HeartCode® BLS Online Portion: Tips For Students

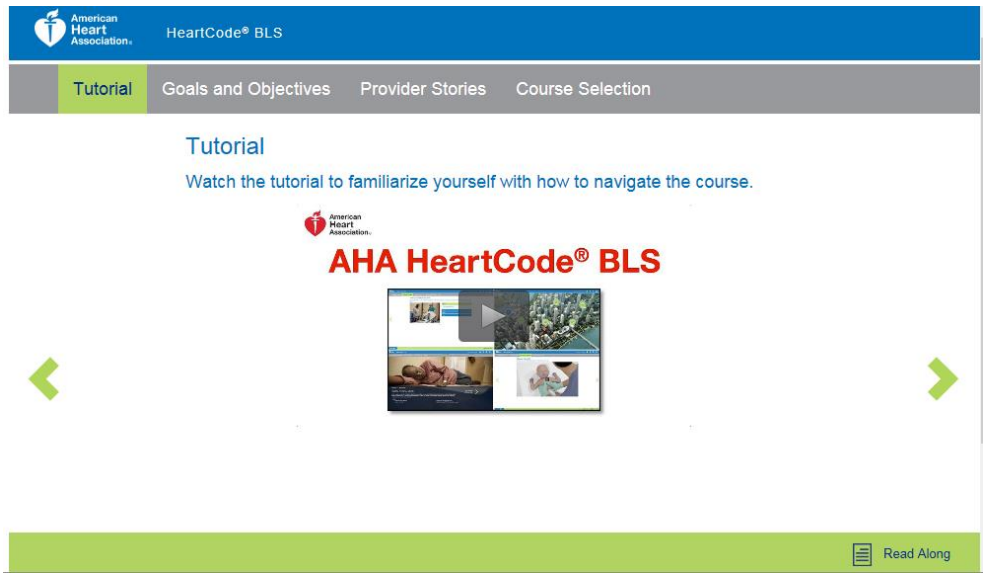
American Heart Association. life is why™

CPR & Emergency Cardiovascular Care

Helpful tips for completing the HeartCode BLS online portion:

- The HeartCode BLS program does not have to be completed all in one sitting. You can do a few Modules at a time.
- If for any reason you need to stop the program and come back to it later, be sure to complete the Module you are in, as incomplete Modules may not be recorded/captured.
- It is best to close the program at the end of the Module. Before you leave the program, be sure to click the Exit Exercise button in the top right-hand corner of the program. This will ensure your progress will be saved.

- For the greatest success navigating through the HeartCode BLS program, be sure to watch both Tutorials. There is one Tutorial at the beginning of the HeartCode BLS program AND another Tutorial at the beginning of the eSims.



- Throughout each Module are a few questions called Knowledge Checks (KCs). Answer the questions in the KCs. Whether you answer correctly or incorrectly, the correct answer with a description will be provided. You can either review the material or quickly move onto the next screen as these KCs are not part of the exam scoring. The Exam is at the end of the program after all Modules and all eSims are complete.

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Rescue Breathing: Knowledge Check

Read each statement and determine if it is true or false.

1. Rescue breathing is providing breaths to a victim who has a pulse but is not breathing.

True

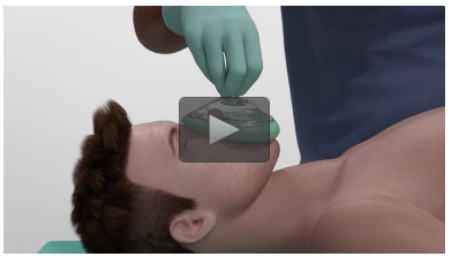
False

Correct. If a victim has a pulse but isn't breathing, rescuers should deliver breaths without chest compressions. This is known as *rescue breathing*.

- Some lessons within the HeartCode BLS program give a description of steps and a video segment example for each step. Read each step; however, it is not necessary to watch the video for each step, unless you want a demonstration of the step.

How to Use a Pocket Mask

You will practice this skill in your hands-on session. Now let's examine the technique more closely.



Step 1

Place the mask on the victim's face, using the bridge of the nose as a guide for correct position.

Step 2

Step 3

Step 4

Step 5

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- eSims can be taken in the Module for which they are offered (Module 4, Module 6, and Module 8) or you can wait to do all of the eSims at the end. They must be completed before you will gain access to the Exam. Once you complete the eSim, click on the Home button in the top right-hand corner of the program to return to the next Module.

- If you have never successfully completed a HeartCode eSim, be sure to review the "How to Complete the Patient Cases" document located in the eSim Tutorial section of the program to become familiar with the basics of the eSim program.

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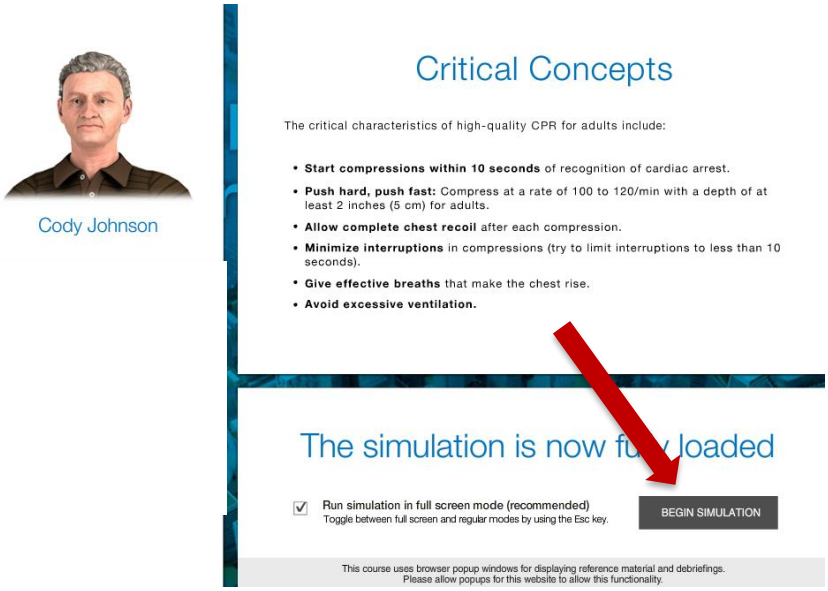
- In the “How to Complete the Patient Cases” document, you can read information about the Simulation Timer, which allows you to pause the simulation when needed and to fast-forward the simulation as needed.

- Be aware: Once you click the BEGIN SIMULATION button the Timer begins immediately and is recording your progress.



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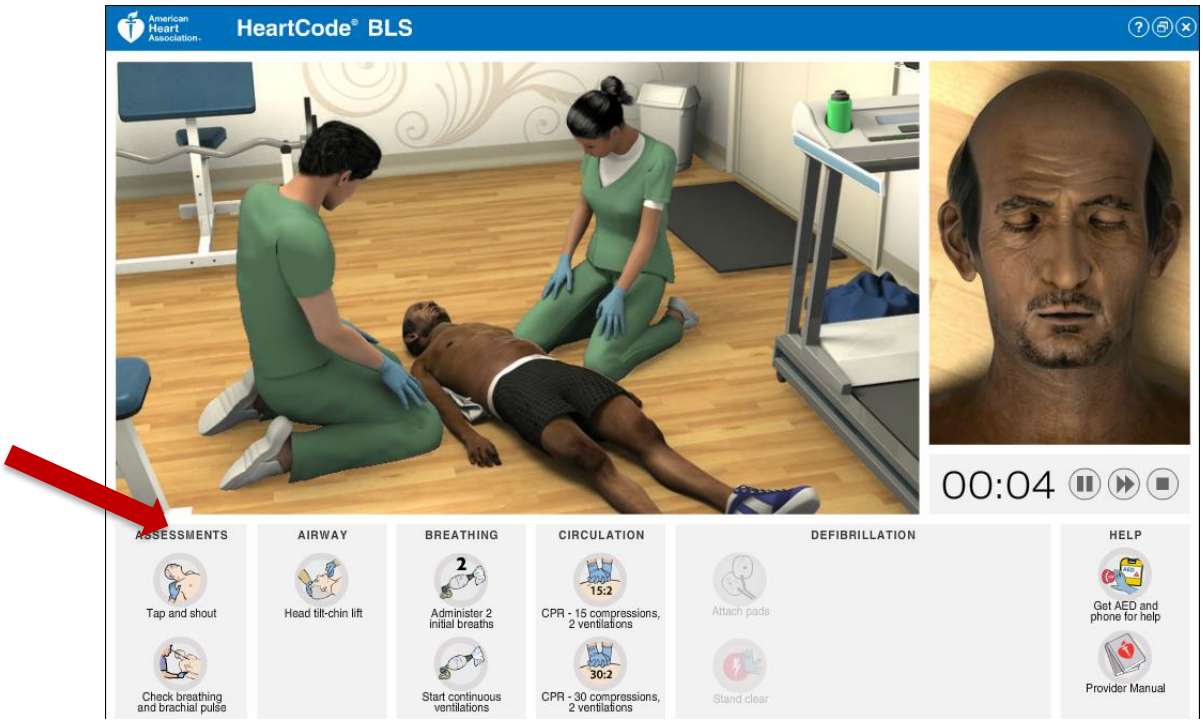
- Within the eSim, be aware that the Action Buttons are listed in alphabetical order but the task is to manage the patient by selecting the Action Buttons in the *correct* treatment sequence as described in earlier modules of the program. Information on the Action Buttons can be found in the "Action Overview" document located in the eSim Tutorial. It is possible you might not need to use every Action Button during the patient cases.



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- Within the eSim, when using the Defibrillator, note that the “on” Action Button and the “Shock”

Action Button can be found on the face of the Defibrillator.

- Once you have completed the Module 5 Team Dynamics Learning Activity, you will receive a page that indicates a Pass or Fail. To close the Pass/Fail page, click the CONTINUE button.

- Depending on your score, either restart the Learning Activity or click the next arrow to continue.