



2020 Interim Training Materials: BLS Lesson Plan Changes

Purpose

These instructions will help you as a Basic Life Support (BLS) Instructor to update the current BLS course materials* with science from the *2020 American Heart Association (AHA) Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC)* (2020 Guidelines).

Use the interim materials to teach **all BLS courses** from October 21, 2020, until you begin teaching the new 2020 BLS course with the new materials. You must complete the 2020 BLS Instructor Update online course and begin using the 2020 BLS course materials by February 1, 2021.

*The 2016 *BLS Instructor Manual* and the 2016 *BLS Provider Manual*

Instructor Preparation

As a BLS Instructor, you should be prepared to answer students' questions about the 2020 Guidelines. Therefore, you should review these interim training materials, interim written exam information, the 2020 Guidelines, and the *Highlights of the 2020 AHA Guidelines for CPR and ECC* before teaching your BLS courses.

Instructor Manual Lesson Plan Changes

To teach any 2016 BLS Course, modify the lesson plans from the 2016 *BLS Instructor Manual* with the changes listed in this document.

Only those lessons affected by the 2020 Guidelines science changes are listed here. Lessons not listed here should be taught as written in the 2016 BLS Instructor Manual.

Throughout any course, emphasis should be on the components of high-quality CPR.

1. Adult and Pediatric Chains of Survival

2020 Changes

- A new in-hospital cardiac arrest Chain of Survival for pediatrics was added.
- A sixth link, recovery, was added to both of the out-of-hospital Chains of Survival (adult and pediatric), and in-hospital adult Chain of Survival.
 - The process of recovery from cardiac arrest extends long after the initial hospitalization. Support is needed during recovery to ensure optimal physical, cognitive, and emotional well-being and return to social/role functioning. This process should be initiated during the initial hospitalization and continue for as long as needed.

Apply Here

- Video information, discussion

2. Compressions

2020 Changes

- Quickly move bulky clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing.
- If an automated external defibrillator (AED) becomes available, remove all clothing that covers the chest. AED pads must not be placed over any clothing.

Apply Here

- **Part 5: BLS Lesson Plans**



- **Lesson 2:** 1-Rescuer Adult BLS (Video)
- **Lesson 7:** Child BLS (Video)
- **Part 5A: BLS Renewal Lesson Plans**
 - **Lesson 2:** 1-Rescuer Adult BLS (Video)
 - **Lesson 3:** 2-Rescuer Child BLS (Video)
- **Part 6: HeartCode BLS Lesson Plans**
 - **Lesson 2:** Adult BLS (Learning Objectives)

3. Rescue Breathing: Adults

2020 Change

- Change to 1 breath every 6 seconds (10 breaths per minute).

Apply Here

- **Part 5: BLS Lesson Plans**
 - **Lesson 9:** Special Considerations: Rescue Breathing (Practice While Watching: Rescue Breathing)
- **Part 5A: BLS Renewal Lesson Plans**
 - **Lesson 7:** Special Considerations: Rescue Breathing (Practice While Watching: Rescue Breathing)
- **Part 6: HeartCode BLS Lesson Plans**
 - **Lesson 7:** Special Considerations: Rescue Breathing (Practice While Watching: Rescue Breathing)

4. Infant Compressions

2020 Changes

- Single rescuer: use 2 fingers, 2 thumbs, or the heel of 1 hand for infants.
 - For infants, single rescuers (whether lay rescuers or healthcare providers) should compress the sternum with 2 fingers or 2 thumbs placed just below the nipple line.
 - For infants, if the rescuer is unable to achieve guideline-recommended depths (at least one third the diameter of the chest), it may be reasonable to use the heel of 1 hand.

Apply Here

- **Part 5: BLS Lesson Plans**
 - **Lesson 8:** Infant BLS (Video and Practice While Watching: Infant Compressions; Video and Practice While Watching: 2-Rescuer Infant BLS)
 - **Lesson 15:** Infant CPR Skills Test
- **Part 5A: BLS Renewal Lesson Plans**
 - **Lesson 5:** Infant BLS (Practice While Watching: Infant Compressions; Practice While Watching: 2-Rescuer Infant BLS; Skills Test: Infant CPR)
- **Part 6: HeartCode BLS Lesson Plans**
 - **Lesson 6:** Infant BLS (Video and Practice While Watching: Infant Compressions; Video and Practice While Watching: 2-Rescuer Infant CPR)



5. Pediatric Ventilation Rates

2020 Change

- For infants and children with a pulse who are receiving rescue breathing or who are receiving CPR with an advanced airway in place, provide 1 breath every 2 to 3 seconds (20-30 breaths per minute).

Apply Here

- **Part 5: BLS Lesson Plans**
 - **Lesson 9:** Special Considerations (Students Practice: Rescue Breathing [Infants and Children])
- **Part 5A: BLS Renewal Lesson Plans**
 - **Lesson 7:** Special Considerations (Practice While Watching: Rescue Breathing [Infants and Children])
- **Part 6: HeartCode BLS Lesson Plans**
 - **Lesson 7:** Special Considerations (Students Practice: Rescue Breathing [Infants and Children])

6. Opioids

2020 Changes

- For a patient with suspected opioid overdose who has a definite pulse but no normal breathing or only gasping (ie, a respiratory arrest), in addition to providing rescue breathing, *give naloxone*.
- For a patient with suspected opioid overdose who has no pulse and no breathing, *consider* giving naloxone but do not delay CPR.
- For a patient with suspected opioid overdose who has a definite pulse and normal breathing, consider giving naloxone, and transport to the hospital.

Apply Here

- **Part 5: BLS Lesson Plans**
 - **Lesson 9:** Special Considerations
 - Video, discussion
 - Show new opioid algorithm from 2020 Guidelines