



HEART &
STROKE
FOUNDATION
OF ALBERTA,
NWT & NUNAVUT

Resuscitation Education Office

Website: www.resuscitationeducation.ca

Frequently Asked Questions

Q: Where do I get information regarding the 2010 Guidelines?

A: Information regarding the 2010 Guidelines is located on the Resuscitation Education website as indicated above under menu item "News".

Q: I've lost my card, can I get a replacement?

A: Please refer to document entitled "Requesting a card reissue" on the Resuscitation Education website as indicated above.

Q: What are the acronyms CPR and BLS?

A: CPR = Cardiopulmonary Resuscitation, BLS = Basic Life Support. These acronyms are used interchangeably. These courses include: Heartsaver-A, Heartsaver AED-C, Basic Life Support for Healthcare Providers-C, Basic Life Support for Healthcare Providers-C Renewal, BLS Instructor Renewal and BLS Instructor Trainer Renewal.

Q: Does the Heart & Stroke Foundation offer courses?

A: The Heart & Stroke Foundation of Alberta, NWT & Nunavut (HSFA) - Resuscitation Education office is responsible for the administration and quality assurance of Basic Life Support (BLS), Advanced Cardiovascular Life Support (ACLS) and Pediatric Advanced Life Support (PALS) courses delivered by HSFA Instructors, Instructor Trainers, Coordinators and Medical Directors.

Courses are provided by the Heart and Stroke Training Centres: NAIT in Edmonton and SAIT in Calgary, as well as provided by BLS Instructors, BLS Instructor Trainers, ACLS and PALS Coordinators in the community. The Resuscitation Education website advertises their upcoming BLS, ACLS and PALS course dates and locations. If you are looking for upcoming courses, visit the Resuscitation Education website as listed above under "Courses".

Q: How much does a course cost?

A: The HSFA does not determine the pricing of courses. The training providers offering Heart and Stroke Foundation of Canada (HSFC) courses determine the price of courses they offer.

Q: How many hours should a course take to run?

A: BLS courses: Average course time is 4 hours and 5 hours, for more information please refer to our website as indicated above under menu item "Basic Life Support."

ACLS & PALS courses: The two-day provider is typically 16 hours and the one-day renewal course is typically 8 hours. Students are advised of start and end times upon registration.

Q: I have a physical disability, can I still attend a CPR course?

A: Yes. You will need to discuss this with the instructor prior to the course to understand your limitations and to accommodate your needs. Please refer to the Resuscitation Education website as indicated above, menu item "Bulletins" for the "BLS Physical Limitations" memo.

Q: Why do I have to share a mannequin to practice my skills in a BLS course?

A: The equipment required to provide a BLS course is specialized and not all instructors or organizations are able to provide a mannequin for each course participant. The HSFC requires that participants be provided with a minimum of one mannequin for each three people in the course. All Resuscitation program instructors have a legal and moral responsibility to disinfect all equipment used for BLS courses immediately after practice sessions to ensure cross contamination does not occur.

Q: I have exam anxiety. Is there any way I can prepare in advance of my BLS course?

A: You may request a student manual in advance of the course from the organization or instructor providing the course. Most course participants find the method of course delivery includes ample practice opportunities and is designed to make the student feel confident to complete the written learning opportunity (if applicable for the course level attending). The HSFC requires instructors to provide all course participants with a course manual or access to a course manual.

Q: Is there a grace period to attend a Basic Life Support for HealthCare Provider-C (HCP-C) Renewal course?

A: No, The HCP-C card expires one year from the card issue date.

Q: I attended a course and I haven't received my course completion card yet – who do I contact?

A: BLS provider and renewal cards: The Basic Life Support instructor who provided the course is required to provide all successful participants with a card at the time of course completion.

ACLS & PALS provider and renewal cards: Once the Resuscitation Education office receives the course roster and all supporting documentation, cards are processed and mailed to successful participants. If a paramedic or nursing student, cards are mailed to your training school and released upon graduation.

If you have not received your ACLS or PALS card in a reasonable amount of time after the course, contact Evelyn Mitton with the Resuscitation Education office at 780.733.3689 extension #2 or toll-free at 1.877.473.0333 extension #2, email: emitton@hsf.ab.ca.

Q: Do I require BLS training prior to an ACLS or PALS course?

A: Yes, the BLS prerequisite to an ACLS or PALS provider or renewal course is "**current**" Heart & Stroke Foundation of Canada (HSFC) Basic Life Support for Healthcare Provider-C (HCP-C). Please note that you will need to bring your current HSFC HCP-C card to the ACLS or PALS provider or renewal course to gain entrance into the course. **Current denotes no later than one year from card issue date.**

Q: How do I become a HSFC BLS Instructor?

A: The prerequisite for the HSFC BLS Instructor course is a current HSFC HCP-C and a skills review to that level of training within the month prior to the course date. The BLS Instructor course involves a pre-course home study; 16 hour classroom program and post-course team-teach. Please refer to the Resuscitation Education website at www.resuscitationeducation.ca under "Courses", scroll to "Course Offerings" and choose BLS (CPR) Instructor.

Q: How do I become a HSFC ACLS and/or PALS Instructor?

A: ACLS and PALS Instructor courses are exclusively provided by the Heart and Stroke Training Centres: NAIT in Edmonton and SAIT in Calgary. For course availability visit the Resuscitation Education website at www.resuscitationeducation.ca under "Courses", scroll to "Course Offerings" and choose "ACLS & PALS Instructor". For ACLS and PALS Instructor Course prerequisites visit our website as indicated above, menu item "Advanced Life Support (ALS)", ACLS & PALS Course Descriptions.

Q: How do I become a HSFC ACLS or PALS Course Coordinator to setup and offer ACLS and PALS Provider and Renewal courses?

A: If you are an experienced ACLS or PALS Instructor, visit the Resuscitation Education website at www.resuscitationeducation.ca, menu item "Instructor Information", scroll to "ACLS & PALS Items", choose "Becoming an ACLS or PALS Coordinator".

Q: What is the Instructor to Student training ratio?

A: The ratio is:

BLS provider courses: 1 instructor for every 6 students. Instructor candidates completing their Instructor monitored course are not included in this ratio.

ACLS and PALS provider courses: 1 instructor for every 6 students. Instructor candidates completing their Instructor monitored course are not included in this ratio.

Q: I would like to learn more about volunteering and where to make a donation.

A: Volunteers are very important in fulfilling our mission to eliminate heart disease and stroke and reducing their impact through the advancement of research and its application, the promotion of healthy living; and advocacy. They help raise funds by participating in the door-to-door campaign during Heart Month and other fun health promotion events. To volunteer or make a donation to the Heart & Stroke Foundation, please contact your local Heart and Stroke Foundation office:

Calgary: 403.270.3549

Red Deer: 403.342.4435

Edmonton: 780.451.4545

Medicine Hat: 403.527.0028

Grande Prairie: 780.513.0439

Lethbridge: 403.327.3239

Q: What events occur with the Heart & Stroke Foundation?

A: The Heart & Stroke Foundation of Alberta, NWT & Nunavut presents awareness and fundraising events that embrace our healthy living message. For more information, visit www.heartandstroke.ca regarding:

Jump Rope for Heart

We believe that every child has the right to grow up healthy. We also believe that you and your school can help us make this vision a reality. Through skipping and fundraising for the Heart and Stroke Foundation, **Jump Rope for Heart** teaches children the importance of healthy living and social responsibility.



Hoops for Heart

Hoops for Heart is an in-school fundraising basketball program that supports vital research, medical advances, social change and health education. Students get active shooting hoops, while earning cool prizes and fundraising for an important cause. Teachers can inspire their students to take a leadership role and commit to a healthy future, while they also earn points towards school resources like sports equipment, school supplies and electronics.

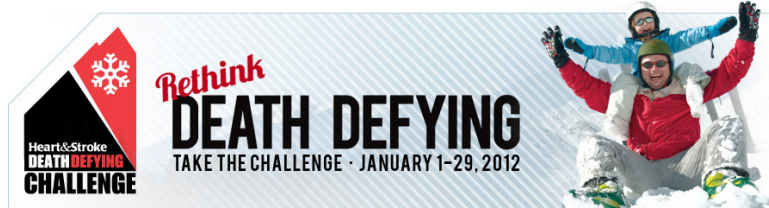


Big Bike

Teams of 30 take the **Big Bike** for a spin, raising awareness and funds for the Foundation. The **Big Bike** travels across the province from spring to fall and is a great team building activity. Book a ride for your co-workers, friends or family and be prepared to have fun!

February is Heart Month / June is Stroke Month

Volunteers walk to their neighbors' doors twice a year, delivering our message and raising funds for the Foundation. Join our incredible team!



The Heart and Stroke Foundation is asking Albertans to rethink death defying through its new initiative, the **Heart&Stroke Death Defying Challenge**. It's about making a commitment to health while raising funds to help eliminate heart disease and stroke. The much needed funds raised from the Challenge will advance life-giving research to combat these diseases that take 1 in 3 Canadians before their time.

Beginning January 1, 2012 the month-long event challenges people around the province to complete at least ten hours of physical activity, and focus on healthy lifestyle choices for a longer, fuller life. It doesn't take a death defying act to defy death; studies show that it only takes 2.5 hours of physical activity per week to lower the risk of heart disease and stroke. From January 27 to 29, participants will get together to celebrate their success with a wonderful weekend in the Canadian

Rockies, while staying at the beautiful Fairmont Chateau Lake Louise. Getting involved is easy – everyone can participate, regardless of skills and abilities. Family, friends and corporate groups can register today at defydeath.ca. exciting guest speakers, family activities and other incentives. We look forward to seeing you there!

Friends of the Heart & Stroke Foundation

Have an upcoming event or want to plan one? You can raise funds for the Heart & Stroke Foundation and help us eliminate death and disability from heart disease and stroke. Ideas for events to organize are: A-thon-walk/run/skate/bike, auction-live or silent, bake sale, celebrations/luncheon or dinner, Fitness challenge, wear red/casual day, used book/media sale, stair climb, CPR-a-thon, cook off, a Heart Art sale, polar bear dip, scavenger hunt – the possibilities are endless!



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