

Change Notice

Basic Life Support Instructor Manual

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Print Page Number	Location	Original Text	Change	When Change Was Made
4	In the section “Instructor-to-Student Ratio,” second paragraph, third sentence	However, for each student over the ideal number of 6 students per instructor, the total class time will increase by about 18 minutes to allow individual skills testing.	{This sentence was deleted.}	At next printing or update after 3/11/2016
Part 5: pages 30-31	BLS Lesson 9: Special Considerations		{Replace entire 2-page Lesson Plan with the attached BLS Lesson 9. (See the first 2 pages that appear after this document; “BLS” is in the bottom left corner.)}	At next printing or update after 4/4/2016
Part 6: page 4	HeartCode BLS Precourse Lesson Plan, under heading “Day of the Course,” in the last bullet	refer to Lesson 15: Remediation and Lesson 16: Exam for further instructions.	refer to Lesson 15: Remediation and Lesson 13: Exam (in the classroom course Lesson Plans) for further instructions.	At next printing or update after 2/22/2016
Part 6: page 20	HeartCode BLS Lesson 6, under “Skills Test (Optional),” second sentence	refer to Lesson 14: Adult CPR and AED Skills Test.	refer to Lesson 13: Adult CPR and AED Skills Test.	At next printing or update after 3/11/2016
Part 6: page 29	HeartCode BLS Lesson 8, under “Skills Test (Optional),” second sentence	refer to Lesson 15: Infant CPR Skills Test.	refer to Lesson 14: Infant CPR Skills Test.	At next printing or update after 3/11/2016
Part 6: pages 30-31	HeartCode BLS Lesson 9: Special Considerations		{Replace entire 2-page Lesson Plan with the attached HeartCode BLS Lesson 9. (See the last 2 pages that appear after this document. “HeartCode BLS” is in the bottom left corner.)}	At next printing or update after 4/4/2016

Lesson 9

Special Considerations

8 minutes

Part I: Mouth-to-Mouth Breaths

Part II: Rescue Breathing (Practice While Watching)

Part III: Breaths With an Advanced Airway

Part IV: Opioid-Associated Life-Threatening Emergency

Choose which provider option to play for this lesson by selecting the in-facility or prehospital icon.

For students' review of this lesson, they can reference "Part 7: Breathing Techniques" and "Part 8: Opioid-Associated Life-Threatening Emergencies" in the Provider Manual.



Play Video

The video will show and discuss

- Instruction: Mouth-to-Mouth Breaths
- Instruction: Rescue Breathing



Video Pauses

- Have students position themselves at the side of their manikins per the video instructions.
- Tell students they will practice rescue breathing on the manikin.
- If students have already completed the Adult CPR and AED Skills Test and the adult manikins are put away, you may have students practice rescue breathing on an infant manikin instead of an adult manikin. If selecting this option, proceed to "Students Practice: Rescue Breathing (Infants and Children)" below, instead of "Practice While Watching: Rescue Breathing (Adults)."



Practice While Watching: Rescue Breathing (Adults)

- Students will follow along with the video to complete the following steps for adult rescue breathing:
 - Rescue breathing for adults
 - Give 1 breath every 5 to 6 seconds (about 10 to 12 breaths per minute).
 - Give each breath over 1 second.
 - Each breath should result in visible chest rise.
 - Check the pulse about every 2 minutes.
- Observe students and provide positive and corrective feedback on their performance.
- Repeat the practice-while-watching segment as many times as needed for all students to complete the practice session.



Students Practice: Rescue Breathing (Infants and Children)

- Lead students by instructing the following steps on how to provide rescue breathing for infants and children. Then have students practice.
 - Rescue breathing for infants and children
 - Give 1 breath every 3 to 5 seconds (about 12 to 20 breaths per minute).
 - Give each breath over 1 second.
 - Each breath should result in visible chest rise.
 - Check the pulse about every 2 minutes.
 - Observe students and provide positive and corrective feedback on their performance.
 - Repeat the practice as many times as needed for all students to complete the practice session.
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Play Video

The video will show and discuss

- Instruction: Breaths With an Advanced Airway
 - Instruction: Opioid-Associated Life-Threatening Emergency
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Instructor Notes

Next

Adult and Child Choking

Lesson 9

Special Considerations

5 minutes

Part I: Rescue Breathing (Practice While Watching)

Choose which provider option to play for this lesson by selecting the in-facility or prehospital icon.



Play Video

The video will show and discuss

- Instruction: Rescue Breathing



Video Pauses

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- If students have already completed the Adult CPR and AED Skills Test and the adult manikins are put away, you may have students practice rescue breathing on an infant manikin instead of an adult manikin. If selecting this option, proceed to “Students Practice: Rescue Breathing (Infants and Children)” below, instead of “Practice While Watching: Rescue Breathing (Adults).”



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Instructor Notes

Next

Adult and Child Choking