HeartCode® BLS Virtual Skills (Adult)

Adult CPR and AED Skills Testing Checklist

The HeartCode BLS Virtual Skills session is for candidates who pass the HeartCode BLS online portion and have knowledge of BLS skills but cannot attend an in-person, hands-on skills testing portion of the HeartCode BLS Course, which is required for the BLS Provider course completion card.

Directions for the Instructor

Use the step-action table and skills descriptors that follow to assess the performance of proper CPR and AED use on an adult (Table).

To begin, provide the appropriate scenario to the candidate. Check the boxes in the step-action table only when the student successfully completes the corresponding steps.

Before you begin:

- Students must be in a quiet area with limited distractions.
- The student or the instructor is required to use a metronome set for 110 beats per minute.
- The instructor must verify that they can hear the metronome, to confirm rate; hear the manikin click, to confirm compression depth; and clearly hear the student speak.
- Be sure the student adjusts their audio settings for background noise suppression. Set noise suppression to low or off. (You'll find helpful tips and tricks for doing this in the HeartCode BLS Virtual Skills Instructor Guidelines.)

Scenarios

Hospital scenario: "You are working in a hospital or clinic, and you see a person suddenly collapse in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Prehospital scenario: "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Table. Virtual Adult CPR and AED Skills Testing—Instructor Checklist

Step	Student action for virtual adult CPR and AED use	Instructor comments
1 Check each box only if the skill is performed successfully.	☐ Verbalizes and demonstrates checking responsiveness ☐ Shouts for help/activates emergency response system ☐ Verbalizes and demonstrates checking for breathing ☐ Verbalizes and demonstrates checking pulse	

Step	Student action for virtual adult CPR and AED use	Instructor comments
2 Once the student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."		
3	**Cycle 1:** Adult compressions Performs high-quality CPR, including ☐ Demonstrates hand placement on lower half of sternum ☐ Demonstrates 30 compressions in no less than 15 seconds and no more than 18 seconds ☐ Compresses at least 2 inches, with complete chest recoil after each compression	
4	☐ Gives 2 breaths with a barrier device ☐ Demonstrates giving each breath over 1 second with visible chest rise with each breath ☐ Resumes compressions in less than 10 seconds	
5	**Cycle 2:** Repeats these steps of Cycle 1: ☐ Performs high-quality compressions ☐ Gives 2 breaths, 1 second each, with visible chest rise ☐ Resumes compressions in less than 10 seconds	
6	Follows AED prompts: ☐ Powers on AED ☐ Demonstrates correctly attaching pads ☐ Verbalizes "Clear" for analysis ☐ Demonstrates clearing the patient to safely deliver shock ☐ Demonstrates safely delivering shock	
7	Resumes compressions: ☐ Verbalizes "Resume compressions" and directs the instructor to resume compressions ☐ Ensures that compressions resume immediately after shock delivery	

STOP TEST

Instructor Notes			
• Place a check in the box next to each step the student completes successfully. • If the student does not complete all steps successfully (as indicated by at least 1 blank check box), the student must receive remediation. Make a note here of which skills require remediation (refer to instructor manual for information about remediation).			
Test Results	Circle **PASS** or **NR** to indicate pass or needs remediation:	PASS	NR
Instructor Initials _____ Instructor Number _____ Date _____			

Adult CPR and AED Skills Testing Critical Skills Descriptors

Use these skills descriptors to determine whether the candidate successfully performed CPR on an adult.

1. **Assesses victim and activates emergency response system (this *must* precede starting compressions) within 30 seconds. After determining that the scene is safe:**
   - Checks for responsiveness by tapping and shouting
   - Shouts for help/directs someone to call for help *and* get AED/defibrillator
   - Checks for no breathing or no normal breathing (only gasping)
     – Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
   - Checks carotid pulse
     – Can be done simultaneously with check for breathing
     – Checks for a minimum of 5 seconds and no more than 10 seconds

2. **Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
   - Correct hand placement
     – Lower half of sternum
     – 2-handed (second hand on top of the first or grasping the wrist of the first hand)
   - Compression rate of 100 to 120/min
     – Delivers 30 compressions in 15 to 18 seconds
   - Compression depth and recoil—at least 2 inches (5 cm) and avoid compressing more than 2.4 inches (6 cm)
     – Use of a commercial feedback device or high-fidelity manikin is required
     – Complete chest recoil after each compression
   - Minimizes interruptions in compressions
     – Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
     – Compressions resumed immediately after shock/no shock indicated

3. **Provides 2 breaths by using a barrier device**
   - Opens airway adequately
     – Uses a head tilt–chin lift maneuver or jaw thrust
   - Delivers each breath over 1 second
   - Delivers breaths that produce visible chest rise
   - Avoids excessive ventilation
   - Resumes chest compressions in less than 10 seconds

4. **Performs same steps for compressions and breaths for Cycle 2**

5. **AED use**
   - Powers on AED
     – Turns AED on by pushing button or lifting lid as soon as it arrives
   - Correctly attaches pads
     – Places proper-sized (adult) pads for victim's age in correct location
   - Clears for analysis

- Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
- Communicates clearly to all other rescuers to stop touching victim
- Clears to safely deliver shock
  - Communicates clearly to all other rescuers to stop touching victim
- Safely delivers a shock
  - Resumes chest compressions immediately after shock delivery
  - Does not turn off AED during CPR

6. **Resumes compressions**
- Ensures that high-quality chest compressions are resumed immediately after shock delivery