

Quick Reference Guide for HeartCode® BLS Blended Learning

Maximize course flexibility to accommodate scheduling and meet different students' learning needs

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Online Portion: Tips for Students

- Watch the tutorials provided in the online course
- Complete a few modules at a time
- Complete full modules before stopping the program to save progress
- Take advantage of the continuously adapting learning path by rating the self-reported confidence level as accurately as possible



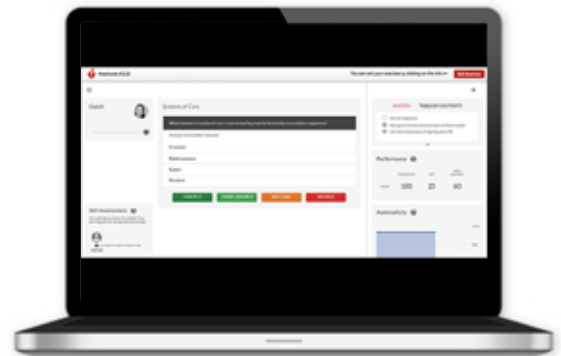
Hands-on Session: Tips for Instructors

- Maximize time by making appointments for students to complete hands-on skills practice and testing
- Use a 1:1 student-to-manikin ratio for shorter hands-on sessions (use of a feedback device is recommended)
- High-performance team activity skills practice requires a minimum of 2 participants
- As always, refer to the Lesson Plans for guidance



High Performance Team Activity

- Position manikins in hospital units to conduct mock codes
- Measure CPR metrics—including chest compression fraction—to qualify as a high-performance team activity skills practice
- High-performance team activity skills can be practiced with as few as 2 participants (compressor and ventilator)
- High-performance team activity skills practice is required, testing is not



Agendas May be Separated into Shorter Sessions



2 Hours

WITHOUT Optional Lessons

Break down the Hands-on Session Without Optional Lessons into 5 short sessions; use ratio of 6 students to 1 instructor.

Session 1	Lessons 1-3	42 minutes
Session 2	Lessons 4-8	33 minutes
Session 3	Lessons 9-10	42 minutes
TOTAL		1 hr. 57 minutes

All times are approximate



2.5 Hours

WITH Optional Lessons

Break down the Hands-on Session With Optional Lessons into 4 short sessions; use ratio of 6 students to 1 instructor.

Session 1	Lessons 1-3	42 minutes
Session 2	Lessons 4-6	47 minutes
Session 3	Lessons 7-9	25 minutes
Session 1	Lessons 10-12	40 minutes
TOTAL		2 hrs. 32 minutes

See Lesson Plans in the BLS Instructor Manual.

Access Additional information for Instructors on Atlas.heart.org

For ITCs within Europe: contact EURegion@heart.org for more information