information		CTION 2:		
TC name:			TC ID#:	
TC address:				
			Phone:	
TCC name:			Phone:	
Sponsoring TC and Course		CTION 3:		
This confirms that	t the above-named	l instructor has	s taught the following course:	
TC name (sponsoring course	):		TC ID#:	
Training Site (if applicable):				
TC address:				
			Phone:	
TC Coordinator name:			Phone:	
Date of course: Location:				
Type of course taught:				
Modules/stations taught:				
Course Director/Lead Instructor name: Instructor ID#:				
Signature of Course Director	/Lead Instructor:		Date:	



#### Instructor Course Completion Notice to Primary TC

#### American Heart Association Emergency Cardiovascular Care Program Instructor Course Completion Notice to Primary TC

Instructions: This form is to be used when an Instructor candidate completes an Instructor Course sponsored by a TC other than his/her primary TC. Upon completion of the Instructor Course the TC Faculty member completes this form and sends it to the candidate's primary TC with originals of the candidate's skills evaluation and written examination. (Copies of originals are to be kept with course records.)

Name of Instructor Candidate:

Signature of Instructor Candidate: \_\_\_\_\_ Date: \_\_\_\_\_

This is to confirm that the above-named candidate has successfully completed an Instructor Course sponsored by:

Name of TC:	

TC Site (if applicable):	

Date of course: Location:

Discipline: Heartsayer" BLS ACLS ACLS EP PALS PEARS ASLS

Name of TCF Member:

Signature of TCF Member: Date:

Signature of TC Coordinator:	Date:
------------------------------	-------

This form is to be sent to the candidate's primary TC for monitoring and issuance of an Instructor card.

Name/address of Primary TC:

Name of Primary TC Coordinator:

Signature of TC Coordinator: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Course Completion Notice, Revised June 2023

## **Requirements for Instructor Alignment**

- No fees are paid to the AHA for this alignment
- The TCC may require a meeting and monitoring of the instructor applicant before acceptance
- ITCs may revoke the alignment privilege of any instructor who fails to act in accordance with AHA course policy or ITC policy
- ITCs are not obligated to accept all instructors who apply for alignment





### AHA Instruction Cycle

- Prepare
- Teach
- Test and remediate
- Close
- Keep current



# Thank You!

