HeartCode® BLS Virtual Skills (Infant)

Infant CPR 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 on an infant (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 when a woman runs through the door carrying an infant. She shouts, 'Help me! My baby's not breathing.' You have gloves and a pocket mask. You send your coworker to activate the emergency response system and to get the emergency equipment."

Prehospital scenario: "You arrive on the scene for an infant who is not breathing. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Table. Virtual Infant CPR Testing—Instructor Checklist

Step	Student action for virtual infant CPR	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 infant CPR	Instructor comments
2 Make sure that you hear the manikin click with each compression.	Demonstrates performing high-quality CPR, including ☐ 2 fingers or 2 thumbs in the center of the chest, just below the nipple line ☐ 30 compressions in no less than 15 seconds and no more than 18 seconds ☐ Compresses at least one third the depth of the chest, or approximately 1½ inches (4 cm), with complete chest recoil after each compression	
3	Cycle 1: 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	
4	Cycle 2: Repeats Cycle 1: ☐ Gives 2 breaths, each over 1 second ☐ Resumes compressions in less than 10 seconds	
5	☐ Verbally directs Rescuer 2 with bag-mask device to begin ventilation while Rescuer 1 continues compressions with 2 thumb–encircling hands technique	
6	Cycle 3: Rescuer 1 performs high-quality compressions: ☐ 15 compressions with the 2 thumb—encircling hands technique ☐ 15 compressions in no less than 7 seconds and no more than 9 seconds ☐ Compressions at least one third the depth of the chest, or approximately 1½ inches (4 cm) ☐ Ensures complete recoil after each compression	

Step	Student action for virtual infant CPR	Instructor comments
7	**Cycle 4**: Rescuer 1 gives 2 breaths with a bag-mask device: ☐ Demonstrates giving each breath over 1 second with visible chest rise with each breath ☐ Resumes compressions in less than 10 seconds	

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 _____			

Infant CPR Skills Testing Critical Skills Descriptors

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

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 emergency equipment
   - 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 brachial 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 during 1-rescuer CPR (initiates compressions within 10 seconds after identifying cardiac arrest)**
   - Correct placement of hands/fingers in center of chest
     - 1 rescuer: 2 fingers or 2 thumbs just below the nipple line
     - *If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand*
   - Compression rate of 100 to 120/min
     - Delivers 30 compressions in 15 to 18 seconds
   - Adequate depth for age
     - Infant: at least one third the depth of the chest (approximately 1½ inches [4 cm])
     - Use of a commercial feedback device or high-fidelity manikin is preferred
   - Complete chest recoil after each compression
   - Appropriate ratio for age and number of rescuers
     - 1 rescuer: 30 compressions to 2 breaths
   - 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

3. **Provides effective breaths with bag-mask device during 2-rescuer CPR**
   - Opens airway adequately
   - 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. **Switches compression technique at appropriate interval as prompted by the instructor (for purposes of this evaluation). Switch should take no more than 5 seconds.**

5. **Performs high-quality chest compressions during 2-rescuer CPR**
   - Correct placement of hands/fingers in center of chest
     - 2 rescuers: 2 thumb–encircling hands just below the nipple line

- Compression rate of 100 to 120/min
  - Delivers 15 compressions in 7 to 9 seconds
- Adequate depth for age
  - Infant: at least one third the depth of the chest (approximately 1½ inches [4 cm])
- Complete chest recoil after each compression
- Appropriate ratio for age and number of rescuers
  - 2 rescuers: 15 compressions to 2 breaths
- 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