



## HeartCode® BLS Virtual Skills (Adult)

### Adult CPR and AED 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 and AED use on an adult (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, and you see a person suddenly collapse in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

**Prehospital scenario:** "You arrive on the scene for a suspected cardiac arrest. No bystander CPR has been provided. You approach the scene and ensure that it is safe. Demonstrate what you would do next."

Table. Virtual Adult CPR and AED Skills Testing—Instructor Checklist

Step	Student action for virtual adult CPR and AED use	Instructor comments
1 Check each box only if the skill is performed successfully.	<input type="checkbox"/> Verbalizes and demonstrates checking responsiveness <input type="checkbox"/> Shouts for help/activates emergency response system <input type="checkbox"/> Verbalizes and demonstrates checking for breathing <input type="checkbox"/> Verbalizes and demonstrates checking pulse	



Step	Student action for virtual adult CPR and AED use	Instructor comments
2	Once the student shouts for help, instructor says, "Here's the barrier device. I am going to get the AED."	
3	<b>Cycle 1: Adult compressions</b> Performs high-quality CPR, including <ul style="list-style-type: none"><li><input type="checkbox"/> Demonstrates hand placement on lower half of sternum</li><li><input type="checkbox"/> Demonstrates 30 compressions in no less than 15 seconds and no more than 18 seconds</li><li><input type="checkbox"/> Compresses at least 2 inches, with complete chest recoil after each compression</li></ul>	
4	<ul style="list-style-type: none"><li><input type="checkbox"/> Gives 2 breaths with a barrier device</li><li><input type="checkbox"/> Demonstrates giving each breath over 1 second with visible chest rise with each breath</li><li><input type="checkbox"/> Resumes compressions in less than 10 seconds</li></ul>	
5	<b>Cycle 2: Repeats these steps of Cycle 1:</b> <ul style="list-style-type: none"><li><input type="checkbox"/> Performs high-quality compressions</li><li><input type="checkbox"/> Gives 2 breaths, 1 second each, with visible chest rise</li><li><input type="checkbox"/> Resumes compressions in less than 10 seconds</li></ul>	
6	Follows AED prompts: <ul style="list-style-type: none"><li><input type="checkbox"/> Powers on AED</li><li><input type="checkbox"/> Demonstrates correctly attaching pads</li><li><input type="checkbox"/> Verbalizes "Clear" for analysis</li><li><input type="checkbox"/> Demonstrates clearing the patient to safely deliver shock</li><li><input type="checkbox"/> Demonstrates safely delivering shock</li></ul>	
7	Resumes compressions: <ul style="list-style-type: none"><li><input type="checkbox"/> Verbalizes "Resume compressions" and directs the instructor to resume compressions</li><li><input type="checkbox"/> Ensures that compressions resume immediately after shock delivery</li></ul>	



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**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).

<b>Test Results</b>	Circle <b>PASS</b> or <b>NR</b> to indicate pass or needs remediation:	<b>PASS</b>	<b>NR</b>
Instructor Initials	_____	Instructor Number	_____