



Read the complete 2015 AHA Guidelines at this link:  
<https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>

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## High-fidelity manikins for ACLS

The guidelines now recommend the use of high-fidelity manikins for training Advanced Life Support in places that have the infrastructure to support this. For low resource environments, use standard manikins.

## More BLS/AED instruction

BLS skills seem to be learned as well through self-instruction (video or computer based) with hands-on practice as compared to traditional instructor-led courses. Reduces cost and resources. Increases potential rescuers. If including AED training, add hands on component.



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## More frequent re-training

Two-year retraining cycles are not optimal and more frequent training may be helpful for providers likely to encounter a cardiac arrest.

## Team & leadership training in ACLS

Inclusion of team and leadership training as part of ACLS has potential benefit, and very small risk for harm. All benefit, no risk!



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## Train bystanders in hands-only CPR

Communities may consider training bystanders in compression-only CPR for adult OHCA as an alternative to training in conventional CPR.

**From:** <https://eccguidelines.heart.org/index.php/circulation/cpr-ecc-guidelines-2/>  
\* For more Canadian content by the HSFC, check out <http://goo.gl/fHu8lc>

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