

*West Los Angeles College-Allied Health Division
Basic Life Support (BLS) for Health Care Provider Course
Allied health 21*

- I. BLS: This course will train students to respond to, assess and manage cardiac and respiratory emergencies using basic life support skills and automatic external defibrillation based on American Heart Association Guidelines 2010 standards
- II. Instructor: Nezy Pullukalayil, RN, MSN/ Benoy Pullukalayil, RN, MSN
Telephone: 310 287 4464
- III. Course: Allied Health 21 (0.5unit)
- IV. Course Objectives The student will be able to:
- A. Perform adult and pediatric (infant and child) one and two-rescuer CPR
 - B. Perform adult and pediatric (infant and child) foreign body airway obstruction (choking) techniques
 - C. Integrate the automatic external defibrillator into resuscitations
- V. Materials (Please have these items before the day of class)
- Required materials for lecture
- Text: 2010 American Heart Association Basic Life Support for Healthcare Providers OR BLS Study Guide(available in allied health division)
- V. Assignments
- A. Read text before coming to class
 - B. Complete the pretest found in this packet
 - C. Attend presentation and skills practice
- VI. Evaluation
- A. Practical examination: Instructors will assist students in skill practice. Students are welcome to take as much time as they like to practice before demonstrating skill competency. Skills will be evaluated on a pass/needs remediation basis. If skills are not successfully completed, students will be remediated by the instructor(s). Students may practice and be reevaluated. Students are required to pass all skills to

successfully complete the course.

- B. Written examination: Consists of 25 multiple choice questions. Students must receive a score of 80% or higher to successfully complete the course. If unsuccessfully completed, students will be remediated by the instructor(s). Students may be asked to complete a second examination or to correct the initial examination, at the instructor's discretion.

VII. Certification

- A. American Heart Association Healthcare Provider Basic Life Support (replacement cards will be issued by request for a fee of \$10/card).

VIII. INSTITUTIONAL STUDENT LEARNING OUTCOMES

- A. Critical Thinking: Analyze problems by differentiating fact from opinions, using evidence, and using sound reasoning to specify multiple solutions and their consequences.

Assessment: The students will provide Nursing care for patients during this clinic. Instructor will evaluate and guide the services provided by students.

- B. Communication: Effectively communicate thought in a clear, well-organized manner to persuade, inform, and convey ideas in academic, work, family and community settings.

Assessment: The student will provide nursing care services for patients during this clinic. The communication skills with patients, instructors, and peers will be evaluated.

- C. Technical Competence: Utilize the appropriate technology effectively for informational, academic, personal, and professional needs.

Assessment: The students will use variety of technology to provide nursing care services during clinic such as Kaiser Health Connect computer system. Automatic Vital Signs machine use. The technical performance will be evaluated by instructors.

- D. Ethics: Practice and demonstrate standards of personal and professional integrity, honesty and fairness; apply ethical principles in submission of all college work.

Assessment: The students will work in clinic environment professionally and ethically.

IX Additional Information

- A. Students are reminded to dress comfortably, as labs will involve physical activity and movement on the floor. The wearing of skirts is discouraged.
- B. If students have physical challenges that will prevent them from participating in the manner that the course has been designed, please inform the instructor so that modification can be made.
- C. The written exam will be administered following the demonstration of practical skills proficiencies.

Basic Life Support for the Healthcare Provider

INFORMATION RESOURCES: 2010 Basic Life Support for the Healthcare Provider:
American Heart Association

TERMINAL OBJECTIVE Given a simulated situation, perform artificial ventilation, cardiopulmonary resuscitation (CPR) and obstructed airway procedures on infants, children, and adults; implement the use of barrier devices and Automatic External Defibrillators (AED's) as appropriate.

PERFORMANCE OBJECTIVES

Cognitive Objectives for airway and breathing management By the end of this lesson, the student should be able to:

- Define clinical death and biological death, stating the approximate time in which brain cells will begin to die if they do not receive oxygen.
- Describe the steps in the head-tilt chin-lift.
- Relate mechanism of injury to opening the airway.
- Describe the steps in the jaw thrust maneuver.
- Describe how to ventilate a patient with a resuscitation mask or barrier device.
- Describe how ventilating an infant or child is different from an adult.
- List the steps in the mouth-to-mouth ventilation technique and explain how that technique differs depending on the size of the patient.
- Give the rate for delivering ventilations to adult, child, and infant patients.
- State what a First Responder may do to prevent air from entering the patient's stomach (gastric distention) during artificial ventilation.
- List three factors that may cause partial or complete airway obstruction.
- List three signs of partial airway obstruction.
- State when you should treat a partial airway obstruction as if it were a complete airway obstruction.
- Describe three things you will commonly notice about a conscious patient with a complete airway obstruction.
- Describe how to clear a foreign body airway obstruction in a responsive adult.
- Describe how to clear a foreign body airway obstruction in a responsive child with complete or partial airway obstruction and poor air exchange.
- Describe how to clear a foreign body airway obstruction in a responsive infant with complete or partial airway obstruction and poor air

exchange.

- o Describe how to clear a foreign body airway obstruction in an unresponsive adult.
- o Describe how to clear a foreign body airway obstruction in an unresponsive child.
- o Describe how to clear a foreign body airway obstruction in an unresponsive infant.

B. Cognitive Objectives for CPR

By the end of this lesson, the student should be able to:

- o Describe the relationship of the heart, lung, and brain activity.
- o List the signs of cardiac arrest.
- o List the reasons for the heart to stop beating.
- o Define the components of cardiopulmonary resuscitation.
- o Explain what is happening physiologically in the patient's body during CPR.
- o Explain the statistical likelihood of a "successful resuscitation" in a cardiac arrest patient using only CPR.
- o Describe each link in the chain of survival and how it relates to the EMS system.
- o Define the "ABC's" of resuscitation.
- o Locate the CPR compression site on an adult, child, and infant.
- o List the rates and depths of compression and ventilations used during CPR on adults, children, and infants.
- o List the steps of one-rescuer adult CPR.
- o Describe the technique of external cardiac compressions on an adult patient.
- o Describe the technique of external cardiac compressions on a child.

