



IUH Health ACLS Study Guide

Preparing for your upcoming ACLS Class

REVISED SEPTEMBER 2011

ON APRIL 1, 2011 — WE BEGAN TEACHING THE 2010 AHA GUIDELINES. WE HIGHLY RECOMMEND REVIEWING THE NEW ALGORITHM FOUND IN THE 2010 ACLS Textbook available through AHA and other retail outlets.

The AHA also requests the following in preparation for your ACLS course:

1. CPR/AED competency (this will be practiced and evaluated in the ACLS course).
2. Understand the 10 cardiac cases found in the ACLS Provider Manual
3. Understand the ACLS algorithms for the cases in the ACLS Provider Manual
4. Complete the online ACLS Pre-course Self-Assessment on ACLS ECGs and pharmacology (ACLS Student Website www.heart.org/ecstudent)

To successfully pass the ACLS course, AHA requires you successfully manage a mega-code. A mega-code is hands-on, dynamic, in real time practice of treating a life-threatening cardiac emergency. The cardiac emergency will include that may include ventricular fibrillation, ventricular tachycardia with or without pulses, asystole, pulseless electrical activity, bradycardia and more. In addition, you're required to pass a written exam with a score of ≥ 84%.

In managing a code or cardiac arrest, you will be required to recognize and correctly identify basic life-threatening rhythms or arrhythmias. You'll be required to assess the patient's general condition and effectively treat the patient according to ACLS algorithms and recommendations using the defibrillator and basic cardiac drugs.

During this course, you will have to perform roles that may be outside your standard scope of practice during the mega-code practice and testing portion of the class. You'll be required to be a "team leader" in managing the code, requesting defibrillation, synchronized cardioversion, CPR, and the correct cardiac drug and dosage when indicated according to ACLS guidelines. In managing the mega-code, the team leader will assign their team members to specific roles and responsibilities including: CPR, respiratory management, use of the defibrillator/monitor, selecting drugs out of the code cart, recorder, etc.

Though you'll have sufficient time to practice running mega-codes and you'll watch audio-visual programs presented by the AHA, course preparation is highly recommended to make your experience valuable toward your education and your successful completion of the

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M Woodhall



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