




## Emergency Cardiovascular Care Core Course Matrix

### Courses for Healthcare Professionals

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
<b>BASIC LIFE SUPPORT (BLS)</b>											
Basic Life Support (BLS) for Healthcare Providers	 Classroom-based  (Instructor and video)	<ul style="list-style-type: none"> <li>Critical concepts of high-quality CPR</li> <li>The AHA Chain of Survival</li> <li>1-Rescuer CPR/AED for Adult/Child/Infant</li> <li>2-Rescuer CPR/AED for Adult/Child/Infant</li> <li>Differences between Adult, Child and Infant rescue techniques</li> <li>Bag-mask techniques for Adult, Child and Infant</li> <li>Rescue breathing for Adult, Child and Infant</li> <li>Relief of choking for Adult, Child and Infant</li> <li>Intro to CPR with an Advanced Airway</li> </ul>	<ul style="list-style-type: none"> <li>Ideal for learners who prefer group interaction and feedback from an instructor while learning skill</li> <li>Teaches both single-rescuer and team basic life support skills for application in both in- and out-of-hospital settings</li> <li>Added emphasis on team resuscitation</li> <li>Focus on the critical concepts of high-quality CPR</li> </ul>	For healthcare professionals who need to know how to perform CPR, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings.	<i>BLS for Healthcare Providers Student Manual</i> (90-1038)  Includes: BLS for Healthcare Providers Pocket Reference Card	<i>BLS for Healthcare Providers Instructor Manual</i> (90-1036)  BLS for Healthcare Providers Course & Renewal Course DVD (90-1035)  Stopwatch for testing  OR BLS HCP Instructor Package (includes Instructor manual, student manual, DVD, stopwatch) (90-1037)	Written exam and skills test	BLS for Healthcare Providers course completion card	Initial Course: 4.5 hours  Renewal course: 4 hours	No	Coming Soon
Basic Life Support (BLS) for Healthcare Providers Online Part 1	 eLearning  Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> <li>Critical concepts of high-quality CPR</li> <li>The AHA Chain of Survival</li> <li>1-Rescuer CPR/AED for Adult/Child/Infant</li> <li>2-Rescuer CPR/AED for Adult/Child/Infant</li> <li>Differences between Adult, Child and Infant rescue techniques</li> <li>Bag-mask techniques for Adult, Child and Infant</li> <li>Rescue breathing for Adult, Child and Infant</li> <li>Relief of choking for Adult, Child and Infant</li> <li>Intro to CPR with an Advanced Airway</li> </ul>	<ul style="list-style-type: none"> <li>Self-paced and available 24/7</li> <li>Includes 5 (five) interactive exercises, scenarios and a written test</li> <li>Includes an introduction to CPR with an advanced airway</li> <li>Includes downloadable:               <ul style="list-style-type: none"> <li>BLS for Healthcare Providers Pocket Reference Card</li> <li>Adult/pediatric algorithms</li> <li>Summary of steps</li> <li>1-2 rescuer Adult BLS (with AED) skills testing sheet</li> <li>1-2 rescuer Infant BLS skills testing sheet</li> </ul> </li> <li>Provides access to all information in online course for 24 months following activation of course key</li> <li>Includes online access to the <i>BLS for Healthcare Providers Student Manual</i></li> </ul>	This program is for healthcare professionals seeking an alternative (nonclassroom) method for completing an initial or renewal/update BLS for Healthcare Providers Course.	BLS for Healthcare Providers Online Part 1 (90-1403)	See document, "Training Memo: BLS HCP and Heartsaver eLearning Skills Practice and Testing Requirements 6/1/11," posted on the AHA Instructor Network under Courses > BLS for Healthcare Providers Online Part 1	Part 2, a hands-on skills session with an authorized AHA BLS Instructor  Part 3, a skills test with an authorized AHA BLS Instructor	BLS for Healthcare Providers course completion card (upon completion of all 3 parts)	Part 1: 1-2 hours  Time to complete a practice and testing session (Parts 2 and 3) varies	No	No


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<b>BASIC LIFE SUPPORT (BLS)</b>											
HeartCode® BLS Part 1	 eLearning  Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> <li>• Critical concepts of high-quality CPR</li> <li>• The American Heart Association Chain of Survival</li> <li>• 1-Rescuer CPR and AED for adult, child and infant</li> <li>• 2-Rescuer CPR and AED for adult, child and infant</li> <li>• Differences between adult, child and infant rescue techniques</li> <li>• Bag-mask techniques for adult, child and infant</li> <li>• Rescue breathing for adult, child and infant</li> <li>• Relief of choking for adult, child and infant</li> <li>• Intro to CPR with an Advanced Airway</li> </ul>	<ul style="list-style-type: none"> <li>• Five BLS patient cases, presented through eSimulation technology</li> <li>• Self-paced and accessible 24/7</li> <li>• Debriefings and coaching provided immediately after each simulation, with hyperlinks to the referenced section of the BLS for Healthcare Providers Student Manual</li> <li>• Includes an introduction to CPR with an advanced airway</li> <li>• 14 BLS video lessons and two video tutorials</li> <li>• Multiple choice, 25-question exam to test cognitive knowledge</li> <li>• Printable BLS for Healthcare Providers Pocket Reference Card</li> <li>• Online access to the <i>BLS for Healthcare Providers Student Manual</i>, the <i>2010 AHA Guidelines for CPR &amp; ECC</i> and the BLS portion of the <i>2010 Handbook of Emergency Cardiovascular Care for Healthcare Providers</i></li> <li>• Access to all information in course for 24 months (two years) following activation of course key</li> </ul>	This program is for healthcare professionals seeking an alternative (nonclassroom) method for completing an initial or renewal/update BLS for Healthcare Providers Course.	Heartcode BLS Part 1 (90-1404)	See document, "Training Memo: BLS HCP and Heartsaver eLearning Skills Practice and Testing Requirements 6/1/11," posted on the AHA Instructor Network under Courses > HeartCode BLS Part 1	Part 2, a hands-on skills practice session with an AHA ACLS Instructor or using a voice-assisted manikin (VAM) system  Part 3, a skills test with an AHA ACLS Instructor or using a VAM system	BLS for Healthcare Providers Course Completion Card issued upon completion of all three parts	Part 1: 1-2 hours  Time to complete a skills practice and testing session (Parts 2 and 3) varies	No	No


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<b>ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)</b>											
Advanced Cardiovascular Life Support (ACLS)	 Classroom-based  (Instructor and video)	<ul style="list-style-type: none"> <li>• 1-Rescuer CPR and AED use</li> <li>• Science Overview (Update Course)</li> <li>• Team Dynamics</li> <li>• BLS and ACLS Surveys</li> <li>• Immediate Post-Cardiac Arrest Care</li> <li>• Airway Management/Respiratory Arrest</li> <li>• Periarrest Rhythms (Tachycardia, Bradycardia)</li> <li>• Arrest Rhythms (VF, PVT, PEA, Asystole)</li> <li>• Acute Coronary Syndromes (ACS)</li> <li>• Stroke</li> <li>• Megacode treatment</li> </ul>	<ul style="list-style-type: none"> <li>• Emphasizes the importance of basic life support CPR to patient survival, the integration of effective basic life support with advanced cardiovascular life support interventions, and the importance of effective team interaction and communication during resuscitation</li> <li>• Simulated clinical scenarios encourage active, hands-on participation through learning stations where students will practice essential skills individually, as part of a team, and as team leader.</li> <li>• Realistic simulations reinforce the following key concepts:               <ul style="list-style-type: none"> <li>○ Proficiency in basic life support care</li> <li>○ Recognizing and initiating early management of periarrest conditions</li> <li>○ Managing cardiac arrest</li> <li>○ Identifying and treating ischemic chest pain and acute coronary syndromes</li> <li>○ Recognizing other life-threatening clinical situations (such as stroke) and providing initial care</li> <li>○ ACLS algorithms</li> <li>○ Effective resuscitation team dynamics</li> </ul> </li> </ul>	This course is for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, and paramedics, as well as others who need an ACLS course completion card for job or other requirements.	90-1014 <i>ACLS Provider Manual</i> (90-1014)  Includes: ACLS Pocket Reference Card Set (90-1012) – also sold separately  <i>Handbook of ECC for Healthcare Providers</i> recommended	<i>ACLS Instructor Manual</i> (90-1011)  ACLS DVD (90-1009)  Stopwatch  OR  ACLS Instructor Package (90-1041), Includes: <ul style="list-style-type: none"> <li>• ACLS Provider Manual (90-1014)</li> <li>• ACLS Instructor Manual (90-1011)</li> <li>• 2 ACLS DVDs (90-1009)</li> <li>• ACLS Posters (90-1013)</li> <li>• ACLS Emergency Crash Cart Cards (90-1010)</li> <li>• Stop Watch</li> </ul>	Written exam and skills test	ACLS course completion card	Full course: 10-12 hours depending on break time  Update course: 5-6 hours depending on break time	Coming Soon	Coming Soon


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<b>ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)</b>											
HeartCode® ACLS Part 1	 eLearning  Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> <li>10 adult patient cases with up to four healthcare providers, presented through eSimulation technology:               <ul style="list-style-type: none"> <li>One BLS case</li> <li>Seven cases representing cardiovascular, respiratory and stroke emergencies</li> </ul> </li> <li>Recognition and early management of respiratory and cardiac arrest</li> <li>Recognition and early management of periarrest conditions such as symptomatic bradycardia</li> <li>Airway management</li> <li>Related pharmacology</li> <li>Management of acute coronary syndromes (ACS) and stroke</li> <li>Effective communication as a member and leader of a resuscitation team</li> </ul>	<ul style="list-style-type: none"> <li>Self-paced and accessible 24 hours a day</li> <li>Precourse Self-Assessment to gauge students' knowledge and application of ECG recognition and pharmacology</li> <li>Debriefings and coaching provided immediately after each simulation, with hyperlinks to the referenced section of the ACLS Provider Manual</li> <li>Multiple choice, 50-question exam to test cognitive knowledge; program immediately identifies incorrect answers and provides a hyperlink to the appropriate section of the ACLS Provider Manual for instant remediation</li> <li>Online access to the ACLS Provider Manual, the 2010 AHA Guidelines for CPR &amp; ECC and the 2010 Handbook of Emergency Cardiovascular Care for Healthcare Providers</li> <li>Provides access to all information in course for 24 months (two years) following activation of course key</li> <li>Provides up to 10.25 hours continuing education credit</li> </ul>	<i>HeartCode ACLS Part 1</i> is for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest and other cardiovascular emergencies, specifically those seeking an alternative (nonclassroom) method for completing an initial or update ACLS Course.	Heartcode ACLS Part 1 Key (90-1045)	See document, "Training Memo: Skills Testing for HeartCode ACLS" posted on the AHA Instructor Network under Courses > HeartCode ACLS Part 1	Part 2, a hands-on skills practice session with an AHA ACLS Instructor or using a voice-assisted manikin (VAM) system  Part 3, a skills test with an AHA ACLS Instructor or using a VAM system	ACLS Course Completion Card issued upon completion of all three parts.	Part 1 can be completed in approximately 10 hours; however, unprepared or inexperienced students may require additional time.  Time to complete a skills practice and testing session (Parts 2 and 3) varies.	Yes Students who successfully complete the program may claim up to 10.25 hours of continuing education credit)	No



## Emergency Cardiovascular Care Course Matrix

### Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
<b>HEARTSAVER COURSES</b>											
Heartsaver® First Aid 	Classroom-based (Instructor and video)	<ul style="list-style-type: none"> <li>First aid basics (including scene safety, finding the problem, calling for help and more)</li> <li>Medical emergencies (including actions for choking, breathing problems, shock and more)</li> <li>Injury emergencies (including actions for bleeding, broken bones, burns and more)</li> <li>Environmental emergencies (including actions for bites and stings, and temperature-related and poison emergencies)</li> </ul>	<ul style="list-style-type: none"> <li>Skills are taught using AHA's research-proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills</li> <li>Modular format creates course flexibility</li> <li>Ideal for learners who prefer group interaction and feedback from an Instructor while learning skills</li> <li>Each student receives the highest quality course materials to supplement their learning</li> <li>Skills practice and testing included during course to ensure students demonstrate competency performing skills</li> </ul>	Designed for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirement.	<i>Heartsaver First Aid Student Workbook</i> (90-1027) Includes: Heartsaver First Aid Quick Reference Guide (90-1025)	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029)  Heartsaver First Aid CPR AED DVD set (90-1028)	Optional written test available for Instructors to administer to students whose employers require completion of a written test.  Skills practice and testing with AHA Instructor during course	Heartsaver First Aid course completion card	2-3 hours	No	No


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<b>HEARTSAVER COURSES</b>											
Heartsaver® CPR AED	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> <li>• Adult CPR AED (with a mask)</li> <li>• Adult choking</li> <li>• Optional modules:               <ul style="list-style-type: none"> <li>◦ Child CPR AED</li> <li>◦ Child Choking</li> <li>◦ Infant CPR</li> <li>◦ Infant choking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Skills are taught using AHA's research-proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills</li> <li>• Modular format creates course flexibility</li> <li>• Ideal for learners who prefer group interaction and feedback from an Instructor while learning skills</li> <li>• Each student receives the highest quality course materials to supplement their learning</li> <li>• Skills practice and testing included during course to ensure students demonstrate competency performing skills</li> </ul>	Designed for anyone with limited or no medical training who needs a course completion card in CPR AED to meet job, regulatory or other requirements.	<i>Heartsaver CPR AED Student Workbook</i> (90-1044)  Includes: Adult CPR & AED Reminder  Child & Infant CPR & AED Reminder	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029)  Heartsaver First Aid CPR AED DVD set (90-1028)  Stopwatch	Optional written test available for Instructors to administer to students whose employers require completion of a written test  Skills practice and testing with AHA Instructor during course	Heartsaver CPR AED course completion card	3-4 hours	No	No
Heartsaver® First Aid CPR AED	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> <li>• First aid basics</li> <li>• Medical emergencies</li> <li>• Injury emergencies</li> <li>• Environmental emergencies</li> <li>• Adult CPR AED (with a mask)</li> <li>• Adult choking</li> <li>• Optional modules:               <ul style="list-style-type: none"> <li>◦ Child CPR AED</li> <li>◦ Child Choking</li> <li>◦ Infant CPR</li> <li>◦ Infant choking</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Skills are taught using AHA's research-proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills</li> <li>• Modular format creates course flexibility</li> <li>• Ideal for learners who prefer group interaction and feedback from an Instructor while learning skills</li> <li>• Each student receives the highest quality course materials to supplement their learning</li> <li>• Skills practice and testing included during course to ensure students demonstrate competency performing skills</li> </ul>	Designed for anyone with limited or no medical training who needs a course completion card in first aid CPR AED to meet job, regulatory or other requirements.	<i>Heartsaver First Aid CPR AED Student Workbook</i> (90-1026)  Includes: Heartsaver First Aid Quick Reference Guide (90-1012)  Adult CPR & AED Reminder  Child & Infant CPR & AED Reminder	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029)  Heartsaver First Aid CPR AED DVD set (90-1028)  Stopwatch	Optional written test available for Instructors to administer to students whose employers require completion of a written test  Skills practice with AHA Instructor during course	Heartsaver First Aid CPR AED course completion card	5-7 hours	No	Coming Soon

## Emergency Cardiovascular Care Course Matrix

### Courses for General Community (family, friends and those who do not need a course completion card)

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor/ Facilitator Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
<b>COMMUNITY COURSES &amp; PROGRAMS</b>											
Family & Friends® CPR	 Classroom-based  (Instructor or facilitator and video)	<ul style="list-style-type: none"> <li>• Adult Hands-Only™ CPR/AED/Choking</li> <li>• Child CPR/AED/Choking</li> <li>• Infant CPR/Choking</li> </ul>	<ul style="list-style-type: none"> <li>• Stand-alone modules can be taught together or separately for added flexibility</li> <li>• Offers opportunity to learn basic CPR in a dynamic group environment with feedback from an Instructor or facilitator</li> <li>• Uses AHA's research-proven Practice-While-Watching method to provide students with the most hands-on CPR practice time possible during the course</li> <li>• Can be led by an AHA Instructor or a facilitator</li> </ul>	<p>Members of the general public who want to learn CPR in an Instructor-led or facilitated group environment.</p> <p>This course is for people who do not need a course completion card for a job or other requirements.</p> <p>This course can also be an option for middle- and high-school students who do not need a course completion card</p>	<i>Family &amp; Friends CPR Student Manual</i> (90-1007)	Family & Friends CPR DVD with Facilitator Guide (90-1033)	None	No course completion card  Tear-out participation card included in each student manual	Adult Hands-Only CPR/AED/Choking: 25 minutes  Child CPR/AED/Choking: 35 minutes  Infant CPR/Choking: 30 minutes	No	Coming Soon
Family & Friends® CPR Anytime®	Self-directed learning through personal kit	<ul style="list-style-type: none"> <li>• Adult Hands-Only CPR</li> <li>• Child CPR (including breaths)</li> <li>• Adult and child choking relief</li> <li>• Use of an AED</li> </ul>	<ul style="list-style-type: none"> <li>• For those who prefer self-paced learning and independent practice</li> <li>• Incorporates AHA's research-proven Practice-While-Watching technique for teaching CPR</li> <li>• Fully bi-lingual kit helps deliver training to more audiences</li> <li>• Personal kit provides for convenient knowledge and skills refresher</li> <li>• Kit can be shared to extend training to all family members and friends</li> </ul>	General public, specifically anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card	Family & Friends CPR Anytime Kit:  Light Skin (90-1003)  Brown Skin (90-1004)	None	None	None	20 minutes	No	Yes, kit is bilingual

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<b>COMMUNITY COURSES &amp; PROGRAMS</b>											
Infant CPR Anytime®	Self-directed learning through personal kit	<ul style="list-style-type: none"> <li>• Infant CPR</li> <li>• Relief of choking in an infant</li> <li>• Calling for help</li> </ul>	<ul style="list-style-type: none"> <li>• Self-directed, personal training kit</li> <li>• Includes everything needed to learn basic infant CPR and relief of choking</li> <li>• Co-branded with the American Academy of Pediatrics</li> <li>• Emphasis on CPR with breaths for infants</li> <li>• Incorporates AHA's research-proven Practice-While-Watching technique for teaching CPR</li> <li>• Fully bi-lingual kit helps deliver training to more audiences</li> <li>• Personal kit provides for convenient knowledge and skills refresher</li> <li>• Kit can be shared to extend training to all family members and friends</li> </ul>	<p>New parents, grandparents, family members and anyone who wants to learn lifesaving infant CPR and choking skills but does not need a course completion card</p> <p>This kit also is used in hospital NICU and PICU programs to teach skills to new parents, while allowing nursing staff to focus on patient care</p>	Infant CPR Anytime Kit: Light Skin (90-1001) Brown Skin (90-1002)	None	None	None	20 minutes	No	Yes, kit is bilingual