

# Advanced Cardiovascular Life Support

## Adult High-Quality BLS Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

Hospital Scenario: "You are working in a hospital or clinic, and you see a person who has suddenly collapsed in the hallway. You check that the scene is safe and then approach the patient. Demonstrate what you would do next."

Out-of-Hospital 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."

### Assessment and Activation

- ☐ Checks responsiveness
- ☐ Checks breathing
- ☐ Shouts for help/Activates emergency response system/Sends for AED
- ☐ Checks pulse

Once student shouts for help, instructor says, "I am going to get the AED."

### Compressions **Audio/visual feedback device required for accuracy**

- ☐ Hand placement on lower half of sternum
- ☐ Perform continuous compressions for 1 minute (100-120/min) \_\_\_\_\_ (number of compressions)
- ☐ Compresses at least 2 inches (5 cm)
- ☐ Complete chest recoil. (Check if using a feedback device that measures chest recoil)

Rescuer 2 says, "Here is the AED. I'll take over compressions, and you use the AED."

### AED (follows prompts of AED)

- ☐ Powers on AED
- ☐ Safely delivers a shock
- ☐ Correctly attaches pads
- ☐ Shocks within 45 seconds of AED arrival
- ☐ Clears for analysis
- ☐ Clears to safely deliver a shock

### Resumes Compressions

- ☐ Ensures compressions are resumed immediately after shock delivery
  - Student directs instructor to resume compressions or
  - Second student resumes compressions

## 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).

### Test Results

Circle **PASS** or **NR** to indicate pass or needs remediation:

**PASS**

**NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

# Airway Management Skills Testing Checklist



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

| Critical Performance Steps                                                                                                                                                                                                                                                                                             | Check if done correctly |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>BLS Assessment and Interventions</b>                                                                                                                                                                                                                                                                                |                         |
| Checks for responsiveness<br>• Taps and shouts, "Are you OK?"                                                                                                                                                                                                                                                          |                         |
| Activates the emergency response system<br>• Shouts for nearby help/Activates the emergency response system and gets the AED<br>or<br>• Directs second rescuer to activate the emergency response system and get the AED                                                                                               |                         |
| Checks breathing<br>• Scans chest for movement (5-10 seconds)                                                                                                                                                                                                                                                          |                         |
| Checks pulse (5-10 seconds)<br><b>Breathing and pulse check can be done simultaneously</b><br>Notes that pulse is present and does not initiate chest compressions or attach AED                                                                                                                                       |                         |
| Inserts oropharyngeal or nasopharyngeal airway                                                                                                                                                                                                                                                                         |                         |
| Administers oxygen                                                                                                                                                                                                                                                                                                     |                         |
| Performs effective bag-mask <b>ventilation for 1 minute</b><br>• Gives proper ventilation rate (once every 6 seconds)<br>_____ Ventilating once every 4 seconds or less or 8 seconds or more does not pass<br>• Gives proper ventilation speed (over 1 second)<br>• Gives proper ventilation volume (about half a bag) |                         |

## 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).

**Test Results** Circle **PASS** or **NR** to indicate pass or needs remediation:

**PASS**

**NR**

Instructor Initials \_\_\_\_\_ Instructor Number \_\_\_\_\_ Date \_\_\_\_\_

# Megacode Testing Checklist: Scenarios 2/5

## Bradycardia → VF → Asystole → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

| Critical Performance Steps                                                                                                                                                                       |                                                          |                                                            |                                            |                                          |                           | Check if done correctly |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|--------------------------------------------|------------------------------------------|---------------------------|-------------------------|
| <b>Team Leader/Team Members</b>                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Team Leader assigns team member roles                                                                                                                                                            |                                                          |                                                            |                                            |                                          |                           |                         |
| Ensures high-quality CPR at all times                                                                                                                                                            | Compression rate 100-120/min<br><input type="checkbox"/> | Compression depth of ≥2 inches<br><input type="checkbox"/> | Chest compression fraction >80%<br>_____ % | Chest recoil<br><input type="checkbox"/> | Ventilation rate<br>_____ |                         |
| Team Leader ensures that team members communicate well                                                                                                                                           |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>Bradycardia Management</b>                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| Starts oxygen if needed, places monitor, starts IV                                                                                                                                               |                                                          |                                                            |                                            |                                          |                           |                         |
| Places monitor leads in proper position                                                                                                                                                          |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes symptomatic/unstable bradycardia                                                                                                                                                      |                                                          |                                                            |                                            |                                          |                           |                         |
| Administers correct dose of atropine                                                                                                                                                             |                                                          |                                                            |                                            |                                          |                           |                         |
| Prepares for second-line treatment                                                                                                                                                               |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>VF Management</b>                                                                                                                                                                             |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes VF                                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| Clears before analyze and shock                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Immediately resumes CPR after shocks                                                                                                                                                             |                                                          |                                                            |                                            |                                          |                           |                         |
| Appropriate airway management                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| Appropriate cycles of drug-rhythm check/shock-CPR                                                                                                                                                |                                                          |                                                            |                                            |                                          |                           |                         |
| Administers appropriate drug(s) and doses                                                                                                                                                        |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>Asystole Management</b>                                                                                                                                                                       |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes asystole                                                                                                                                                                              |                                                          |                                                            |                                            |                                          |                           |                         |
| Verbalizes potential reversible causes of asystole (H's and T's)                                                                                                                                 |                                                          |                                                            |                                            |                                          |                           |                         |
| Administers appropriate drug(s) and doses                                                                                                                                                        |                                                          |                                                            |                                            |                                          |                           |                         |
| Immediately resumes CPR after rhythm checks                                                                                                                                                      |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>Post-Cardiac Arrest Care</b>                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Identifies ROSC                                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Verbalizes need for endotracheal intubation and continuous waveform capnography, ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, and orders laboratory test |                                                          |                                                            |                                            |                                          |                           |                         |
| Considers temperature control                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |

### STOP TEST

|                                                                                                                                                                                       |                                                                        |             |           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------|-----------|
| <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 _____ Date _____                                                                                                                          |                                                                        |             |           |
| <b>Learning Station Competency</b>                                                                                                                                                    |                                                                        |             |           |
| <input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice |                                                                        |             |           |

# Megacode Testing Checklist: Scenarios 4/7/10

## Tachycardia → VF → PEA → PCAC



Student Name \_\_\_\_\_ Date of Test \_\_\_\_\_

| Critical Performance Steps                                                                                                                                                                       |                                                          |                                                            |                                            |                                          |                           | Check if done correctly |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|------------------------------------------------------------|--------------------------------------------|------------------------------------------|---------------------------|-------------------------|
| <b>Team Leader/Team Members</b>                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Team Leader assigns team member roles                                                                                                                                                            |                                                          |                                                            |                                            |                                          |                           |                         |
| Ensures high-quality CPR at all times                                                                                                                                                            | Compression rate 100-120/min<br><input type="checkbox"/> | Compression depth of ≥2 inches<br><input type="checkbox"/> | Chest compression fraction >80%<br>_____ % | Chest recoil<br><input type="checkbox"/> | Ventilation rate<br>_____ |                         |
| Team Leader ensures that team members communicate well                                                                                                                                           |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>Tachycardia Management</b>                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| Starts oxygen if needed, places monitor, starts IV                                                                                                                                               |                                                          |                                                            |                                            |                                          |                           |                         |
| Places monitor leads in proper position                                                                                                                                                          |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes unstable tachycardia                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes symptoms due to tachycardia                                                                                                                                                           |                                                          |                                                            |                                            |                                          |                           |                         |
| Performs immediate synchronized cardioversion                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>VF Management</b>                                                                                                                                                                             |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes VF                                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| Clears before analyze and shock                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Immediately resumes CPR after shocks                                                                                                                                                             |                                                          |                                                            |                                            |                                          |                           |                         |
| Appropriate airway management                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |
| Appropriate cycles of drug-rhythm check/shock-CPR                                                                                                                                                |                                                          |                                                            |                                            |                                          |                           |                         |
| Administers appropriate drug(s) and doses                                                                                                                                                        |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>PEA Management</b>                                                                                                                                                                            |                                                          |                                                            |                                            |                                          |                           |                         |
| Recognizes PEA                                                                                                                                                                                   |                                                          |                                                            |                                            |                                          |                           |                         |
| Verbalizes potential reversible causes of PEA (H's and T's)                                                                                                                                      |                                                          |                                                            |                                            |                                          |                           |                         |
| Administers appropriate drug(s) and doses                                                                                                                                                        |                                                          |                                                            |                                            |                                          |                           |                         |
| Immediately resumes CPR after rhythm checks                                                                                                                                                      |                                                          |                                                            |                                            |                                          |                           |                         |
| <b>Post-Cardiac Arrest Care</b>                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Identifies ROSC                                                                                                                                                                                  |                                                          |                                                            |                                            |                                          |                           |                         |
| Verbalizes need for endotracheal intubation and continuous waveform capnography, ensures BP and 12-lead ECG are performed and O <sub>2</sub> saturation is monitored, and orders laboratory test |                                                          |                                                            |                                            |                                          |                           |                         |
| Considers temperature control                                                                                                                                                                    |                                                          |                                                            |                                            |                                          |                           |                         |

### STOP TEST

|                                                                                                                                                                                       |                                                                        |             |           |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|-------------|-----------|
| <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 _____ Date _____                                                                                                                          |                                                                        |             |           |
| <b>Learning Station Competency</b>                                                                                                                                                    |                                                                        |             |           |
| <input type="checkbox"/> Bradycardia <input type="checkbox"/> Tachycardia <input type="checkbox"/> Cardiac Arrest/Post-Cardiac Arrest Care <input type="checkbox"/> Megacode Practice |                                                                        |             |           |