

# Basic Life Support

The AHA's Basic Life Support (BLS) Provider Course provides the foundation for saving lives after cardiac arrest. Reflecting science and education in the *2020 AHA Guidelines for CPR and ECC*, this course teaches basic life support skills for application in both in-facility and prehospital settings, with a focus on high-quality CPR, improvement of chest compression fraction, and high-performing team dynamics. The AHA's BLS Course offers

- Content representing the latest resuscitation science for improved patient outcomes
- Realistic scenarios, simulations, and animations depicting rescuers, teams, and patients
- Course and content flexibility for AHA Instructors and students, including adaptability to local protocols

## NEW TOPICS

- How to respond to a cardiac arrest in a pregnant person
- Acceptable techniques to perform chest compressions on infants including the two-thumb encircling-hands or one-hand technique
- Changes to the pediatric assisted ventilation rate
- A sixth link, Recovery, has been added to the in-hospital and out-of-hospital cardiac arrest Chains of Survival for adults and pediatrics
- Two new Opioid-Associated Emergency Algorithms have been added for lay rescuers and trained rescuers

## COURSE DELIVERY

Three different course formats are available to accommodate the learning needs of individual students and offer flexibility for Instructors. All three course formats include the same learning objectives and result in the same course completion card.



### Instructor-led training (ILT)

This option is led by an AHA Instructor in a classroom setting. Instructors deliver courses designed to include both the cognitive portion of training and the psychomotor component of thorough skills practice and testing. Course materials are available in multiple languages.



### Blended learning (HeartCode® BLS)

Blended learning uses online technology not only to supplement but also to transform and improve the learning process. It is a combination of eLearning, in which a student completes part of the course in a self-directed manner, followed by a hands-on skills session.



### Resuscitation Quality Improvement™ (RQI™)

A unique ECC program designed specifically for training actively employed healthcare providers in clinical environments. Unlike the instructor-led and/or blended course, the RQI program is a maintenance-of-competence platform designed for site-specific adoptions. RQI is not available in all areas; please contact your regional director for more information.



## WHO SHOULD TAKE THE COURSE?

Healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

**Order your materials today!**