Quick Reference Guide for HeartCode® BLS Blended Learning
Maximize course flexibility to accommodate scheduling and meet different students’ learning needs

**Online Portion: Tips for Students**
- Watch the tutorials provided in the course
- Complete a few modules at a time
- Complete full modules before stopping the program to save progress
- Answer the Knowledge Check questions
- Watch video segments as needed
  Refer to the full “HeartCode BLS Tips for Students” document for more details

**Hands-on Session: Tips for Instructors**

**1:1 Skills Practice**
- Maximize time by making appointments for students to complete hands-on skills practice and testing with a 1:1 instructor-to-student ratio
- Use a 1:1 student-to-manikin ratio for shorter hands-on sessions
- High-performance team activity skills practice requires a minimum of 2 participants
- As always, refer to the Lesson Plans for guidance

**1:1 Skills Testing**
- Position manikins in hospital units to conduct mock codes
- Measure CPR metrics—including chest compression fraction—to qualify as a high-performance team activity skills practice
- High-performance team activity skills can be practiced with as few as 2 participants (compressor and ventilator)
- High-performance team activity skills practice is required, testing is not

**High-Performance Team Activity**
- Limit interruptions in chest compressions to <20%

**Agendas May be Separated into Sets of Lessons for Shorter Hands-on Sessions**

<table>
<thead>
<tr>
<th>Accelerated</th>
<th>Without Optional Lessons</th>
<th>With Optional Lessons</th>
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<tbody>
<tr>
<td>Session 1</td>
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<td>Session 2</td>
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**Session 1**
- Break down the Accelerated Hands-on Portion into 2 short sessions*; use ratio of 3 students to 1 instructor.
- Requires use of a feedback device

**Session 2**
- Break down the Hands-on Session Without Optional Lessons into 5 short sessions; use ratio of 6 students to 1 instructor.

**Session 3**
- Break down the Hands-on Session With Optional Lessons into 5 short sessions; use ratio of 6 students to 1 instructor.

*All times are approximate

Access additional resources for Instructors at www.AHAInstructorNetwork.org

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