

ACLS Study Guide (2020 Guidelines)



Pre-Course Requirements

The ACLS course now requires a mandatory Precourse Self-Assessment and Precourse Work with a passing score of at least 70%. Students may take the self-assessment as many times as needed. Please bring your Certificate of Completion with you to the ACLS class or email in advance to pretest@expresstraining.com. Instructions for accessing the Precourse Requirements are included in your registration confirmation.

ACLS Written Exam

The ACLS Provider exam is 50 multiple-choice questions, with a required passing score is 84%. All AHA exams are now "open resource" which means student may use the ACLS manual, study guides, handouts and personal notes during the exam. Using the ACLS Provider Manual ahead of time with the online resources is very helpful.

BLS Review

Assessment Steps for BLS 1. Make sure scene is safe 2. Tap/shout to check for responsiveness 3. Call for help if patient is unresponsive 4. Check for pulse and breathing for at least 5 but no more than 10 seconds 5. If no pulse (or not sure if there is a pulse) begin CPR	Compressions • At least 2 inches with a rate between 100 – 120/min • Allow for full recoil • P_{ET}CO₂ (intubated) < 10 mmHg indicates poor compressions • Interruptions in compressions should be < 10 seconds • Switch compressors every 2 min. • Waveform Capnography is the most reliable method of confirming placement and monitoring of ETT • Pre-charging the defibrillator 15 seconds before the rhythm can improve CCV
Breaths During CPR • Limit interruptions to less than 10 seconds • Ratio of compressions to breaths 30:2 or other advanced protocols that maximize CCF • Each breath given over 1 second • An effective breath will result in visible chest rise • CPR with ETT: 1 breath every 6 seconds with continuous compressions • Excessive ventilation = decreased cardiac output	Rescue Breathing • For a patient who is not breathing or breathing effectively give 1 breath every 6 seconds • Give breaths gently, over 1 second • An effective breath will result in visible rise/fall of the chest • Excessive ventilation decreases cardiac output • Difficulty positioning airway for patency, place NPA or OPA • OPA Placement = Measure from the corner of the mouth to the angle of the mandible

ACS and Stroke

ACS - STEMI • Assessment: Pale, cool, diaphoretic, chest pain, dyspnea, anxiety, hypotension, poor perfusion • Aspirin 162-325 mg • Time frame to start Coronary Reperfusion (PCI) should be < 90min from ER arrival	Stroke • Noncontrast Head CT within 20 min. of hospital arrival. A normal CT may rule out hemorrhagic stroke • To better facilitate care, notify receiving hospital in advance • Ischemic Stroke: start fibrinolytic therapy ASAP if there are no contraindications • Hemorrhagic Stroke: neuro consult
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RRT and MET (Rapid Response Team / Medical Emergency Team)

• MET / RRT focuses on prevention of deterioration to cardiac arrest • Improve patient care by identifying and treating early clinical deterioration
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**Timothy C. Allen, Vickie S.
Baselski, Deirdre L. Church, Donald S.
Karcher, Michael R. Lewis, Andrea J.
Linscott, Melinda D. Poulter, Gary W.
Procop, Alice S. Weissfeld, Donna M.
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