

## 10 Hot Tips for Passing the BLS Exam

Here is a guide to help you improve your chances of passing the certification exam for BLS – Basic Life Support. If you take the advice given here seriously, you will do very well on the exam. But you must allow yourself plenty of time to learn all of this material especially if you are new to this.

### 1. Study and memorize the *Zombie Notes Study Charts*

The *Zombie notes for BLS* helps you study the need to know and it is easy to take with you to study in your spare time. The study guide is not a replacement for the hands on practice and testing sessions that CPR class is known for. The *Zombie Notes* help you memorize the important things that help you perform better. There are guidelines for all age groups with the most up to date information based on evidenced based practice and research. Infants, children – large and small and adults are included with the how to do- one and two rescuer CPR, choking – conscious and unconscious, AED and pads application, and airway management.

### 2. Read and study the BLS Certification Manual

*The American Heart Association textbook* or the *ECC Handbook* may be distributed by your instructor. The *AHA - ECC handbook* is an excellent source for evidenced based treatment protocols for all age groups in emergency situations. It will assist the learner in identifying in priority the steps to take, meds to give, joules to use, essential equipment to have and post arrest recommendations to stabilize the patient. This will help you in the mega code setting to apply your knowledge and skills. The handbook is filled with information of topics around assessing and treatment of critical situations, shock states, airway management, treatments and pharmacological modalities.

### 3. Dress comfortably and be prepared to work on your knees (explain to your instructor if this is not possible)

### 4. Watch Michele's YouTube videos on BLS, AED and other topics

The YouTube videos can teach you and remind you of the topics you are studying and clarify any questions you may have had. You can always contact Michele if you have any questions.

**5. Take practice tests over and over until you get them all correct**

There are questions on many topics, including age specific questions. Topics on the exam include AED use, safety at the scene of the victim, conscious and unconscious choking victims, ventricular fibrillation and early defibrillation, one and two rescuer CPR scenarios, initial assessments, infant techniques for two-rescuer CPR, depth and rate of compressions for all age groups, and airway and ventilations.

**6. Practice doing fast and hard compressions**

(5 cycles of 30 compressions to 2 breaths) on a doll or cushion for 2 minutes, so you can perform high-quality-CPR at the class, know the landmarks for chest compressions, depth and recoil of compression, 2-thumb technique.

**7. Review the differences between the age groups and the BLS requirements for CPR**

Review choking, AED pads, quick assessment for responsiveness, heart rates in infants that require initiation of chest compressions, breathing rates, a 10 second pulse check, positioning of the airway, and recovery positions, etc.



See our other Zombie Notes Study Charts at [DicksonKeanaghan.com](http://DicksonKeanaghan.com)

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**8. Understand the non-trained “hands only” CPR concept versus healthcare 30:2 CPR ratio**

Consider purchasing your own face shield or pocket mask with a one-way valve.

**9. Read about the Bag-Mask-Valve (AMBU bag)**

And the pocket masks. Positioning the victim’s airway with or without suspected neck injury other airway adjuncts; first aid. Diagnosis that are life threatening and important to learn about and recognize the symptoms; examples are myocardial infarction (heart attack) and stroke.

**10. Participate in class, and ask and answer lots of questions**

Speaking up and asking many questions helps you understand and will facilitate your classrooms ask more detailed questions as well.



Watch Michele’s YouTube videos that go with this study guide:

- BCLS Updates 2010
- BCLS Orientation
- BCLS Zombie Notes



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