

# Quick Reference Guide for HeartCode® BLS Blended Learning

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

## Online Portion: Tips for Students



- Watch the tutorials provided in the course
- Complete a few modules at a time
- Complete full modules before stopping the program to save progress
- Answer the Knowledge Check questions
- Watch video segments as needed

Refer to the full "HeartCode BLS Tips for Students" document for more details

## Hands-on Session: Tips for Instructors

### 1:1 Skills Testing

- Maximize time by making appointments for students to complete hands-on skills testing with an instructor 1:1
- Use a 1:1 student-to-manikin ratio for shorter hands-on sessions (use of a feedback device is recommended)



Limit interruptions in chest compressions to <20%

### 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)



## Agendas May be Separated into Sets of Lessons for Shorter Hands-on Sessions

### Accelerated

Break down the Accelerated Hands-on Portion into 2 short sessions\*; use ratio of 3 students to 1 instructor.

**70**  
Minutes

Session 1	Lessons 1-4	45 minutes
Session 2	Lessons 5-6	25 minutes

\* Requires use of a feedback device

### Without Optional Lessons

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

**2**  
Hours

Session 1	Lessons 1-3	27 minutes
Session 2	Lessons 4-6	26 minutes
Session 3	Lessons 7-8	15 minutes
Session 4	Lessons 9-12	16 minutes
Session 5	Lessons 13-14	40 minutes

All times are approximate

### With Optional Lessons

Break down the Hands-on Session With Optional Lessons into 5 short sessions; use ratio of 6 students to 1 instructor.

**2.5**  
Hours

Session 1	Lessons 1-3	35 minutes
Session 2	Lessons 4-6	26 minutes
Session 3	Lessons 6A-8	35 minutes
Session 4	Lessons 9-12	16 minutes
Session 5	Lessons 13-14	40 minutes

See Lesson Plans at [www.AHAInstructorNetwork.org](http://www.AHAInstructorNetwork.org)