

# **Advisor: BLS**

## **Lesson Plans**

### **With Virtual Training Option**

# Preparing for the Course

## *Advisor: BLS Overview*

The Advisor: BLS program was developed for candidates who pass the cognitive portion of the HeartCode® BLS Provider Course but cannot independently perform the physical skills of CPR. By successfully advising others how to perform CPR and use an AED, HeartCode BLS candidates with disabilities can receive an Advisor: BLS card. Candidates should check to make sure that their workplaces will accept these cards. Advisor: BLS cards are available exclusively to authorized TCs for issuance in accordance with AHA policy.

## *Who Can Receive an Advisor: BLS Card?*

Advisor: BLS is an option for candidates who are physically unable to perform the skills of CPR but can communicate and advise another person on how to perform the skills of CPR and use an AED while waiting for emergency responders to arrive. Advisor: BLS candidates must first take HeartCode BLS online and present a course completion certificate before the skills session.

# Advisor: BLS Lesson Plans

## Precourse

### *Instructor Tips*

Before the course, thoroughly review the HeartCode BLS Provider Course materials, and the Advisor: BLS skills sheets. If possible, ask a third person to be the rescuer for the Advisor: BLS candidate who will direct the rescuer to perform CPR and use an AED. The skills portion of the course can be held virtually; check with local, state, and federal resources before scheduling another person as the rescuer.

### *At Least 2 Weeks Before the Course*

- Speak with the Advisor: BLS candidate to determine if they need an accommodation for the room (eg, wheelchair-accessible lower table), and then reserve the room. Determine if this will need to be a virtual session; if so, ensure that the Advisor: BLS candidate has the video equipment needed to adequately review the skills being performed by the instructor.
- Reserve all needed equipment to teach the course.

### *1 Week Before the Course*

- Confirm that room reservations and required equipment are available for the course.

### *Day Before the Course*

- Set up the room and make sure that all technology and equipment are working properly. This can also be done before class begins the day of the course if the room is not available the day before.
- Ensure that all course paperwork is in order.
  - Ask the Advisor: BLS candidate to email you their certificate of completion for the online portion of the HeartCode BLS course. Students must have completed online everything that they will be tested on in the virtual classroom portion of the course.

### *Day of the Course*

Arrive at the course location in plenty of time to complete the following:

- Have all the equipment set up and paperwork ready
  - With a colleague or friend, log in to the video conferencing software before the course begins and practice to make sure that it works properly, with sound. Be sure that you understand how to enable any special settings needed for the sound feature to function.
- Greet the Advisor: BLS candidates as they arrive to the virtual classroom, put them at ease, and tell them how to set up their video so that they can see the actions performed by the instructor and any other rescuers. Troubleshoot any problems in video angles on either end of the virtual experience.
- Make sure to complete the course roster as candidates arrive

# Lesson 1

## Course Introduction

10 min



### *Discussion*

- Introduce yourself and additional people, if present.
- Invite the Advisor: BLS candidates to introduce themselves and discuss any concerns they may have related to the skills session.
- Answer any questions regarding the HeartCode BLS online course.
- Review the skills sheets with the Advisor: BLS candidates.
- Remind the Advisor: BLS candidates that they must competently direct the actions of a rescuer on the following skills:
  - Apply the BLS concepts of the Chain of Survival
  - Perform high-quality CPR for an adult, 1 rescuer
  - Demonstrate the appropriate use of an AED
  - Provide effective ventilations by using a barrier device
  - Perform high-quality CPR for a child
  - Perform high-quality CPR for an infant

## Lesson 2

### BLS Skills: Adult, Child, and Infant

45 minutes

**At the beginning of this lesson, have the rescuer get in position at the side of the manikins. If there is not an additional person, the instructor can play the role of rescuer. Advisor: BLS candidates should position themselves where they can communicate and advise the rescuer.**

Part 1: Scene Safety and Assessment

Part 2: 1-Rescuer Adult BLS With Pocket Mask and AED

Part 3: Child BLS

Part 4: Infant BLS

#### *Instructor Tips*

- Allow the Advisor: BLS candidates to keep the skills sheets for practice of all skills.
- Always state feedback in a positive tone.

#### *Part 1*

- While in position, ask the Advisor: BLS candidate to verbally direct the rescuer to ensure the scene is safe for all participants.

#### *Part 2*

- Ask the Advisor: BLS candidate to use the skills sheet to verbally direct the rescuer on the skills of CPR with a pocket mask and AED for an adult.
- Observe the Advisor: BLS candidate; if the candidate has difficulty directing the rescuer, provide immediate remediation and ensure that they understand the correct way to perform each skill.
- When the Advisor: BLS candidate is comfortable, ask if they are ready to complete the skills test.
- Take away the skills sheet and explain that there will be no prompting or coaching during the skills test.
- Observe the candidate to ensure that all skills indicated on the skills sheets are completed.
- Provide remediation as needed.

#### *Part 3*

- Ask the Advisor: BLS candidate to use the skills sheet to verbally direct the rescuer on the skills of CPR for a child.
- Observe the Advisor: BLS candidate; if the candidate has difficulty directing the rescuer, provide immediate remediation and ensure that they understand the correct way to perform each skill.
- When the Advisor: BLS candidate is comfortable, ask if they are ready to complete the skills test.
- Take away the skills sheet and explain that there will be no prompting or coaching during the skills test.
- Observe the candidate to ensure that all skills indicated on the skills sheets are completed.
- Provide remediation as needed.

## Part 4

- Ask the Advisor: BLS candidate to use the skills sheet to verbally direct the rescuer on the skills of CPR for an infant.
- Observe the Advisor: BLS candidate; if the candidate has difficulty directing the rescuer, provide immediate remediation and ensure that they understand the correct way to perform each skill.
- When the Advisor: BLS candidate is comfortable, ask if they are ready to complete the skills test.
- Ensure that the skills sheet isn't visible to the candidate and explain that there will be no prompting or coaching during the skills test.
- Observe the candidate to ensure that all skills indicated on the skills sheets are completed.
- Provide remediation as needed.

## Lesson 3

### Immediately After the Course

At the end of each class

- Collect and organize all course paperwork.
- Rearrange the room.
- Clean and store all equipment.
- Fill out Training Center course report forms.
- Read and consider comments from course evaluations.
- Send the Advisor: BLS candidate the course completion card if not already distributed.
- *Reminder:* To ensure that the candidate receives their Advisor: BLS card within 20 business days after completing a class, submit the paperwork to your Training Center as soon as possible after the class.