



Advisor: BLS—Directing the Steps of Adult or Child CPR

The Advisor: BLS (Basic Life Support) course completion card is for candidates with disabilities who pass the AHA BLS online course and have knowledge of BLS skills but, due to a disability, cannot complete the psychomotor skills testing portion of BLS that is required for the BLS Provider course completion card. By successfully communicating to someone else how to perform cardiopulmonary resuscitation (CPR), these candidates with disabilities can receive an Advisor: BLS card instead of a BLS Provider card.

Directions for the Instructor

Use the step-action table and skills descriptors shown here to assess whether an Advisor: BLS candidate can direct someone to perform CPR on an adult or a child.

To begin, provide the scenario included here to the candidate. The candidate will communicate to the rescuer performing CPR how to complete each step required for CPR. The instructor marks *Yes* or *No* in the step-action table to reflect whether the candidate has successfully completed each step.

Scenario: *You are working in a hospital and you hear someone shout that an adult is lying on the floor in a hallway. The person shouting asks if anyone knows what to do. The scene is safe.*

Step	Action: Advisor: BLS candidate directs a rescuer to perform CPR	Complete? Yes/No
1	Direct the rescuer to check responsiveness and breathing for 5 to 10 seconds.	
2	Direct someone to ensure that the emergency response system is activated.	
3	If the person is not responsive, direct the rescuer's hand placement for CPR.	
4	Direct the rescuer on how deep to push for an adult and for a child.	
5	Direct the rescuer on how fast to push for an adult and for a child.	
6	Direct the rescuer to allow complete chest recoil.	
7	Direct the rescuer to complete a cycle of 30 compressions in no less than 15 seconds and no more than 18 seconds.	
8	Direct the rescuer on how to open an airway and provide 2 breaths, noting chest rise. Breaths should be given over 1 second, and compressions should resume in less than 10 seconds.	
9	Direct the rescuer to repeat a cycle of 30 compressions and 2 breaths.	
10	Provide remediation for any skills that the rescuer did not perform correctly.	

Student Name

Instructor Name and ID#

Pass/Fail



Skills Descriptors

Use these skills descriptors to determine whether the candidate successfully communicated to the rescuer how to perform CPR on an adult or a child. Instructors should provide remediation if the Advisor: BLS candidate

- Omits an important step or concept when directing the rescuer to perform CPR
- Does not provide corrective guidance if the rescuer is not performing a skill correctly

Explain to candidates that they will not be assessed on the use of an AED, even though AEDs are part of the CPR process. Because a medical emergency team or rapid response team would bring an AED/defibrillator to a real-life situation, Advisor: BLS candidates do not need to demonstrate that they know how to use this device.

Advisor: BLS candidates should direct the rescuer performing CPR to

1. Check the person's responsiveness
 - Check for responsiveness by tapping on the person's shoulder while shouting
 - Look for breathing while assessing the person's responsiveness, taking no more than 5 to 10 seconds
2. Ensure that someone has activated the emergency response system
3. Place 2 hands on the lower half of the sternum, just below the nipple line
4. Compress at least 2 inches (5 cm) for an adult, or at least one third the anteroposterior diameter of the chest, and about 2 inches (5 cm) for a child
5. Compress at a rate of 100 to 120/min
6. Allow complete chest recoil after each compression; do not lean on the chest after each compression
7. Complete a cycle of 30 continuous compressions
 - Perform all 30 compressions in 15 to 18 seconds
 - Minimize interruptions in compressions
8. Open the person's airway by using the head tilt–chin lift method
 - Provide 2 breaths; each breath should be given over 1 second with enough air for the chest to rise
 - Resume compressions in less than 10 seconds
 - Use a pocket mask, if available
9. Continue performing the steps of CPR at a ratio of 30 compressions to 2 breaths for another cycle
10. Participate in remediation if any skills were not performed correctly