

The Official  
AHA Self-directed ACLS  
eLearning Program

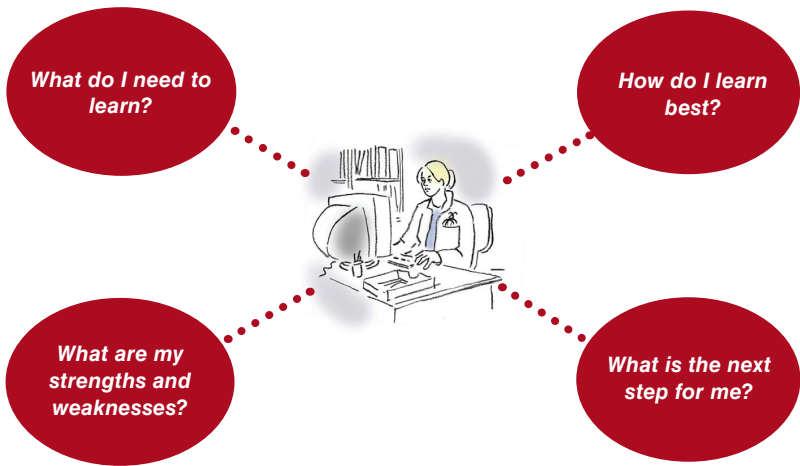
## HeartCode™ ACLS

Self-directed Learning Guide

Learning Technology by Laerdal

## What is self-directed learning?

- Self-directed learning describes a process in which a learner takes primary responsibility for planning, implementing, and evaluating his or her own learning.
- The starting point for self-directed adult learning is personal responsibility —you must acknowledge responsibility for your own thoughts and actions.



**Self-directed learning is about taking responsibility for your own learning process**

**—and hopefully having fun while doing it!**

## What is HeartCode ACLS?

HeartCode ACLS is a computer-based self-learning system for the American Heart Association's ACLS program.

Both have 4 different parts—3 different ways to learn:



HeartCode ACLS Core Cases, which are real-life, real-time simulations of different acute conditions.



Team training, which provides knowledge of the fundamental concepts of team work.



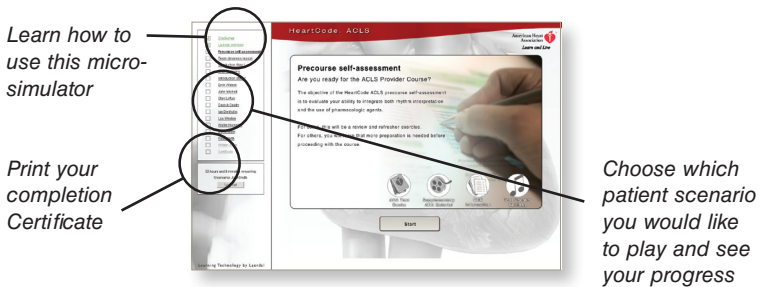
HeartCode ACLS Written Exam, a multiple-choice exam that must be passed as part of the completion of the ACLS certificate.

## What are HeartCode ACLS simulations?

The simulations in HeartCode ACLS work much like a computer game—you decide the pace at which you learn.

### The ACLS Core Cases, the simulation-based part of HeartCode ACLS, consists of 3 sub-parts:

1. The scenario selection screens, from which you choose the patient scenarios. Each scenario is based on a set of learning objectives.

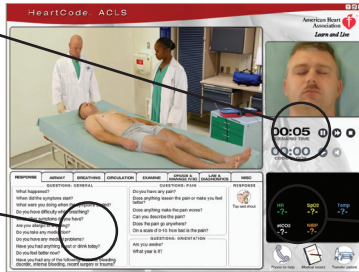


## What are HeartCode ACLS simulations?

2. The actual simulation, where, via a user-friendly interface, you can choose from a wide range of investigations, treatments, drugs, and common airway, breathing, and circulation techniques:

Pause, re-start, fast-forward, or stop the simulation using the VCR-like panel

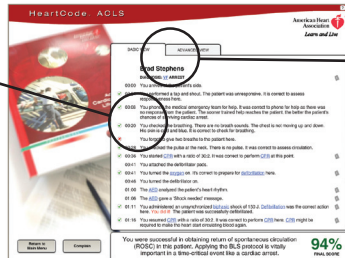
Control the rescuers' actions by using the panel at the bottom of the screen



Monitor/specify ongoing treatment via pop-ups

3. A log of your actions, combined with intelligent feedback in the debriefing:

See a log of your actions combined with relevant feedback—suggestions, corrections, and directions



Choose the level of detail of the feedback

## What can HeartCode ACLS do for me?

Computer simulations enable you to test your strengths and weaknesses in a lifelike situation, helping ensure that you can actually perform under stress when lives are at stake.

Each time you finish a scenario, the computer will debrief you on each action. This intelligent debriefing will enable you to spend your learning time more efficiently by directing your attention to actions you missed and to future improvements.

Simulation is a powerful tool that can help direct your learning process. You can focus your learning on areas where you are insecure and spend less time on subjects where you are competent.

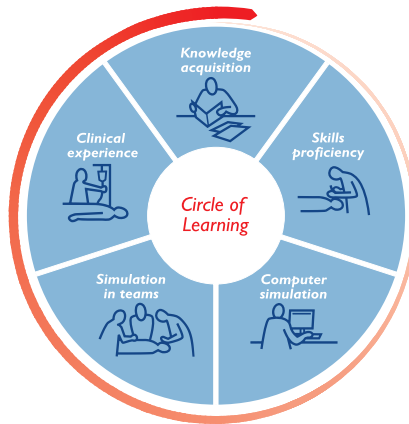
When you have identified your weaker areas, HeartCode ACLS provides useful tools for filling gaps in your knowledge.

**Using your time much more efficiently  
—learn more in less time.**

## What is the Circle of Learning?

The Circle of Learning is a tool that helps you understand the many aspects of learning and how they supplement each other. It may aid in planning and understanding your own learning.

There are many ways to gain knowledge—lectures, books, videos, task trainers, learning by example, simulations, and, of course, experience. The most effective way to learn is through a combination of means, plus constantly going back and forth and around in the circle.



**You will eventually find the way that suits you best  
—we all learn in different ways.**

## How is the Circle of Learning relevant to me?

Assume that you decide to learn to manage a cardiac arrest:



First, you have to acquire core knowledge (for example, through textbooks, lectures, videos, eLearning, or other means).



Second, you need to acquire skills. You might use part-task trainers (eg, an IV-arm) or real-life instruction to practice and learn skills such as intubation, CPR, placing electrodes, or establishing IV-access.



How can you be sure, however, that you can actually remember and use everything you have learned?

**Can you act correctly and efficiently  
in a real cardiac arrest?**



## How is the Circle of Learning relevant to me?

To assess your learning and ensure that all your knowledge and skills are perfectly tuned for the moment when it really counts, you can use a combination of micro- and macrosimulators.



Microsimulators help you practice algorithms and reinforce prior learning.



Macrosimulators and simulation allow you to train in crucial skills such as teamwork and communication.

Training with simulators will—like real-life practice—direct your attention to subject fields where you need to spend more time. This makes it easier for you to seek the specific training you need, whether it is the practice of intuition or just re-reading a certain chapter.

**Consider what kind of learning you need and where in the Circle of Learning you need to focus your attention now.**

**Self-direct your own learning process!**

Simulation can never totally replace other types of learning. It can, however, supplement, reinforce, and facilitate the more traditional types of learning—thereby boosting the learning process and helping optimize the time and effort spent.

### Installation

1. Insert the HeartCode ACLS Prepaid CD
2. If the installation doesn't start automatically, click the Windows Start button and choose "Run". Browse to the CD and start "Setup.exe"
3. The program will ask you close all open windows before proceeding. Please do so and click "Next"
4. You will be asked to accept the License Agreements. You must agree in order to be able to install and use this program. Click "Next"
5. You will then be asked where to install the program. Please select the destination and click "Next"
6. Before completing the installation, the setup program will detect whether any prerequisites are missing and let you know what will be installed. Click "Next"
7. The last step will copy all the files to your computer. Please note that this might take several minutes!
8. Once finished you can select to start the program and click "Finish"

### Things to know before starting

You will need a license to use the program, which can be obtained in 2 ways, depending on your version of the program:

- **Prepaid:** There is a license key inside the cover of the CD box. This key must be entered in the program under Licenses. You must be connected to the Internet for this step!
- **Online purchase:** If you do not have a license you can click a link "Click here to buy" to purchase.

## Single-user Installation

### Instructions for HeartCode ACLS Prepaid license activation

1. Start the program and log on.
2. Accept the disclaimer
3. Click “Continue” to get to the “License overview”
4. Select “Enter license key”
5. Enter the license key and click “Continue” and follow the steps.

NB: The license key can only be activated once! You must complete the course on the same PC where the license has been activated.

### Pre Paid HeartCode ACLS CD with Internet Access Instructions

Start the HeartCode ACLS Anywhere program. Log on. The “Licenses” screen will appear. Click on “Enter Key”

The screenshot displays the HeartCode ACLS software interface. On the left is a navigation menu with a list of items, each with a checkbox. The 'Disclaimer' checkbox is checked. Below the menu, a status bar shows '32 hours and 0 minutes remaining' and 'Username: Bsd00m' with a 'Log out' button. The main window features a red header with 'HeartCode. ACLS' and the American Heart Association logo with the tagline 'Learn and Live'. The central content area is titled 'License overview' and contains three radio button options: 'Enter license key' (selected), 'Buy new license', and 'Use demo version'. Each option has a brief description. A 'Continue' button is located at the bottom of the options area. The background of the main window shows a grayscale anatomical illustration of a human heart.

Disclaimer  
 License overview  
 Prepaid self assessment  
 System diagnostics (optional)  
 Introduction (Step 1)  
 Brief Statements  
 Introduction (Step 2)  
 Ewen Walters  
 John Mitchell  
 Alan Luffin  
 Charles Denton  
 Ian Davidson  
 Lucy Whittles  
 Walter Hampton  
 David Miller  
 Paul Smith  
 Andrew Green  
 Certificate

32 hours and 0 minutes remaining  
Username: Bsd00m  
Log out

HeartCode. ACLS

American Heart Association  
Learn and Live

License overview

Enter license key  
Choose this option if you have a license key from the product package or from the Laerdal Online Shop that you want to activate

Buy new license  
Choose this option if you do not have a license, but wish to purchase one through [www.laerdal.com](http://www.laerdal.com)

Use demo version  
Choose this option to gain access to a time-limited trial version of the program

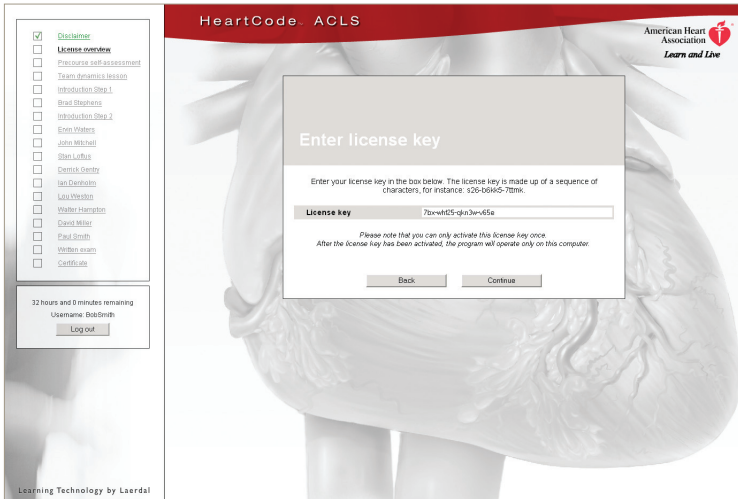
Continue

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The front inside cover of the CD plastic case will have a label that contains the License key code, as shown below. Enter the installation key as it appears (as symbols).

### Example

**83je-jd83-jd77-87nd**



If you receive the message “the license key you have entered is valid”, this indicates that the key was typed incorrectly. Re-enter the key. Follow the prompts through the following several screens.



## Pre Paid HeartCode ACLS CD without Internet Access Instructions

If you not have Internet access you will see this screen. Follow the instructions shown.

**HeartCode - ACLS** American Heart Association *Learn and Live*

**Dashboard**  
 **License overview**  
 **Prerequisite self-assessment**  
 **Team dynamics lesson**  
 **Introduction Step 1**  
 **Basic Operations**  
 **Introduction Step 2**  
 **Basic Physics**  
 **John Mitchell**  
 **Barry Lofus**  
 **Patrick Oerby**  
 **Jan DeBorja**  
 **Jack Orsini**  
 **Walter Hamelton**  
 **David Miller**  
 **Paul Smith**  
 **Verlon East**  
 **CardLife**

32 hours and 0 minutes remaining  
Username: BobSmith

**Offline activation**

Connection to the Internet cannot be established. Make sure your computer is connected to the Internet try again.

If you do not have an internet connection then you have two options

1. Call the automated activation service at: 1-866-488-1751 and follow the steps provided.
2. Manual activation:
  1. Write down the phone activation code below.
  2. Go to a PC with internet access
  3. Activate manually by going to this site: <http://www.laerdal.com/activate.asp>
  4. Write down the code you receive and enter it back into the manual activation field below.

**Phone activation code** 608-93269-75749-03135

When you receive your acknowledgement code, please enter it below.

**Acknowledgement code**

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## Single-user Installation

### How to use the program

When creating your login, you can select to protect the account with a password. This is only necessary if other people than you are using the program. After you log in and accept the disclaimer you will be prompted to activate a license. Once this has been done, you can start with the introduction courses which will familiarize you with how to use the program.



### After you complete the training

On completion of all the core modules and the examination, you must claim your certificates on [www.laerdal.com](http://www.laerdal.com). The program will open Internet Explorer for you and guide you through the process. If you are not online, the program will give you instructions on how to claim the certificates.

After claiming the certificates, please print out the ACLS Part 1 certificate and the "continuing education certificate" if relevant.

To receive your AHA ACLS provider card, make an appointment with an AHA ACLS Training Center to complete your skills test. Take the completion certificate for part I to the Training Center where you go for your skills check. When you have successfully completed the skills, the Training Center will issue your AHA ACLS provider card.

## Troubleshooting

**The program is slow or unresponsive.**

*Please make sure that your PC lives up to the minimum requirements listed on the back of this folder. If it does, then make sure all other programs are closed while using HeartCode ACLS Prepaid.*

**I am getting errors when using the program.**

*Contact technical support at 800-594-9259.*

**I have finished my course, and I am unable to get my certificate.**

*You must have a green check mark in every box that appears on the lefthand side of the ACLS certificate page. If this is the case and you still can't claim the certificate, then contact technical support at 800-594-9259.*

## Minimum requirements

OS: Windows XP SP3+, Windows Vista SP1+

CPU: Pentium 4 or equivalent

RAM: 512 MB (768MB+ recommended)

HD: 500MB free

Monitor capable of showing 16bit color in 1024\*768 resolution

Internet Explorer 6.0+

Adobe Flash player 9.0 or higher (installed automatically)

ASP.Net 3.5 (installed automatically)

Internet Access



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*helping save lives*

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