User Guide for

STUDENT *HeartCode* BLS

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Welcome to HeartCode BLS!

HeartCode BLS is a self-directed 2 part learning program approved by the American Heart Association. Part 1 is an interactive cognitive portion done on a computer that includes realistic patient scenarios and extensive American Heart Association reference material. Part 2 will be done in the HeartCode Lab (badge access) in The Learning Center using a Voice Advisory Manikin system to provide hands on experience with immediate feedback.

We are very excited to be able to offer HeartCode BLS as a renewal option for Healthcare Provider CPR. Although you may find it a bit more challenging than the traditional class, studies have shown that HeartCode can improve BLS skills and most importantly patient outcomes. It also can be done around your schedule and at your convenience.

If you would like to renew your Healthcare Provider CPR with this HeartCode option, please contact Jen Schoeberlein in The Learning Center at 410-871-7048, or the Education Assistants at 410-871-6841 or 410-871-6935, so it can be assigned to you. Please review the material in this student guide carefully. If you have any questions, please contact the Learning Center at 410-871-6841 during regular business hours from 7:30 a.m. – 4 P.M.

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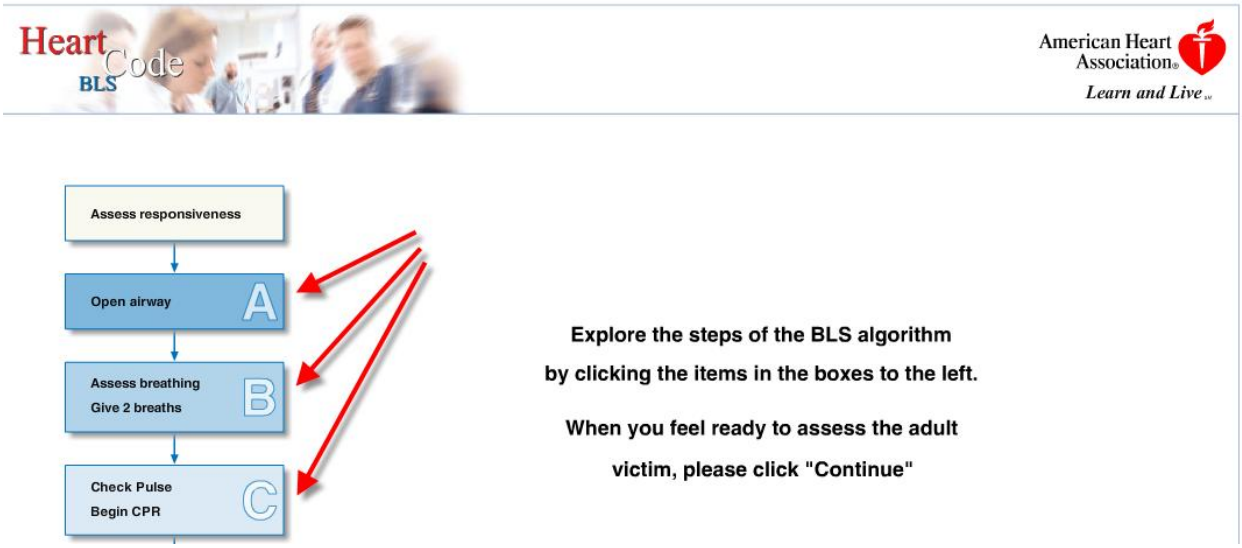
Frequently Asked Questions are located throughout this guide.

For questions, call The Learning Center at 410-871-6841 during regular business hours 7:30 a.m. – 4 p.m.

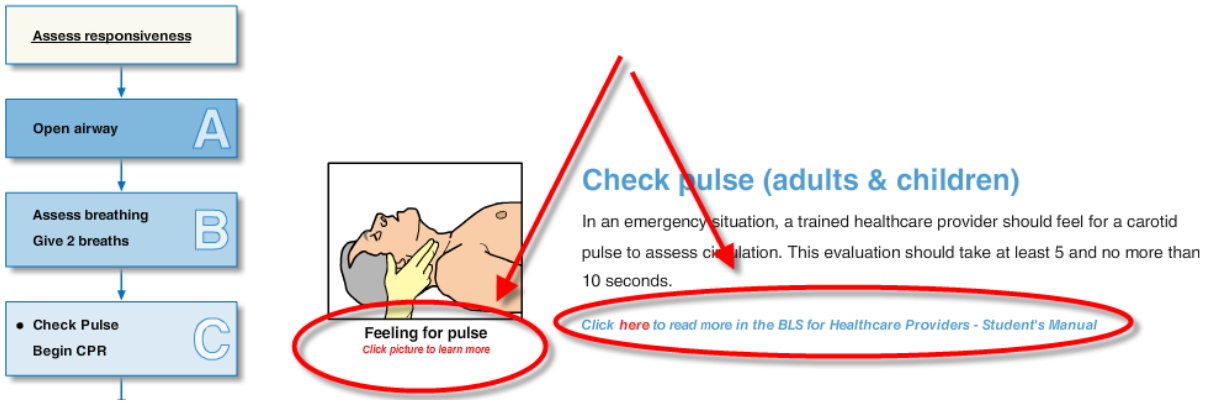
HeartCode BLS Overview

The American Heart Association's HeartCode BLS program is a self-directed learning program that allows you to practice at your own pace. As you practice, you will receive objective feedback on the evaluation of your skills.

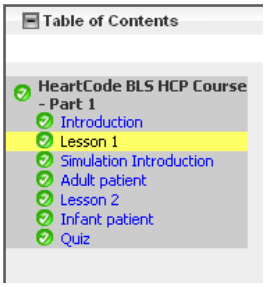
HeartCode BLS contains all of the lessons from the BLS Healthcare Provider text. Once you are in the Lesson, if you would like more detail, click on the specific activity.



You can then click on the picture for more information and you can click on the link to the provider text.

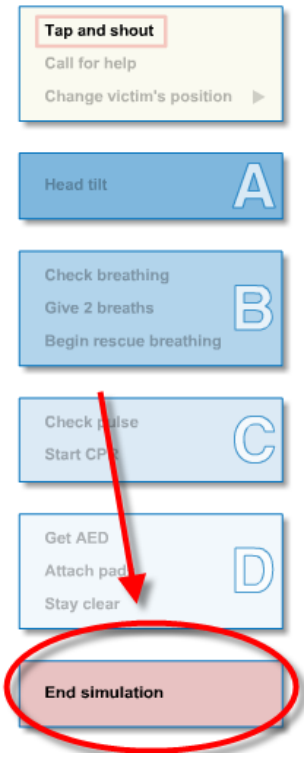


You can review the material from start to finish or choose the specific topics on which you would like to focus. In order to navigate to specific topics, use the Table of Contents in the top left corner.



Patient Case Scenarios

HeartCode BLS features microsimulation technology. Realistic patient cases will require you to interact with the program, assess the patient, formulate a treatment plan based on the BLS algorithms, and effect treatment. When you are working on the patient cases, you can submit the scenario for evaluation whenever you feel confident that you have completed all the necessary steps to care for the patient. Submit the scenario by clicking on "End Simulation".



Debriefing

Upon completion of a given scenario, you are presented with a detailed debriefing screen. The debriefing is an account of your actions, both correct and incorrect. Suggestions for improvement are offered and all appropriate reference material is hyperlinked to the debriefing, allowing for immediate remediation.

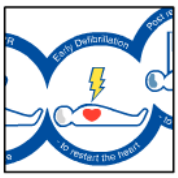
Mini Games

Mini Games reinforce BLS concepts taught in the Lessons. You will complete the Mini Games before starting the patient case scenarios.

Mini game:
Look-listen-feel

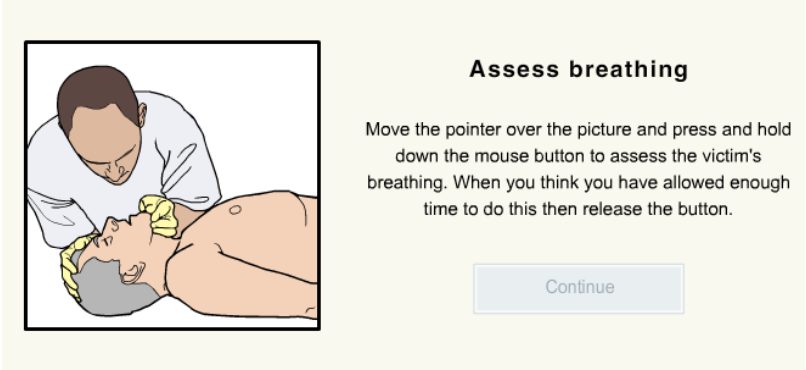
Mini game:
Check pulse

Mini game:
Compression rate



Mini game:
The Chain of Survival

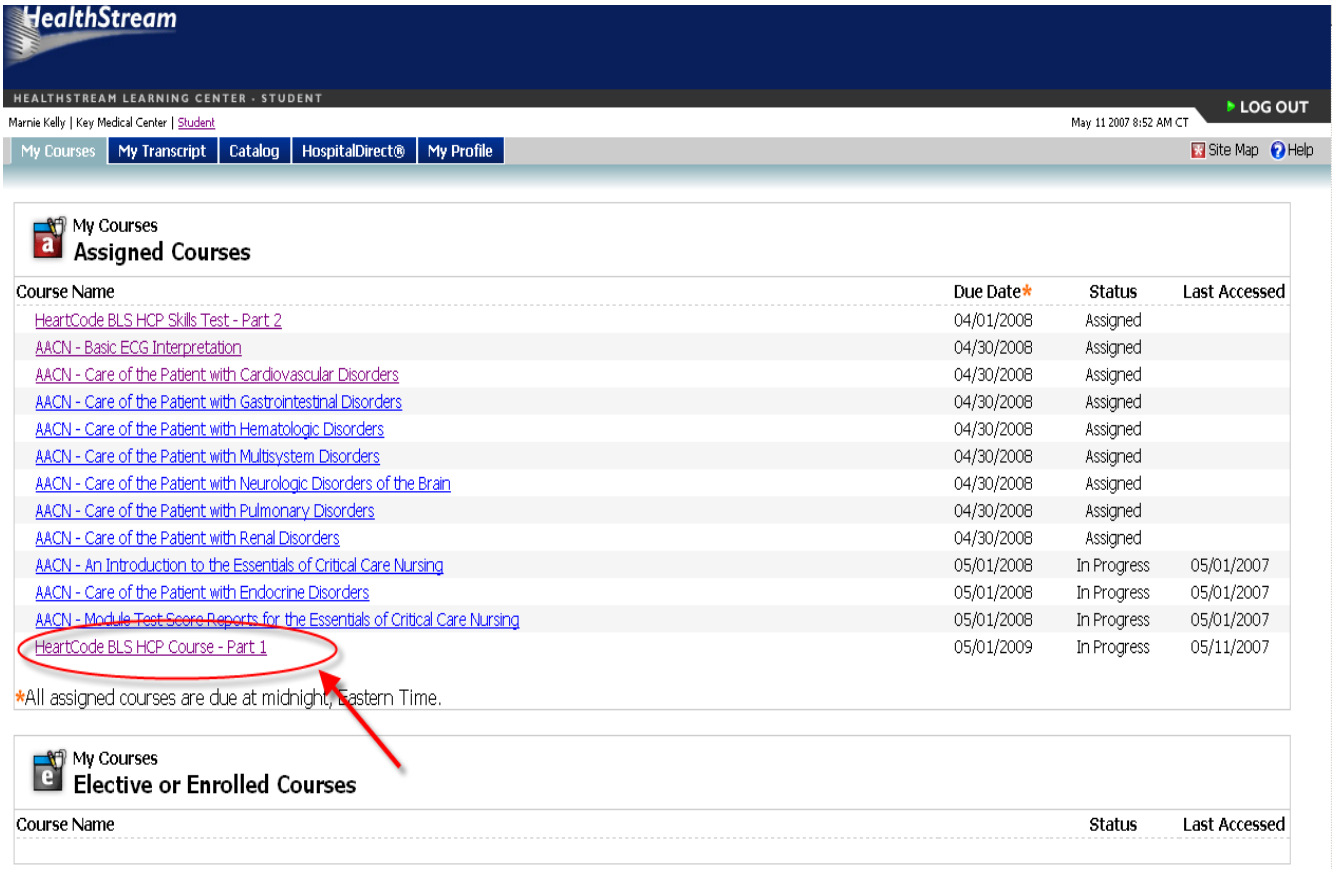
Once you click on the Mini Game icon, you will be instructed on how to use your mouse in order to complete the Mini Game.



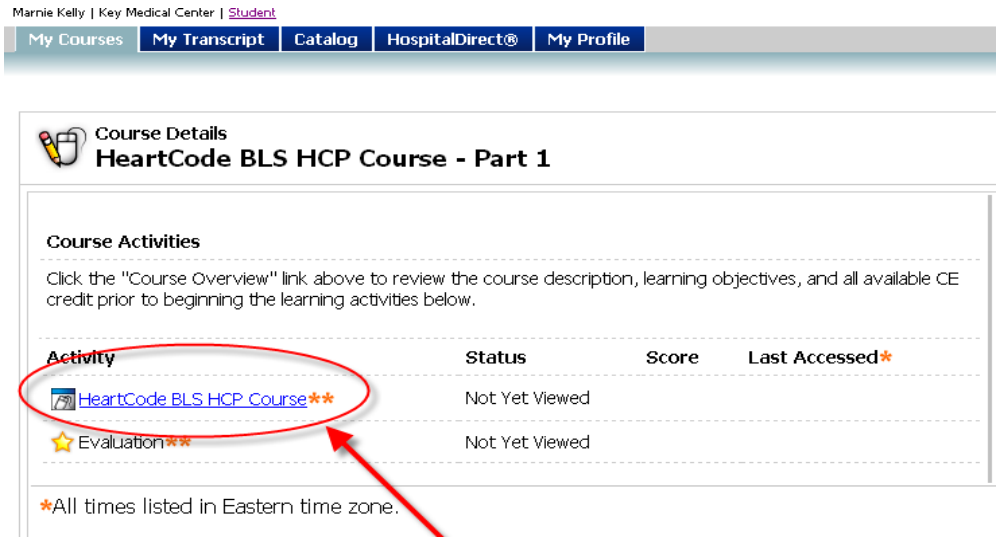
Mini Games are a required component for completion of HeartCode BLS.

How to Access HeartCode BLS Part One

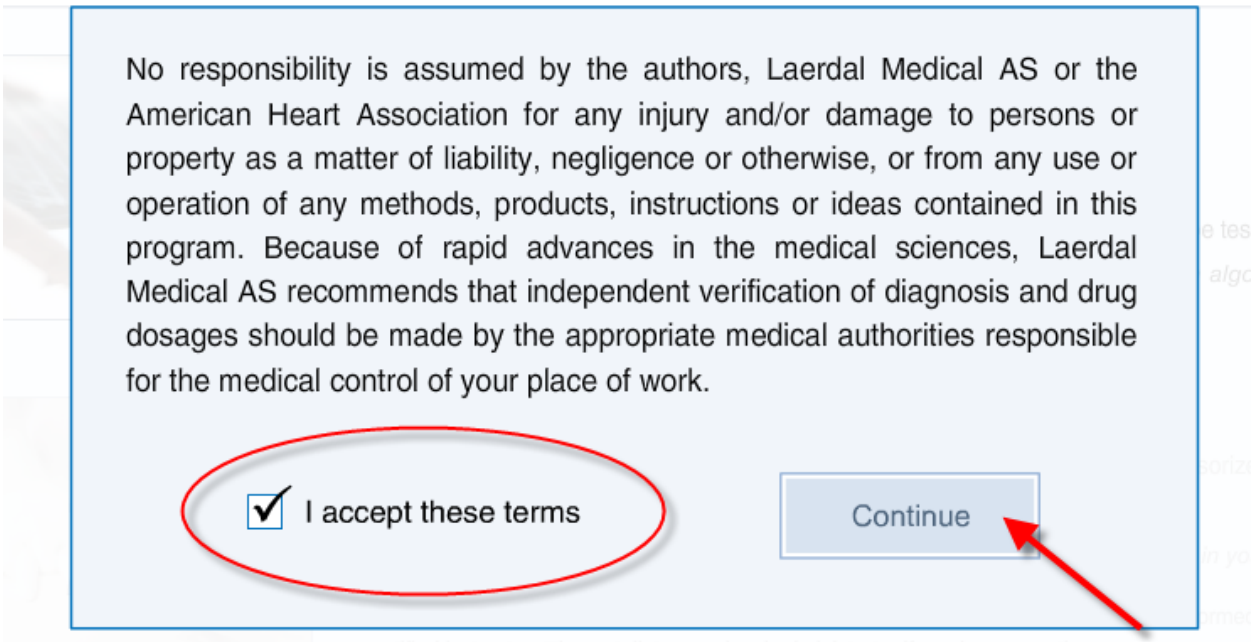
1. Contact the Learning Center to Assign Heartcode to you.
2. Sign on to API, Actions, Computer Based Training, Select HeartCode BLS-HCP Parts 1 & 2, Launch External Training. This will take you to Healthstream LMS and you will find Heartcode Parts 1 and 2 assigned to you here.
3. Under "My Courses", select HeartCode BLS HCP – Part 1:



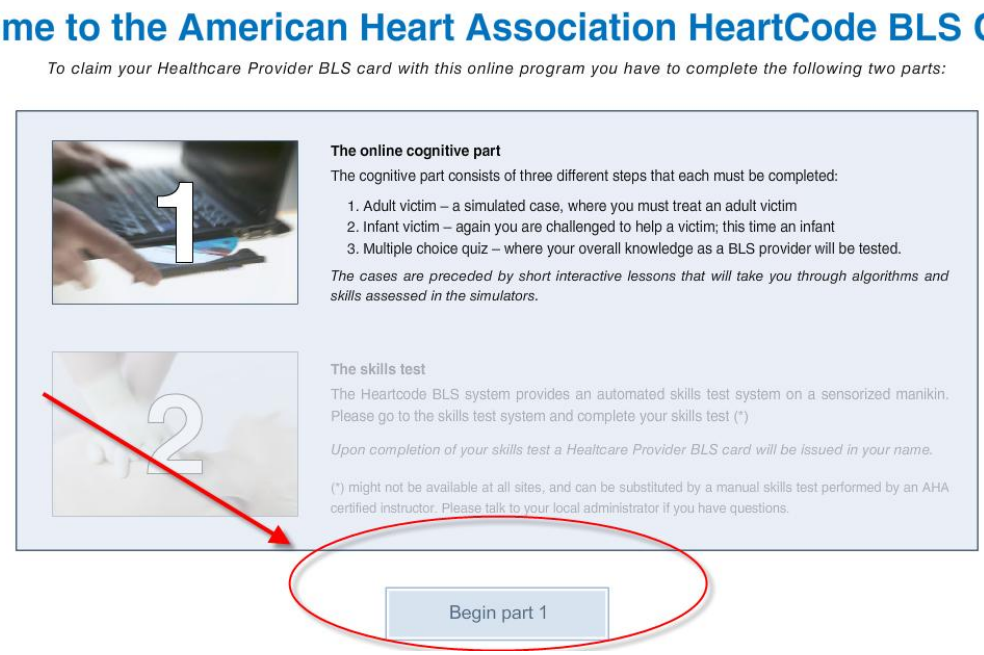
3. Under “Course Activities”, click on HeartCode BLS HCP Course.



4. Read the Disclaimer and if you agree, click on “I accept these terms” and Continue.



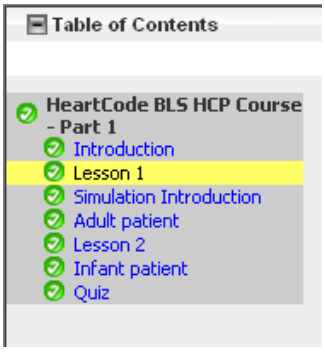
5. Select “Begin Part 1”.



Self Navigation Instructions

The program will automatically proceed through each section of the program: introduction, lessons and testing. You can choose to navigate through the program manually by clicking on the plus sign: + *Table of Contents* in the upper left corner.

This will display a drop down menu. You will receive a green checkmark for each section you successfully complete.



NOTE: Click on each section even if you do not go through the detail of that section.

Course Components

Overview Video	**Video will provide the student with an introduction to the course and provides an explanation of navigation, cognitive testing, and the manikin skills check testing.**
Introduction	Introduction to BLS for the Healthcare Provider
Lesson 1	Adult and Child BLS Lessons
Simulation Introduction	Introduction to microsimulation testing. This section will explain how to navigate the patient cases and let you know what to expect.
Adult Patient	Exam: Simulated case for treatment of an adult patient
Lesson 2	Infant BLS Lessons
Infant Patient	Exam: Simulated case for the treatment of an infant patient
Quiz	Exam: Multiple choice questions testing your overall BLS knowledge

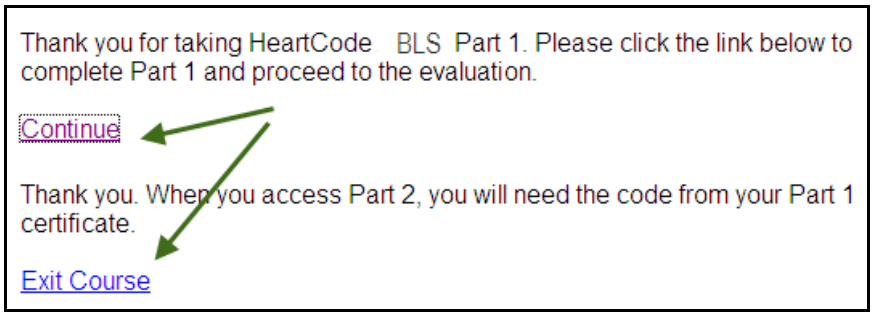
TIPS for HeartCode Part 1

1. All table of content items must have a green check mark to indicate successful completion.
2. Watch the student tutorials prior to beginning patient scenarios.
3. Read the detailed debriefing that is offered after completion of each scenario.
4. You must complete the evaluation after completing Part 1 in order to receive your certificate.
5. You must have the certificate code in order to access Part 2.
6. Part 2 must be completed within 30 days of completing Part 1.

Evaluation

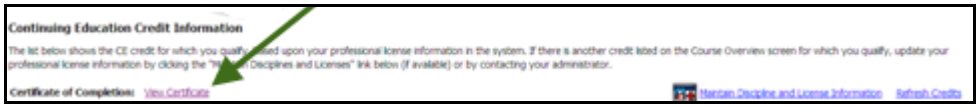
FAQ

After completing Part 1, follow the prompts which will instruct you to click "Continue" then "Exit Course" as shown below. Click the link and proceed to the course evaluation. The evaluation will not automatically appear.



FAQ

You must complete the course evaluation in order to print your certificate and receive completion code before proceeding to Part 2.



Important!

You must complete Part 2 within 30 days of completion of Part 1 otherwise you may be charged for an additional license fee. Also make sure Part 2 is completed before your CPR expiration date.

HeartCode BLS - Part One Certificate

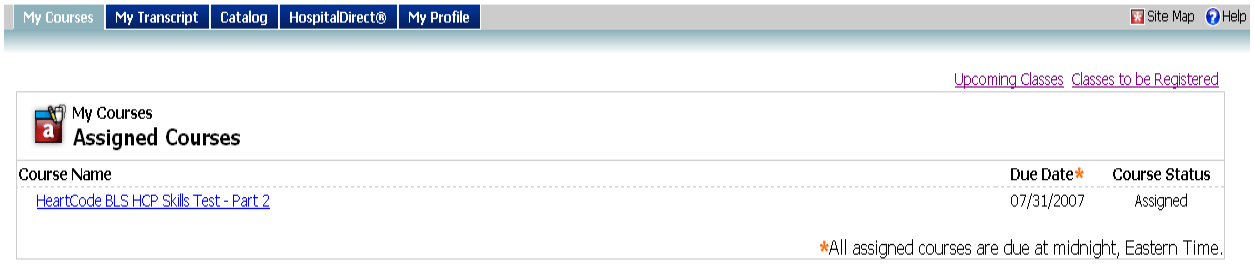
After completing "HeartCode BLS HCP - Part 1" including a multiple choice exam, and the course evaluation, you will receive a certificate of completion.

FAQ

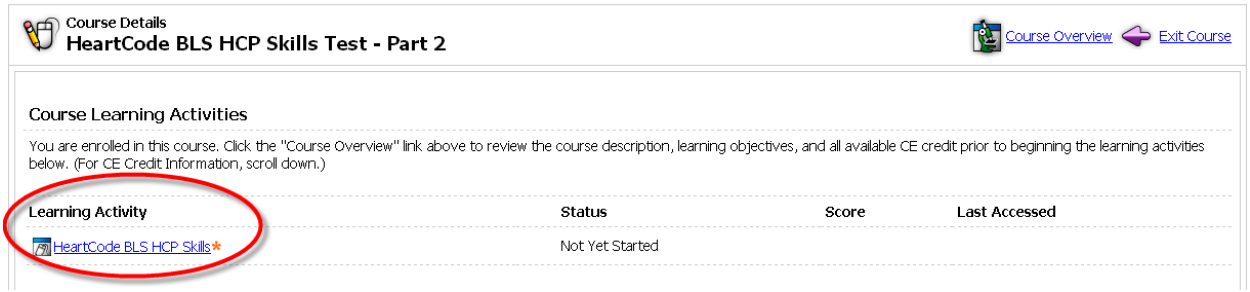
NOTE: This course will be available on your transcript for review at any time over the next two years (until your next re-certification).

HeartCode BLS - Part Two Instructions

1. Log into Healthstream the same way you did for Part 1.
2. From the My Courses page, select HeartCode BLS HCP Skills Test - Part 2



3. Click on "HeartCode BLS HCP Skills" under Learning Activity



4. You will be asked to enter your certificate code from Part One.

Instructions: Enter the code from your Certificate of Completion for the cognitive portion of HeartCode BLS and click submit.

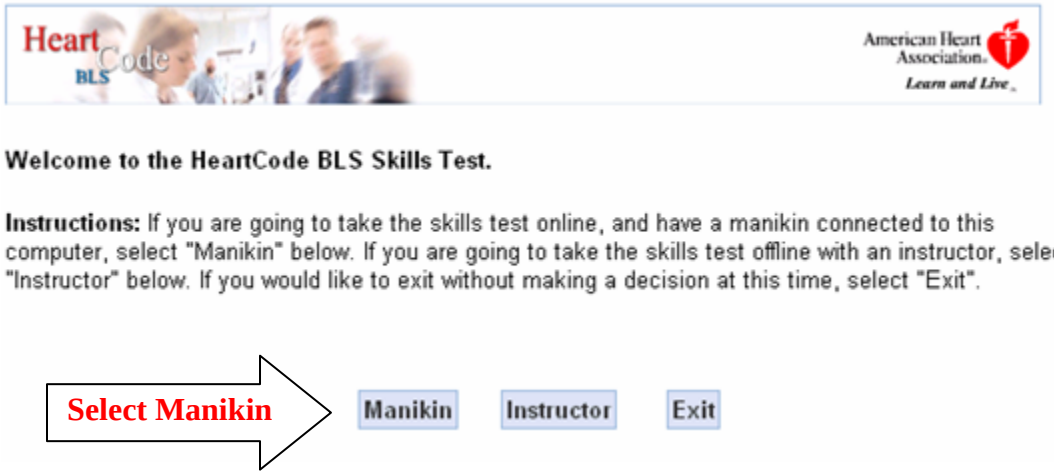
Certificate Code: Submit

Information and Support
Should you experience technical difficulties or need assistance in using this course, contact customer service at:

Phone: 1-800-521-0574
Email: customer.service@healthstream.com

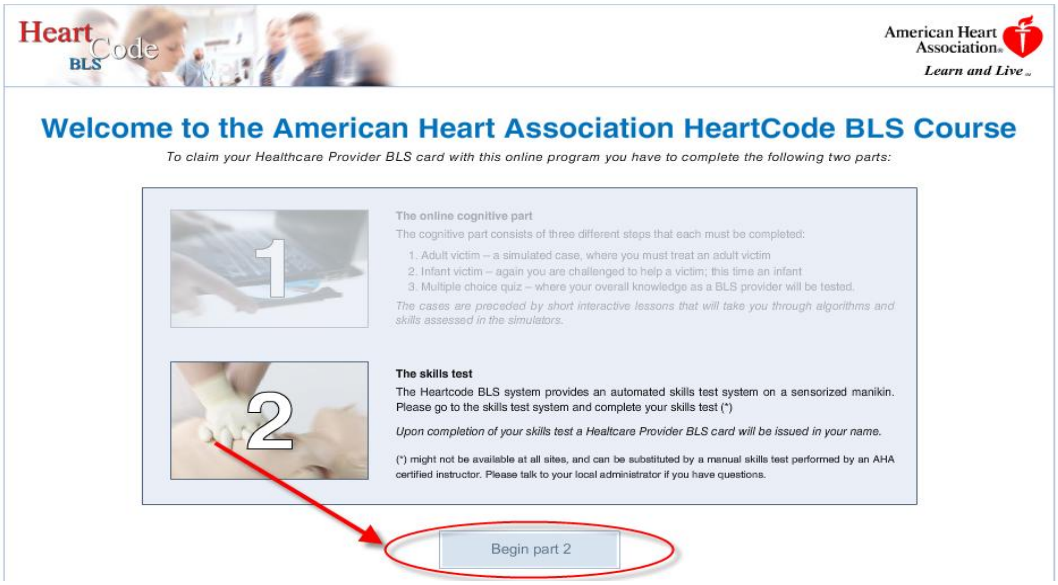
5. You will complete the HeartCode BLS HCP Skills Test - Part 2 using the manikin.

   Select Manikin. The system records the completion on your transcript once you have successfully completed the course. See additional instructions below.



Part 2 Skills Check with Manikins

1. From the My Courses page, select HeartCode BLS HCP Skills Test - Part 2
2. Click on "Begin Part 2".



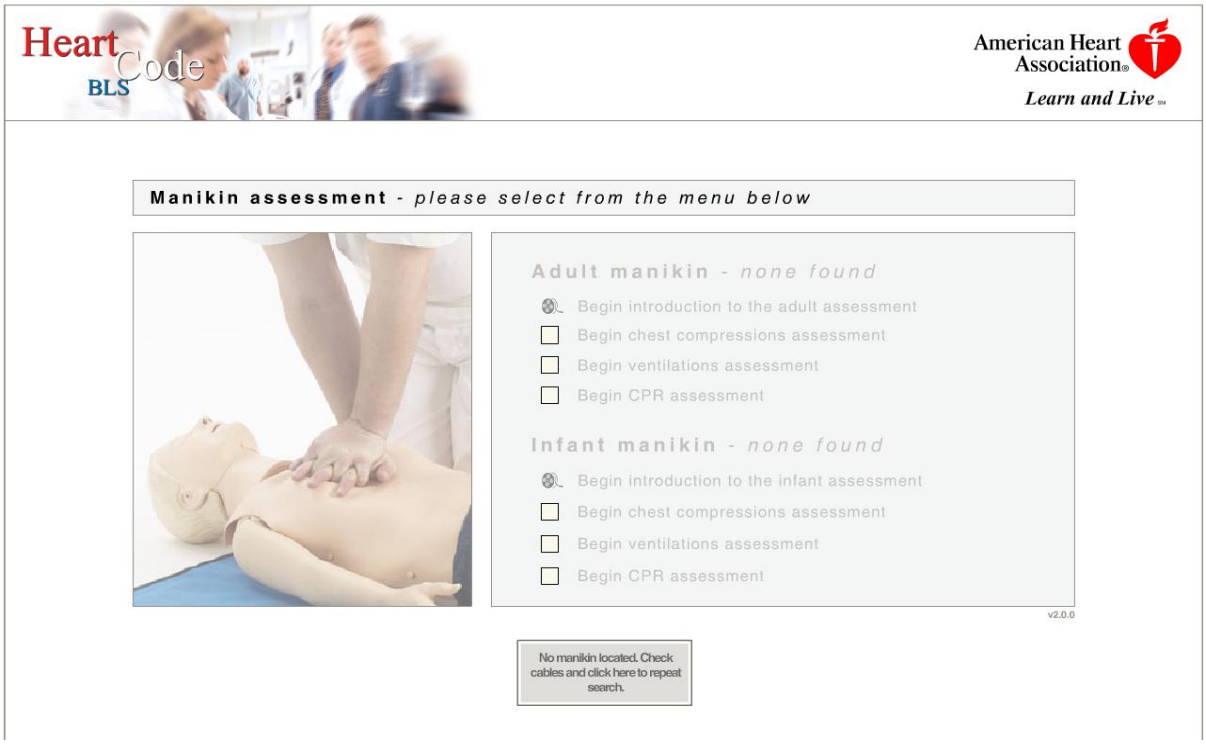
3. The computer will automatically start "Searching for manikins". This may take a few seconds to complete. Once completed, all skills check activities will appear in bold print.

***Before and after skills testing, while wearing gloves, vigorously wipe the manikin face & chest and face masks with bleach wipes. Place used valve in appropriate marked container when completed.**

***Please do not eat or drink while in the HeartCode Lab.**

***Do not disconnect/reconnect cables to manikins and do not move the manikins. If you feel there is a manikin issue, please contact The Learning Center at #6841.**

FAQ Please watch the introductory video before beginning the assessment.



4. Complete all 6 skills checks:

Adult Manikin

Introduction to the Adult Assessment

☐ Begin chest compression assessment

☐ Begin ventilations assessment **(use bag-mask for ventilations)**

☐ Begin CPR assessment **(use bag-mask or face mask for ventilations)**

Infant Manikin

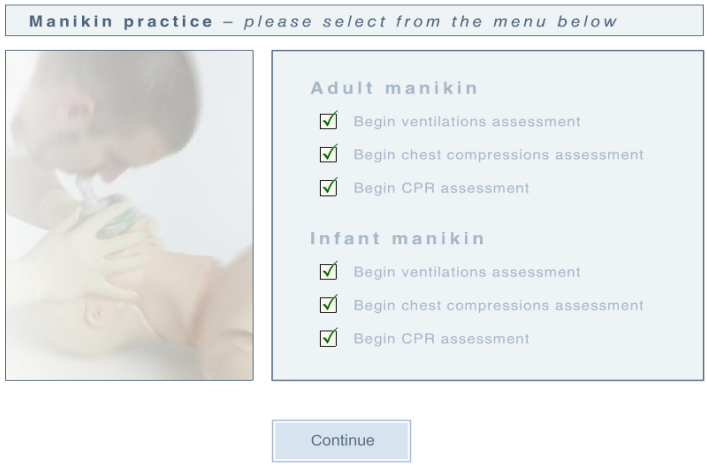
Introduction to the Infant Assessment

☐ Begin chest compression assessment

☐ Begin ventilations assessment **(use bag-mask for ventilations)**

☐ Begin CPR assessment **(use bag-mask for ventilations)**

5. Click on each skill and listen to the instructions. Complete the skill as indicated and continue through the grading screens. A green check mark in the box will show successful completion of that skill.



6. After successful completion of all 6 skills, return to My Learning page, click on evaluation and complete.

If during Part 2 of HeartCode, you have spent more than 45-60 minutes on the skills portion, please STOP and contact The Learning Center at 410-871-6841 from 7:30 a.m. – 4 p.m. for further assistance.

Your CPR card will be available for you to pick up in The Learning Center at the end of the month in which you completed HeartCode Part 2.

Manikin Helpful Hints

Do Not Stop **when the manikin talks to you.**

Make *Small Adjustments.*

Always *Submit* for testing even if you think you did not pass.

During the ventilation assessment, use the *Bag-Mask* with the "EC" technique for both the adult and infant.

During the CPR assessment, use the *Bag-Mask or Face Mask on the adult* and the *Bag-Mask on the infant.*

Do *3 Cycles Only* during the CPR assessment. More is not better.

Compress at a rate of *100 Compressions* per minute.

Allow the chest *Full Recoil* in between compressions.

Once positive feedback is achieved, try to continue in the same *Rhythm* until assessment is completed.

Adult

1. **Allow 5 – 6 seconds between ventilations.**
2. **Use proper body positioning to give compressions – arms straight and shoulders directly over chest. Use step stool if necessary for proper height.**

Infant

1. **Do not hyperextend the neck when opening the airway, this will close the airway.**
2. **Allow 3 – 5 seconds between ventilations.**

Remember the manikin is coaching you to perfection but is not grading you to it.