




AHA Course Matrix

Courses for Healthcare Professionals

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
BASIC LIFE SUPPORT (BLS)											
BLS for Healthcare Providers	 <p>Classroom-based (Instructor and video)</p>	<ul style="list-style-type: none"> Critical concepts of high-quality CPR The AHA Chain of Survival 1-Rescuer CPR/AED for Adult/Child/Infant 2-Rescuer CPR/AED for Adult/Child/Infant Differences between Adult, Child and Infant rescue techniques Bag-mask techniques for Adult, Child and Infant Rescue breathing for Adult, Child and Infant Relief of choking for Adult, Child and Infant Intro to CPR with an Advanced Airway 	<ul style="list-style-type: none"> Ideal for learners who prefer group interaction and feedback from an instructor while learning skills Teaches both single-rescuer and team basic life support skills for application in both in- and out-of-hospital settings Added emphasis on team resuscitation Focus on the critical concepts of high-quality CPR 	For healthcare professionals who need to know how to perform CPR, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings.	<i>BLS for Healthcare Providers Student Manual</i> (90-1038) Includes: BLS for Healthcare Providers Pocket Reference Card	<i>BLS for Healthcare Providers Instructor Manual</i> (90-1036) BLS for Healthcare Providers Course & Renewal Course DVD (90-1035) Stopwatch for testing OR BLS HCP Instructor Package (includes Instructor manual, student manual, DVD, stopwatch) (90-1037)	Written exam and skills test	BLS for Healthcare Providers course completion card	Initial Course: 4.5 hours Renewal course: 4 hours	No	Yes
BLS for Healthcare Providers Online Part 1	 <p>eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test</p>	<ul style="list-style-type: none"> Critical concepts of high-quality CPR The AHA Chain of Survival 1-Rescuer CPR/AED for Adult/Child/Infant 2-Rescuer CPR/AED for Adult/Child/Infant Differences between Adult, Child and Infant rescue techniques Bag-mask techniques for Adult, Child and Infant Rescue breathing for Adult, Child and Infant Relief of choking for Adult, Child and Infant Intro to CPR with an Advanced Airway 	<ul style="list-style-type: none"> Self-paced and available 24/7 Includes 5 (five) interactive exercises, scenarios and a written test Includes downloadable: <ul style="list-style-type: none"> BLS for Healthcare Providers Pocket Reference Card Adult/pediatric algorithms Summary of steps 1-2 rescuer Adult BLS (with AED) skills testing sheet 1-2 rescuer Infant BLS skills testing sheet Provides access to all information in online course for 24 months following activation of course key Includes online access to the <i>BLS for Healthcare Providers Student Manual</i> 	This program is for healthcare professionals seeking an alternative (nonclassroom) method for completing an initial or renewal/update BLS for Healthcare Providers Course.	BLS for Healthcare Providers Online Part 1 (90-1403)	<i>BLS for Healthcare Providers Instructor Manual</i> (90-1036) AND "Training Memo: BLS HCP and Heartsaver eLearning Skills Practice and Testing Requirements 6/1/11," posted on the AHA Instructor Network under Courses > BLS > BLS for Healthcare Providers Online Part 1> Training Memos & Bulletins	Part 2, a hands-on skills session with an authorized AHA BLS Instructor Part 3, a skills test with an authorized AHA BLS Instructor	BLS for Healthcare Providers course completion card (upon completion of all 3 parts)	Part 1: 1-2 hours Time to complete a practice and testing session (Parts 2 and 3) varies	No	No


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BASIC LIFE SUPPORT (BLS)											
HeartCode® BLS Part 1	 eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> Critical concepts of high-quality CPR The American Heart Association Chain of Survival 1-Rescuer CPR and AED for adult, child and infant 2-Rescuer CPR and AED for adult, child and infant Differences between adult, child and infant rescue techniques Bag-mask techniques for adult, child and infant Rescue breathing for adult, child and infant Relief of choking for adult, child and infant Intro to CPR with an Advanced Airway 	<ul style="list-style-type: none"> Five BLS patient cases, presented through eSimulation technology Self-paced and accessible 24 hours a day Debriefings and coaching provided immediately after each simulation, with hyperlinks to the referenced section of the BLS for Healthcare Providers Student Manual Printable BLS for Healthcare Providers Pocket Reference Card Online access to the <i>BLS for Healthcare Providers Student Manual</i>, the <i>2010 AHA Guidelines for CPR & ECC</i> and the BLS portion of the <i>2010 Handbook of Emergency Cardiovascular Care for Healthcare Providers</i> Access to all information in course for 24 months (two years) following activation of course key 	This program is for healthcare professionals seeking an alternative (nonclassroom) method for completing an initial or renewal/update BLS for Healthcare Providers Course.	Heartcode BLS Part 1 Key (90-1404)	<i>BLS for Healthcare Providers Instructor Manual</i> (90-1036) AND "Training Memo: BLS HCP and Heartsaver eLearning Skills Practice and Testing Requirements 6/1/11," posted on the AHA Instructor Network under Courses > BLS > HeartCode BLS Part 1> Training Memos & Bulletins	Part 2, a hands-on skills practice session with an AHA BLS Instructor or using a voice-assisted manikin (VAM) system Part 3, a skills test with an AHA BLS Instructor or using a Voice-Assisted Manikin (VAM system)	BLS for Healthcare Providers Course Completion Card (upon completion of all three parts)	Part 1: 1-2 hours Time to complete a skills practice and testing session (Parts 2 and 3) varies	No	No


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ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)											
ACLS	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> • 1-Rescuer CPR and AED use • Science Overview (Update Course) • Team Dynamics • BLS and ACLS Surveys • Immediate Post-Cardiac Arrest Care • Airway Management/Respiratory Arrest • Periarrest Rhythms (Tachycardia, Bradycardia) • Arrest Rhythms (VF, PVT, PEA, Asystole) • Acute Coronary Syndromes (ACS) • Stroke • Megacode treatment 	<ul style="list-style-type: none"> • Emphasizes the importance of basic life support CPR to patient survival, the integration of effective basic life support with advanced cardiovascular life support interventions, and the importance of effective team interaction and communication during resuscitation • Simulated clinical scenarios encourage active, hands-on participation through learning stations where students will practice essential skills individually, as part of a team, and as team leader. • Realistic simulations reinforce the following key concepts: <ul style="list-style-type: none"> ○ Proficiency in basic life support care ○ Recognizing and initiating early management of periarrest conditions ○ Managing cardiac arrest ○ Identifying and treating ischemic chest pain and acute coronary syndromes ○ Recognizing other life-threatening clinical situations (such as stroke) and providing initial care ○ ACLS algorithms ○ Effective resuscitation team dynamics 	This course is for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, and paramedics, as well as others who need an ACLS course completion card for job or other requirements.	90-1014 <i>ACLS Provider Manual</i> (90-1014) Includes: ACLS Pocket Reference Card Set (90-1012) – also sold separately <i>Handbook of ECC for Healthcare Providers</i> recommended	<i>ACLS Instructor Manual</i> (90-1011) ACLS DVD (90-1009) Stopwatch OR ACLS Instructor Package (90-1041), Includes: <ul style="list-style-type: none"> • ACLS Provider Manual (90-1014) • ACLS Instructor Manual (90-1011) • 2 ACLS DVDs (90-1009) • ACLS Posters (90-1013) • ACLS Emergency Crash Cart Cards (90-1010) • Stop Watch 	Written exam and skills test	ACLS course completion card	Full course: 11 hours, 45 minutes Update course, 6 hours, 15 minutes	Yes, AHA offers CE for EMS students through CECBEM S (www.cec.bems.org)	Yes


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ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)											
HeartCode® ACLS Part 1	 eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> 10 adult patient cases with up to four healthcare providers, presented through eSimulation technology: Recognition and early management of respiratory and cardiac arrest Recognition and early management of periarrest conditions such as symptomatic bradycardia Airway management Related pharmacology Management of acute coronary syndromes (ACS) and stroke Effective communication as a member and leader of a resuscitation team 	<ul style="list-style-type: none"> Self-paced and accessible 24 hours a day Precourse Self-Assessment to gauge students' knowledge and application of ECG recognition and pharmacology Debriefings and coaching provided immediately after each simulation, with hyperlinks to the referenced section of the ACLS Provider Manual Online access to the ACLS Provider Manual, the 2010 AHA Guidelines for CPR & ECC and the 2010 Handbook of Emergency Cardiovascular Care for Healthcare Providers Provides access to all information in course for 24 months (two years) following activation of course key 	This program is for healthcare professionals who either direct or participate in the management of cardiopulmonary arrest and other cardiovascular emergencies, specifically those seeking an alternative (nonclassroom) method for completing an initial or update ACLS Course.	Heartcode ACLS Part 1 Key (90-1045)	<i>ACLS Instructor Manual</i> (90-1011) AND "Training Memo: Skills Testing for HeartCode ACLS" posted on the AHA Instructor Network under Courses > ACLS > HeartCode ACLS Part 1> Training Memos & Bulletins	Part 2, a hands-on skills practice session with an AHA ACLS Instructor or using a voice-assisted manikin (VAM) system Part 3, a skills test with an AHA ACLS Instructor or using a VAM system	ACLS Course Completion Card (upon completion of all three parts)	Part 1 can be completed in approximately 10 hours; however, unprepared or inexperienced students may require additional time Time to complete a skills practice and testing session (Parts 2 and 3) varies	Yes, CE is available for Physicians, Physician Assistants, Nurses, EMS and Pharmacists	No


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PEDIATRIC ADVANCED LIFE SUPPORT (PALS)											
PALS	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> 1-rescuer child CPR and AED use and 2-rescuer infant CPR Management of respiratory emergencies Rhythm disturbances and electrical therapy Vascular access Resuscitation team concept Cardiac, respiratory and shock case discussions and simulations Systematic Approach to Pediatric Assessment 	<ul style="list-style-type: none"> Simulated pediatric emergencies teach and reinforce the important concepts of a systematic approach to pediatric assessment, basic life support, PALS treatment algorithms, effective resuscitation and team dynamics. Emphasizes the importance of basic life support CPR to patient survival, the integration of effective basic life support with pediatric life support interventions, and the importance of effective team interaction and communication during resuscitation 	PALS is for healthcare providers who respond to emergencies in infants and children. These include personnel in emergency response, emergency medicine, intensive care and critical care units, such as physicians, nurses, paramedics and others who need a PALS course completion card for job or other requirements	<i>PALS Provider Manual</i> (90-1052) PALS Pocket Reference Card (90-1053)	<i>PALS Instructor Manual</i> (90-1054) PALS DVD Set (90-1057) PALS Posters (90-1055) PALS Emergency Crash Cart Cards (90-1056) OR PALS Instructor Package (90-1058), includes: <ul style="list-style-type: none"> <i>PALS Provider Manual</i> (90-1052) <i>PALS Instructor Manual</i> (90-1054) PALS DVD Set (90-1057) PALS Emergency Crash Cart Cards (90-1056) PALS Posters (90-1055) 	Written exam and skills test	PALS course completion card	Full course: 14 hours, 10 minutes Update with all optional stations: 8 hours, 20 minutes Update without optional stations: 6 hours, 20 minutes	Yes, AHA offers CE for EMS students through CECBEMS (www.cecbems.org)	Coming Soon


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PEDIATRIC ADVANCED LIFE SUPPORT (PALS)											
HeartCode® PALS Part 1	 eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> 12 pediatric, hospital-based, patient cases with up to four healthcare providers, presented through eSimulation technology Systematic approach to pediatric assessment Recognition and management of respiratory and shock emergencies Recognition and management of respiratory and cardiac arrest Immediate post-cardiac arrest care Effective communication 	<ul style="list-style-type: none"> Self-paced and accessible 24 hours a day Students assess and treat these pediatric patients virtually and receive real-time debriefing and coaching. Precourse Self-Assessment to gauge students' knowledge and application of ECG rhythm recognition and pharmacology Debriefings and coaching provided immediately after each simulation, with hyperlinks to the referenced section of the <i>PALS Provider Manual</i> Emphasis on effective code team leader skills Online access to the <i>PALS Provider Manual</i>, the <i>2010 AHA Guidelines for CPR and ECC</i> and the <i>2010 Handbook of Emergency Cardiovascular Care for Healthcare Providers</i> Provides access to all information in the course for 24 months (two years) after activation of course key 	For healthcare providers who respond to emergencies in infants and children. These include personnel in emergency response, emergency medicine, intensive care and critical care units, such as physicians, nurses, paramedics and others who need a PALS course completion card for job or other requirements and are seeking an alternative (nonclassroom) method for receiving a Course Completion Card.	HeartCode PALS Part 1 Key (90-1052)	None	Part 2, a hands-on skills practice session with an AHA PALS Instructor or using a voice-assisted manikin (VAM) system Part 3, a skills test with an AHA PALS Instructor or using a VAM system	PALS Course Completion Card (upon completion of all three parts)	Part 1: 6-9 hours Time to complete a skills practice and testing session (Parts 2 and 3) varies	Yes, CE is available for Physicians, Nurses and EMS	No



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PEDIATRIC EMERGENCY ASSESSMENT, STABILIZATION AND RECOGNITION (PEARS)											
PEARS®	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> Pediatric Assessment Recognition and management of respiratory problems Recognition and management of shock Recognition and management of cardiac arrest Resuscitation team concept 	<ul style="list-style-type: none"> Teaches providers how to recognize respiratory distress, shock and cardiac arrest and how to provide appropriate lifesaving interventions. Emphasizes the resuscitation team concept. 	The PEARs Course is for healthcare providers such as emergency medical technicians (EMTs), medical and surgical nurses, school nurses and any other healthcare providers who see critically ill infants and children infrequently.	<i>PEARS Provider Manual</i> (90-1061) PEARs Pocket Reference Card (90-1052)	<i>PEARS Instructor Manual</i> (90-1063) PEARs DVD Set (90-1064) PEARs Posters (90-1065) OR PEARs Instructor Package (90-1066), includes: <ul style="list-style-type: none"> <i>PEARS Provider Manual</i> (90-1061) <i>PEARS Instructor Manual</i> (90-1063) PEARs DVD Set (90-1064) PEARs Posters (90-1065) 	Written exam and skills test	PEARs course completion card	Full course (option 1 – following BLS Competency Lesson): 6 hours, 5 minutes Full course (option 2 – Team Dynamics Practice): 6.5 hours Update option 1: 5 hours, 20 minutes Update option 2: 6 hours, 10 minutes	Yes, AHA offers CE for EMS students through CECBEMS (www.cecbems.org)	No



AHA Course Matrix

Additional Courses for Healthcare Professionals

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RHYTHM RECOGNITION											
ECG & Pharmacology	 Classroom-based, (Instructor-led)	<ul style="list-style-type: none"> • Basic electrophysiology • Normal ECG measurements • Basic Arrhythmias • Administration of appropriate drugs within the ACLS algorithms • Two modules: ECG and Pharmacology 	<ul style="list-style-type: none"> • Designed and developed to address key gaps in ECG recognition and Pharmacology specific to cardiopulmonary emergencies • Can be taught separately or combined into one course. 	For healthcare professionals who participate in the management of cardiovascular emergencies, including personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, paramedics, and others who require this specialized knowledge for their job.	<i>ECG & Pharmacology Student Workbook</i> (90-1069)	ECG & Pharmacology Instructor CD (90-1068)	No	Students will receive a Certificate of Completion	ECG Module: approx. 3.5 hours; Pharmacology module: approx. 2.75 Together, approx. 6.25 hours	Yes, AHA offers CE for EMS students through CECBEMS (www.cecbe.ms.org)	No
Learn: [®] Rhythm Adult	 Online, self-directed	<ul style="list-style-type: none"> • Basic rhythm understanding • Relationship between ECG strip and heart impulses • Common arrhythmias • Identifying and distinguishing various arrhythmias 	<ul style="list-style-type: none"> • Improves decision-making skills in distinguishing specific cardiac rhythms and arrhythmias • Allows healthcare providers to gain proficiency in ECG rhythm recognition in an effort to provide better patient treatment • Self-paced learning, accessible 24/7 • Provides students ability to assess their own skills throughout the course • Convenient alternative to classroom-based training • Access to course for 12 months from activation, allowing students to conveniently refresh knowledge 	For healthcare professionals who need basic rhythm recognition skills. This includes telemetry staff, and those preparing for ACLS, such as paramedics/EMTs, nurses, physicians, clinical pharmacists and respiratory therapists.	<i>Learn: Rhythm Adult Course Key</i> (90-1421)	None	Online Exam	Students will receive a Certificate of Completion	Approx. 2.75 hours	Yes, CE is available for Physicians, Physician Assistants, Nurses, Pharmacists and EMS	No


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RHYTHM RECOGNITION											
Learn. [®] Rhythm Pediatric	 eLearning	<ul style="list-style-type: none"> Basic pediatric rhythm understanding The relationship between the ECG strip and heart impulses Common pediatric arrhythmias Identifying and distinguishing various pediatric arrhythmias 	<ul style="list-style-type: none"> Improves decision-making skills in distinguishing specific cardiac rhythms and arrhythmias Allows healthcare providers to gain proficiency in ECG rhythm recognition in an effort to provide better patient treatment Self-paced learning, accessible 24/7 Provides students ability to assess their own skills throughout the course Access to course for 12 months from activation, allowing students to conveniently refresh knowledge 	Learn: Rhythm Pediatric is for healthcare professionals who need basic pediatric rhythm recognition skills, along with telemetry staff and personnel in ambulatory care, neonatal and pediatric ICUs, students preparing for PALS and nurses and emergency medical services personnel seeking to earn continuing education credits.	Learn: Rhythm Pediatric Key (90-1423)	None	None	Students receive a Certificate of Completion	Approx. 2.5 hours	Yes, CE is available for Nurses and EMS	No
STEMI											
STEMI Provider Manual with ECG ACS Ruler	 Self-study booklet	<ul style="list-style-type: none"> Assessment, diagnosis and rapid treatment of ST-segment elevation myocardial infarction (STEMI) within the recommended 30-minute door-to-needle time and 90-minute door-to-balloon time. Systems of care for STEMI Effective STEMI identification and treatment Acute coronary syndromes (ACS) pathophysiology. 12-Lead Electrocardiogram section includes electrocardiograms (ECGs) with annotations for self-study. 	<ul style="list-style-type: none"> Supports AHA's Mission: Lifeline™, a national initiative to improve quality of care and outcomes in heart attack patients by improving healthcare systems' readiness and response to STEMI patients. Includes ECG ACS Ruler as a tool to help healthcare providers with reading and analyzing ECGs 	Intended for out-of-hospital healthcare providers, as well as emergency department personnel and other STEMI systems of care providers.	STEMI Provider Manual with ECG ACS Ruler (90-1067) Also sold separately: ECG ACS Ruler (80-1181)	None	Online Exam	Students will receive a Certificate of Completion	Approx. 1.5 hours	Yes, CE is available for Physicians, Physician Assistants, Nurses and EMS	No



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STEMI											
Learn [®] Rapid STEMI ID	 Online, self-directed	<ul style="list-style-type: none"> Emphasizes immediate recognition and treatment of ACS STEMI Defines ACS and distinguishes STEMI from ECG mimics of STEMI Includes self-assessments: Naming the Leads; Regions of the Heart; Measuring ST Deviation; and Correlating Regional Changes Contains dynamic ECG Scope to measure ST-deviation 	<ul style="list-style-type: none"> Supports AHA's Mission: Lifeline™, a national initiative to improve quality of care and outcomes in heart attack patients by improving healthcare systems' readiness and response to STEMI patients. Self-paced learning, accessible 24/7 Improves decision-making skills with accurate differentiation of 12-lead ECG Improves appropriate patient triage and treatment Convenient alternative to classroom-based training Access to course for 12 months following activation of course key, allowing for student refresher options 	For healthcare professionals who want to improve their STEMI recognition and assessment skills or for healthcare professionals seeking continuing education credits.	Learn: Rapid STEMI ID Key (90-1415)	None	Online Exam	Students will receive a Certificate of Completion	Approx. 5 hours	Yes, CE is available for Physicians, Physician Assistants, Nurses and EMS	No



AHA Course Matrix

Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

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HEARTSAVER COURSES											
Heartsaver® CPR AED	 <p>Classroom-based (Instructor and video)</p>	<ul style="list-style-type: none"> Adult CPR AED (with a mask) Adult choking Optional modules: <ul style="list-style-type: none"> Child CPR AED Child Choking Infant CPR Infant choking 	<ul style="list-style-type: none"> Skills are taught using AHA's research-proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills Modular format creates course flexibility Ideal for learners who prefer group interaction and feedback from an Instructor while learning skills Each student receives the highest quality course materials to supplement their learning Skills practice and testing included during course to ensure students demonstrate competency performing skills 	Heartsaver courses are for anyone with limited or no medical training who needs a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements and is seeking an alternative to classroom-based training	<i>Heartsaver CPR AED Student Workbook</i> (90-1044) Includes: Adult CPR & AED Reminder Child & Infant CPR & AED Reminder	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029) Heartsaver First Aid CPR AED DVD set (90-1028) Stopwatch	Optional written test available for Instructors to administer to students whose employers require completion of a written test Skills practice and testing with AHA Instructor during course	Heartsaver CPR AED course completion card	3-4 hours	No	No
Heartsaver® First Aid	 <p>Classroom-based (Instructor and video)</p>	<ul style="list-style-type: none"> First aid basics (including scene safety, finding the problem, calling for help and more) Medical emergencies (including actions for choking, breathing problems, shock and more) Injury emergencies (including actions for bleeding, broken bones, burns and more) Environmental emergencies (including actions for bites and stings, and temperature-related and poison emergencies) 	<ul style="list-style-type: none"> Skills are taught using AHA's research-proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills Modular format creates course flexibility Ideal for learners who prefer group interaction and feedback from an Instructor while learning skills Each student receives the highest quality course materials to supplement their learning Skills practice and testing included during course to ensure students demonstrate competency performing skills 	Heartsaver courses are for anyone with limited or no medical training who needs a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements and is seeking an alternative to classroom-based training	<i>Heartsaver First Aid Student Workbook</i> (90-1027) Includes: Heartsaver First Aid Quick Reference Guide (90-1025)	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029) Heartsaver First Aid CPR AED DVD set (90-1028)	Optional written test available for Instructors to administer to students whose employers require completion of a written test. Skills practice and testing with AHA Instructor during course	Heartsaver First Aid course completion card	2-3 hours	No	No



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HEARTSAVER COURSES											
Heartsaver® First Aid CPR AED	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> • First aid basics • Medical emergencies • Injury emergencies • Environmental emergencies • Adult CPR AED (with a mask) • Adult choking • Optional modules: <ul style="list-style-type: none"> ◦ Child CPR AED ◦ Child Choking ◦ Infant CPR ◦ Infant choking 	<ul style="list-style-type: none"> • Skills are taught using AHA's research-proven Practice-While-Watching technique, which allows Instructors to observe students, provide feedback and guide students' acquisition of skills • Modular format creates course flexibility • Ideal for learners who prefer group interaction and feedback from an Instructor while learning skills • Each student receives the highest quality course materials to supplement their learning • Skills practice and testing included during course to ensure students demonstrate competency performing skills 	Heartsaver courses are for anyone with limited or no medical training who needs a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements and is seeking an alternative to classroom-based training	<i>Heartsaver First Aid CPR AED Student Workbook</i> (90-1026) Includes: Heartsaver First Aid Quick Reference Guide (90-1012) Adult CPR & AED Reminder Child & Infant CPR & AED Reminder	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029) Heartsaver First Aid CPR AED DVD set (90-1028) Stopwatch	Optional written test available for Instructors to administer to students whose employers require completion of a written test Skills practice with AHA Instructor during course	Heartsaver First Aid CPR AED course completion card	5-7 hours	No	Yes
Heartsaver® First Aid Online Part 1	 eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> • First aid basics (including scene safety, finding the problem, calling for help and more) • Medical emergencies (including actions for choking, breathing problems, shock and more) • Injury emergencies (including actions for bleeding, broken bones, burns and more) • Environmental emergencies (including actions for bites and stings, and temperature-related and poison emergencies) 	<ul style="list-style-type: none"> • Self-paced and available 24/7 • Includes online content, interactive exercises and videos • Certificate of completion available to print when Part 1 has been completed successfully • Students have access to all information in the online program for 24 months following activation of their course key 	Heartsaver courses are for anyone with limited or no medical training who needs a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements and is seeking an alternative to classroom-based training.	Heartsaver First Aid Online Part 1 (90-1400)	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029) AND "Training Memo: BLS for Healthcare Providers and Heartsaver eLearning Courses – Skills Practice and Skills Testing Requirements," posted on the AHA Instructor Network under Courses > Heartsaver eLearning Courses>Training Memos and Bulletins	Optional written test available for Instructors to administer to students whose employers require completion of a written test Part 2, a hands-on skills practice session with an AHA BLS Instructor or Skills Evaluator Part 3, a skills test with an AHA BLS Instructor or Skills Evaluator	Heartsaver First Aid course completion card	1-1.5 hours	No	No



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Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
HEARTSAVER COURSES											
Heartsaver® CPR AED Online Part 1	 eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> Adult CPR AED (with a mask) Adult choking Optional modules: <ul style="list-style-type: none"> Child CPR AED Child Choking Infant CPR Infant choking 	<ul style="list-style-type: none"> Self-paced and available 24/7 Includes online content, interactive exercises and videos Certificate of completion available to print when Part 1 has been completed successfully Students have access to all information in the online program for 24 months following activation of their course key 	Heartsaver courses are for anyone with limited or no medical training who needs a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements and is seeking an alternative to classroom-based training.	Heartsaver CPR AED Online Part 1 (90-1402)	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029) AND "Training Memo: BLS for Healthcare Providers and Heartsaver eLearning Courses – Skills Practice and Skills Testing Requirements," posted on the AHA Instructor Network under Courses > Heartsaver eLearning Courses>Training Memos and Bulletins	Optional written test available for Instructors to administer to students whose employers require completion of a written test Part 2, a hands-on skills practice session with an AHA BLS Instructor or Skills Evaluator Part 3, a skills test with an AHA BLS Instructor or Skills Evaluator	Heartsaver CPR AED course completion card	30 minutes	No	No
Heartsaver® First Aid CPR AED Online Part 1	 eLearning Full course includes 3 parts: Part 1 online Part 2 hands-on skills session Part 3 hands-on skills test	<ul style="list-style-type: none"> First aid basics Medical emergencies Injury emergencies Environmental emergencies Adult CPR AED (with a mask) Adult choking Optional modules: <ul style="list-style-type: none"> Child CPR AED Child Choking Infant CPR Infant choking 	<ul style="list-style-type: none"> Self-paced and available 24/7 Includes online content, interactive exercises and videos Certificate of completion available to print when Part 1 has been completed successfully Students have access to all information in the online program for 24 months following activation of their course key 	Heartsaver courses are for anyone with limited or no medical training who needs a course completion card in first aid and/or CPR AED to meet job, regulatory or other requirements and is seeking an alternative to classroom-based training.	Heartsaver First Aid CPR AED Online Part 1 (90-1401)	<i>Heartsaver First Aid CPR AED Instructor Manual</i> (90-1029) AND "Training Memo: BLS for Healthcare Providers and Heartsaver eLearning Courses – Skills Practice and Skills Testing Requirements," posted on the AHA Instructor Network under Courses > Heartsaver eLearning Courses>Training Memos and Bulletins	Optional written test available for Instructors to administer to students whose employers require completion of a written test Part 2, a hands-on skills practice session with an AHA BLS Instructor or Skills Evaluator Part 3, a skills test with an AHA BLS Instructor or Skills Evaluator	Heartsaver First Aid CPR AED course completion card	1.5-2 hours	No	No

AHA Course Matrix

Courses for General Community (family, friends and those who do not need a course completion card)

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor/ Facilitator Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
COMMUNITY COURSES & PROGRAMS											
Family & Friends® CPR	 Classroom-based  Facilitated Group	<ul style="list-style-type: none"> • Adult Hands-Only™ CPR/AED/Choking • Child CPR/AED/Choking • Infant CPR/Choking 	<ul style="list-style-type: none"> • Stand-alone modules can be taught together or separately for added flexibility • Offers opportunity to learn basic CPR in a dynamic group environment with feedback from an Instructor or facilitator • Uses AHA's research-proven Practice-While-Watching method to provide students with the most hands-on CPR practice time possible during the course • NEW! Can be led by an AHA Instructor or a facilitator 	<p>Anyone who wants to learn CPR in an Instructor-led or facilitated group environment.</p> <p>Anyone who does not need a course completion card for a job or other requirements.</p> <p>A good option for middle- and high-school students who do not need a course completion card</p>	<i>Family & Friends CPR Student Manual</i> (90-1007)	Family & Friends CPR DVD with Facilitator Guide (90-1033)	None	None Tear-out participation card included in student manual	Adult Hands-Only CPR/AED/Choking: 25 minutes Child CPR/AED/Choking: 35 minutes Infant CPR/Choking: 30 minutes	No	Yes
Family & Friends® CPR Anytime®	Self-directed learning through personal kit	<ul style="list-style-type: none"> • Adult Hands-Only CPR • Child CPR (including breaths) • Adult and child choking relief • Use of an AED 	<ul style="list-style-type: none"> • For those who prefer self-paced learning and independent practice • Practice on your own manikin while watching skills demonstration on DVD • Bilingual kit helps deliver training to more audiences • Take-home kit provides for convenient skills refresher • Kit can be shared to extend training to all family members and friends 	General public, specifically anyone who wants to learn basic CPR skills, choking relief and AED awareness, and does not need a course completion card	Family & Friends CPR Anytime Kit: Light Skin (90-1003) Brown Skin (90-1004)	None	None	None	20 minutes	No	Yes, kit is bilingual

AHA Course Matrix

Courses for General Community (family, friends and those who do not need a course completion card)



Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
COMMUNITY COURSES & PROGRAMS											
Infant CPR Anytime®	Self-directed learning through personal kit	<ul style="list-style-type: none"> Infant CPR Relief of choking in an infant Calling for help 	<ul style="list-style-type: none"> Self-directed, personal training kit Includes everything needed to learn basic infant CPR and relief of choking Co-branded with the American Academy of Pediatrics Emphasis on CPR with breaths for infants Includes personal manikin that clicks when you've pressed hard enough Fully bi-lingual kit helps deliver training to more audiences Take-home kit provides for convenient skills refresher Kit can be shared to extend training to all family members and friends 	<p>New parents, grandparents, family members and anyone who wants to learn lifesaving infant CPR and choking skills but does not need a course completion card</p> <p>This kit also is used in hospital NICU and PICU programs to teach skills to new parents, while allowing nursing staff to focus on patient care</p>	Infant CPR Anytime Kit: Light Skin (90-1001) Brown Skin (90-1002)	None	None	None	20 minutes	No	Yes, kit is bilingual

Program	Location	Description	Features & Benefits	Audience
COMMUNITY COURSES & PROGRAMS				
Be the Beat	www.bethebeat.heart.org (for teens) www.bethebeat.heart.org/schools (for adults)	<p>Free, fun, interactive portal designed to teach teens the simple steps of saving a life in a cardiac emergency while they have fun.</p> <p>Goal: create the next generation of lifesavers.</p>	<p>Free</p> <p>For Teens:</p> <ul style="list-style-type: none"> Games, music, videos and animations designed to teach the simple steps to save a life Prizes (ringtones, downloads, iPods) <p>For Schools, Administrators, Programs, Educators and adults:</p> <ul style="list-style-type: none"> Lesson plans Emergency Response Plans Links to training materials School spotlights Flyers about the program 	<ul style="list-style-type: none"> Teens and 'tweens Adults who work with this audience and need free materials to incorporate into lessons or to adhere to state mandates
Hands-Only™ CPR	www.heart.org/handsonlycpr	<p>Everyone should know the simple steps to save a life! If you see an adult collapse:</p> <p>Call 911 Push hard and fast in the center of the chest until an AED or help arrives</p>	<ul style="list-style-type: none"> Information about Hands-Only CPR Animated Hands-Only CPR how-to video Media center Free apps for iPhone, Droid and Palm Pre Survivor stories 	Everyone

AHA Course Matrix

Products Based on 2005 Guidelines



Courses for Healthcare Providers

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
ADVANCED CARDIOVASCULAR LIFE SUPPORT (ACLS)											
ACLS for Experienced Providers (EP)	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> Expands on the core ACLS course with the 5 quadrants approach Special resuscitation emergencies (e.g., drowning) Toxicology emergencies Metabolic emergencies Deeper knowledge for understanding and treating ACLS patients 	<ul style="list-style-type: none"> Case-based and group-interactive course of focused resuscitation topics Uses realistic scenarios to present material specific to experienced providers who routinely perform resuscitation Includes introduction and four learning stations that cover electrolyte abnormalities, cardiovascular, environmental, and toxicology emergencies 	ACLS EP is for healthcare professionals such as clinicians, scientists and others who frequently respond to emergency cardiovascular and special resuscitation situations in their work environment.	<i>ACLS: The Reference Textbook</i>	<i>ACLS EP Instructor Manual (70-2294)</i> Training Memo: <i>ACLS for Experienced Providers</i>	Yes	ACLS EP Course Completion Card, valid for two years.	9-10 hours	No	No
AIRWAY MANAGEMENT											
Airway Management	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> Bag-mask ventilation and airway adjuncts <p><i>Optional:</i></p> <ul style="list-style-type: none"> Laryngeal mask airway Esophageal-tracheal tube Endotracheal tube Impedance threshold device 	<ul style="list-style-type: none"> Skills video demonstrations reinforce proper technique Simple course flow of skills demonstration, skills practice and skills testing The course units cover required topics and offer optional topics based on needs Video includes computer-generated animation 	Airway management provides training for healthcare providers whose occupation or volunteer activities require airway management skills and professionals in the field of resuscitation and airway management	<i>Airway Management Student Guide (80-1464)</i>	Airway Management Facilitator Package (80-1466) Airway Management DVD (80-1455)	Skills testing occurs during instruction	Students will receive a Certificate of Completion	5 hours (with all optional modules)	Yes, AHA offers CE for EMS students through CECBEMS (www.cecbems.org)	No

AHA Course Matrix

Products Based on 2005 Guidelines



Courses for Healthcare Providers

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
Stroke											
Acute Stroke Online	 eLearning	<ul style="list-style-type: none"> Stroke chain of survival 7 D's of stroke survival Definitions of ischemic and hemorrhagic stroke Pathophysiology Stroke risk factors Stroke recognition Stroke management Transition to critical care and rehabilitation 	<ul style="list-style-type: none"> 11 Checkpoint exercises with review questions Online test and evaluation Self-paced learning, accessible anytime Expands on the AHA Stroke Algorithm Access to course for 12 months allows for ongoing refresher 	Acute Stroke Online is for in- and out-of-hospital personnel, particularly experience healthcare providers who are involved in the care and treatment of suspected stroke victims	Acute Stroke Online Course Key (80-1480)	None	No	Students will receive a Certificate of Completion	1-2 hours	No	No
Stroke Prehospital Care Online	 eLearning	<ul style="list-style-type: none"> Pathophysiology Risk factors Differential diagnosis Recognition Assessment Management 	<ul style="list-style-type: none"> Four interactive stroke cases using audio files Course gives students instant feedback Prompts students to make and improve care management decisions Self-paced learning, accessible anytime 	Stroke Prehospital Care Online is for out-of-hospital medical professionals, Emergency Medical Services (EMS) personnel in acute medical practice and healthcare providers who want to enhance their knowledge of stroke treatment.	Stroke Prehospital Care Online Course Key (80-1468)	None	No	Students will receive a Certificate of Completion	2-3 hours	Yes, CE is available for EMS	No

AHA Course Matrix

Products Based on 2005 Guidelines


Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
Heartsaver® Pediatric First Aid	 Classroom-based (Instructor and video)	<ul style="list-style-type: none"> ▪ First aid basics ▪ Medical emergencies ▪ Injury emergencies ▪ Environmental emergencies ▪ Optional pediatric first aid modules are: <ul style="list-style-type: none"> ○ Pediatric first aid topics (eye injuries, fever, suspected abuse, and snake, spider, scorpion, tick and marine animal bites and stings. ○ CPR and AED use ○ Asthma care training for child care providers 	Course features include: <ul style="list-style-type: none"> ▪ Designed to meet the training requirements for child care workers in all 50 states ▪ Student CD includes additional first aid, CPR and AED content for students to reference ▪ Classroom format is ideal for learners who prefer group interaction and feedback from an instructor 	Heartsaver Pediatric First Aid is designed for child care workers, teachers, foster care workers, camp counselors, youth group leaders, coaches and others responsible for children who may need to respond to an emergency.	<i>Heartsaver Pediatric First Aid Student Workbook</i> (80-1001) Heartsaver Pediatric First Aid Quick Reference Guide (80-1002)	Heartsaver Instructor Manual – Pediatric First Aid, (posted on AHA Instructor Network) Guidelines 2010 Heartsaver Pediatric First Aid Interim Materials (posted on AHA Instructor Network) Heartsaver Pediatric First Aid DVD (80-1007)	Yes	Heartsaver Pediatric First Aid course completion card	3.5 hours	No	No
Heartsaver® Bloodborne Pathogens	 Classroom-based (Instructor and video)	Students learn to: <ul style="list-style-type: none"> ▪ Protect themselves from exposure to bloodborne pathogens ▪ Act when exposed to blood or blood-containing materials in the workplace ▪ Clean themselves and the area when exposed to blood or blood-containing materials in the workplace ▪ Tell or report any exposure to blood or blood-containing materials in the workplace 	<ul style="list-style-type: none"> ▪ Ideal for learners who prefer group interaction and feedback from an instructor ▪ Content is based on the PACT acronym to reinforce critical learning points ▪ Designed to meet Occupational Safety and Health Administration (OSHA) requirements for bloodborne pathogens training when paired with site-specific instruction ▪ Available for first-time or renewal bloodborne pathogens training ▪ Each student receives their own high quality course materials 	Heartsaver Bloodborne Pathogens is designed for anyone with a reasonable chance of coming into contact with bloodborne pathogens such as correctional officers, childcare workers, security guards, maintenance workers, school personnel, hotel housekeepers, health and fitness club staff, tattoo artists	<i>Heartsaver Bloodborne Pathogens Student Workbook</i> (80-1491)	Heartsaver Bloodborne Pathogens Instructor Package (80-1492) Heartsaver Bloodborne Pathogens Posters (80-1502)	No	Students will receive a Certificate of Completion	1 hour	No	No

AHA Course Matrix

Products Based on 2005 Guidelines

Courses for Lay Rescuers (workplace or anyone who needs a course completion card)

Course	Delivery Format	Content / Modules	Features & Benefits	Audience	Student Materials	Instructor Materials	Written Exam / Skills Session	Course Completion Card Type	Estimated Time	CME / CE Credit	Offered in Spanish
Heartsaver® Bloodborne Pathogens Online	 eLearning	Students learn to: <ul style="list-style-type: none"> ▪ Protect themselves from exposure to bloodborne pathogens ▪ Act when exposed to blood or blood-containing materials in the workplace ▪ Clean themselves and the area when exposed to blood or blood-containing materials in the workplace ▪ Tell or report any exposure to blood or blood-containing materials in the workplace 	<ul style="list-style-type: none"> ▪ Ideal for learners who prefer group interaction and feedback from an instructor ▪ Content is based on the PACT acronym to reinforce critical learning points ▪ Designed to meet Occupational Safety and Health Administration (OSHA) requirements for bloodborne pathogens training when paired with site-specific instruction ▪ Available for first-time or renewal bloodborne pathogens training ▪ Each student receives their own high quality course materials 	Heartsaver Bloodborne Pathogens is designed for anyone with a reasonable chance of coming into contact with bloodborne pathogens such as correctional officers, childcare workers, security guards, maintenance workers, school personnel, hotel housekeepers, health and fitness club staff, tattoo artists	Heartsaver Bloodborne Pathogens Online (80-1501)	None	No	Students will receive a Certificate of Completion	1 hour	No	No