

AHA Study Guide for the BLS Exam (2021)

ANSWER KEY

Name _____ Class/Date/Time _____

The following study guide has been created to assist you with preparing for the American Heart Association's BLS (Basic Life Support) exam. The answers to this study guide can be found in the American Heart Association's 2020 BLS Provider Manual. The page numbers are noted for each section of the study guide. This worksheet is to be completed by the student and turned in to your instructor prior to the administration of your AHA-BLS exam. This document can be down loaded and saved as a Word doc, so spacing can be adjusted to meet your needs.

Part 1 - General Course Concepts. (pgs. 1- 3)

1. Despite advances in prevention, sudden Cardiac Arrest remains a leading cause of death in many countries.
2. Outcome from out-of-hospital cardiac arrest **remains poor**. Only 10 % of adult patients with nontraumatic cardiac arrest who are treated by emergency medical services survive to hospital discharge.
3. The 2 key components of CPR are chest chest compressions and breaths.



Critical Concepts: High-Quality CPR

- A. Start compressions within 10 seconds after recognized cardiac arrest.
- B. Push hard, push fast. Compress at a rate of 100 to 130 per minute.
- C. Compress the chest of **adults** at least 2 inches (5 cm), but no more than 2.4 inches (6 cm).
- D. Compress the chest of **children** at least 1/3 the depth of the chest, this is approximately 2 inches (5 cm).
- E. Compress the chest of **infants** at least 1/3 the depth of the chest, this is approximately 1.5 inches (4 cm).
- F. Allow for complete chest recoil after each compression.
- G. Minimize interruptions in chest compressions. (Try to limit interruptions to less than 10 seconds.)
- H. Give effective breaths. Deliver each breath over one second, enough to make the victim's chest rise.
- I. Avoid excessive ventilation.

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A Comparison of Basic Life Support Instructional Methods on Learning and Retention Sharon A. Coleman, 1989
Respiratory Care, 1995 *Pediatric Acute Care* Beth Nachtsheim Bolick, Karin Reuter-Rice, Maureen A. Madden, Paul N. Severin, 2020-06-20 Selected for Doody's Core Titles 2024 in Critical Care Stay up to date on the latest evidence and clinical practice in pediatric acute care with the definitive textbook in the field Now in its second edition *Pediatric Acute Care A Guide for Interprofessional Practice* takes an evidence based interprofessional approach to pediatric acute care as it exemplifies the depth and diversity that's needed for the dynamic healthcare environments in which acutely ill children receive care Coverage includes how to work with the pediatric patient and family major acute care disorders and their management emergency preparedness common acute care procedures and much more With contributions from more than 200 practicing clinicians and academic experts it represents a wide variety of disciplines including medicine nursing pharmacy child life nutrition law integrative medicine education public health and psychology among others The second edition also features the addition of new physician and nurse practitioner co editors as well as extensive content updates including updated evidence based content throughout the text the integration of the 2016 IPEC Core Competencies for Interprofessional Collaborative Practice a new full color design and new vivid illustrations throughout UNIQUE Interprofessional collaborative approach includes contributions from more than 200 practicing clinicians and academic experts from the U S and Canada including nursing medicine pharmacy child life nutrition law integrative medicine education public health and psychology Consistent organization within disorder chapters begins with a section on Physiology and continues with sections on Pathophysiology Epidemiology and Etiology Presentation Differential Diagnosis Diagnostic Studies and a Plan of Care that include Therapeutic Management Consultation Patient and Family Education and Disposition and Discharge Planning Comprehensive content spanning five units divides coverage into introductory information the approach to the pediatric patient and family major acute care disorders and their management emergency preparedness and common acute care procedures NEW Updated evidence based content has been added throughout to ensure that you're up to date on all topics needed to provide care for pediatric patients in acute inpatient emergency transport and critical care settings NEW Full color design and illustrations enhance learning and make content easier to navigate and digest NEW Integration of the 2016 IPEC Core Competencies ensure that you're learning the professional skills and protocols required for effective contemporary interprofessional collaborative practice UPDATED Streamlined procedures unit focuses more sharply on need to know content *American Journal of Hospital Pharmacy*, 1989-07 **Pediatric Advanced Life Support Course Guide** American Heart Association, 2006 At head of title American Heart Association *Cardiac Arrest* Norman A. Paradis, Henry R. Halperin, Karl B. Kern, Volker Wenzel, Douglas A. Chamberlain, 2007-10-18 *Cardiac Arrest* is the definitive and most comprehensive reference in advanced life support and resuscitation medicine This new edition brings the

reader completely up to date with developments in the field focusing on practical issues of decision making clinical management and prevention as well as providing clear explanations of the science informing the practice The coverage includes information on the latest pharmacotherapeutic options the latest chest compression techniques and airway management protocols all backed by clearly explained evidence based scientific research The content is consistent with the latest guidelines for practice in this area as detailed by the major international governing organisations This volume is essential reading for all those working in the hospital environments of emergency medicine critical care cardiology and anesthesia as well as those providing care in the pre hospital setting including paramedics and other staff from the emergency services *National Library of Medicine Audiovisuals Catalog* National Library of Medicine (U.S.),

Cardiopulmonary Resuscitation William Kaye, Nicholas G. Bircher, 1989 This is a review of current standards for cardiopulmonary resuscitation It looks at CPR under special conditions such as perioperative CPR and immediate and post CPR problems such as socio economic and medico legal issues and the failure of cardiopulmonary resuscitation *Success in Practical/Vocational Nursing - E-Book* Patricia Knecht, 2016-07-19 A market leading must have and part of the LPN Threads series *Success in Practical Vocational Nursing From Student to Leader 8th Edition* provides you with everything you need to succeed in both nursing school and in a career in LPN LVN nursing With a strong emphasis on leadership this clear comprehensive new edition discusses the higher level roles and responsibilities of an LPN LVN leader the skills necessary to become a successful LPN LVN and the future of the field It is filled with opportunities for you to test your understanding as you read as well as practice NCLEX review questions at the end of each chapter to prepare you for the NCLEX PN Examination Collaborative Care boxes highlight challenges that occur in emerging community and continuing care workforce settings and give you examples of leadership and management opportunities for LPN LVNs in any health care setting you may find yourself Critical Thinking boxes include activities that could be used in a flipped classroom experience and provide you with critical thinking and problem solving opportunities throughout the chapter to enhance your understanding Try This boxes provide students and instructors with clinical simulations or activities related to topics discussed in the text that can be utilized in simulation or role play scenarios in class Professional Pointers boxes give advice on nursing best practices in the professional arena during and after nursing school Get Ready for the NCLEX Examination section at the end of the text contains key points additional learning activities and review questions for the NCLEX Examination including alternate format items in every chapter Presents tips on taking the NCLEX PN examination and information on applications interviews and the job search including electronic resumes Full color design cover photos and illustrations make this text visually appealing pedagogically useful and easy to read Numbered objectives open each chapter and provide a framework for content Key points at the end of each chapter summarize chapter highlights and serve as an excellent review tool Key terms with phonetic pronunciations are at the beginning of each chapter and in full color at first mention in the text and assist you in

improving and supplementing your terminology and language skills before you enter clinical practice References and Suggested Readings lists are arranged by chapter at the end of the book to provide you with resources for further understanding of text concepts NEW Community Resources chapter covers tools and resources that you can find within your community to help you with learning personal and family needs that could interfere with success in school NEW Work Force Trends chapter discusses the most current issues challenges and concerns with the LPN LVN workforce NEW Storytelling narratives at the beginning of each chapter use true stories to enhance learning and demonstrate the relevancy of key topics

Mastering ACLS. ,2006 Mastering ACLS Second Edition will help health care professionals successfully complete the American Heart Association s Advanced Cardiac Life Support course and certification exam This quick review outline format study guide covers the core knowledge and skills needed for ACLS including detailed illustrated life support techniques core case studies arrhythmias defibrillation procedures I V techniques cardiovascular pharmacology myocardial infarction and special resuscitation situations Now in full color this edition features 200 illustrations and algorithms expanded chapter quizzes a comprehensive test expanded information on automated external defibrillators and additional case scenarios in the Megacode and other chapters A new appendix reviews Basic Cardiac Life Support guidelines

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