BASIC LIFE SUPPORT PRACTICAL ASSESSMENT
- All Areas-

All nurses, medical staff, and allied health, as per the SVHM Code Blue Medical Emergency Policy, must successfully complete BLS practical assessment by an accredited assessor annually. New staff must achieve BLS competency within 8 weeks of starting at SVHM.

The Basic Life Support (BLS) competency assessment comprises of:

- Successful completion of the online SVHA Basic Life Support (BLS) Learning Package via Workday every 5 years.
- Successful completion of the online SVHM Anaphylaxis learning package via Workday every 5 years.
- Demonstration and articulation of the BLS techniques in a scenario-based practical assessment.
- Recognition of anaphylaxis and (if within scope) demonstration of appropriate management

Trainers:

Successful Assessment

Please **email completed form** to SVHM.Education.mandatorytraining@svha.org.au specifying staff member name & date of assessment

Unsuccessful Assessment

- Complete BLS Practical Assessment form with feedback
- Share feedback form with participant and their manager to ensure manager is aware they were unsuccessful
- Offer support and resit assessment within 3 weeks
- Encourage review and completion of SVHA Basic Life Support (Online)
- If unsuccessful on 2nd attempt, email feedback form to Education and Learning - Clinical Competency Program PDN: SVHM.Education.competencies@svha.org.au
- Clinical Competency Program PDN to arrange 3rd attempt with participant

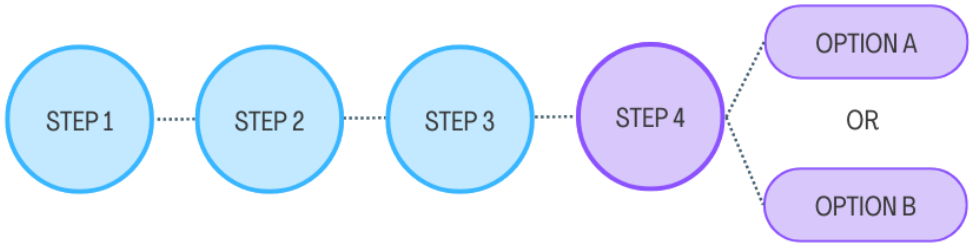
To successfully complete this assessment the participant must demonstrate knowledge and skill in all the criteria listed on the pages to follow:

Basic Life Support

Initial Assessment	Competent	
	YES	NO
Identifies the BLS algorithm • D – Dangers • R – Responsive • S – Send for Help • A – Open Airway • B – Normal Breathing? • C – Start CPR • D – Attach Defibrillator	☐	☐
Dangers Demonstrates initial assessment of a patient experiencing an emergency • Checks for danger to self, collapsed person and bystanders • Ensure first responder has appropriate PPE in place as per the current SVHM PPE guidelines eg: Standard vs Modified Airborne precautions	☐	☐
Responsive • Demonstrates techniques for establishing responsiveness 'talk and touch'. If no response - painful stimulus (Trapezius pinch)	☐	☐
Send For Help • Identify correct time to send for help and appropriate method according to area of practice	☐	☐
Airway Management **Identify the rationale for opening the airway and demonstrates:** **Backward head tilt / chin lift** • Collapsed person positioned on their back (supine) with the rescuer at the side of their head. Head tilted backward by placing one hand on the forehead. Supports the jaw and provides chin lift. **Jaw thrust** • Collapsed person positioned on back (supine) with rescuer at top of their head. Both hands used to support jaw and thrust upwards. **Manual clearance of the airway** • Uses suction (if available) to clear the airway • Mouth should be opened and the head turned slightly downwards to allow any obvious foreign material (e.g. food, vomit, blood and secretions) to drain • Identifies the major precautions and potential hazards associated with clearing the airway **Foreign body airway obstruction** • Demonstrate the procedure for managing a foreign body airway obstruction in a responsive/unresponsive patient (call for help as per local policies) **Demonstrates technique for measuring and inserting an oral airway *if available** • Measures for appropriate size, corner of the mouth to the angle of the jaw. • Correctly inserts oropharyngeal airway and rotates into correct position	☐	☐
Breathing • Demonstrates assessment of breathing • Demonstrates the 'look, listen and feel' approach to assessing breathing (in supine position) ***whilst maintaining an open airway.*** • If patient is unresponsive and breathing, place in 'Recovery/Lateral' position • If patient is abnormally/not breathing – Initiate appropriate emergency response as ***per local policies*** and immediately commence chest compressions. • Demonstrates correct technique for ventilation using BVM • **Single operator:** Hold mask between thumb and index finger (C grip), use remaining fingers to support jaw (E grip), lifting it forwards/upwards. The other hand squeezes the bag to deliver the rescue breaths. • **Two operators:** First person at head of the patient, lift jaw forward /upwards ensuring an effective seal using both hands, whilst also maintaining head tilt. Second person alongside the first, squeezes the resuscitator bag to deliver the rescue breaths (Recommended method-ANZCOR Guideline 5)	☐	☐

• Correctly connects to oxygen (15L/min) if using BVM • Ensures HME viral filter connected to bag and mask circuit • Correctly positions device over mouth and nose • Checks to ensure no leaks • Delivers 1/3 of bag per breath • Achieves good seal while maintaining jaw thrust • Observes for rise and fall of the chest with each inflation		
Compressions **Demonstrates correct method of delivering chest compressions** • Locates lower half of sternum • Shoulders vertical over sternum with heel of lower hand positioned over lower half of sternum and upper hand positioned on lower hand • Compresses to depth of >5 cm /1/3 chest depth • Compresses at a rate of 100 – 120 beats per/min • States correct ratio of compressions/inflations: 30 compressions to 2 inflations (pause in compressions for delivery of breaths) • Demonstrates smooth changeover between two operators (every 2 minutes)	☐	☐
AED - Safety Requirements and Checking Procedures • Discusses **proper** skin preparation prior to placement of pads • Turns on the AED and follows prompts **(Must be completed with training AED)** • Correct placement of defibrillation pads • Ensures no one is touching patient when AED is analysing rhythm • Visually checks the patient and verbally states "stand clear" prior to delivering shock • Follows prompts and recommences CPR if required in a timely manner • Can list safety requirements regarding: wet surfaces, implanted devices, medication patches, jewelry, oxygen and AED use on children. • Can discuss maintenance requirements of the AED ie checking procedure • **Discuss continuation of CPR if a defib is unavailable (Community setting)**	☐	☐
Documentation • Time patient was 'found' and when response team arrived • Major medical diagnosis & relevant past history • Summary of events preceding the emergency • Peripheral Intravenous Cannulation (IVC) • Drugs administered • Observations (BP, Pulse, Rhythm, RR, SpO2) • Defibrillation • Use Code Blue chart to record observations and events if available • Other relevant information – e.g. neurological state • Family notified • Documentation of outcome in progress notes	☐	☐
Simulated 'REAL TIME' CPR • Demonstrates simulated "real time" two operator CPR sequence for 2 minutes • Follows correct sequence of **DRSABCD**	☐	☐
Team Work & Communication • Communicates effectively with other team members when performing 'group' assessment	☐	☐

Anaphylaxis Recognition & Response



STEP 1: RECOGNITION OF ANAPHYLAXIS (ALL STAFF)		
Criteria	**Yes**	**No**
Describes the key signs and symptoms of anaphylaxis	☐	☐

STEP 2: REMOVE ALLERGEN & POSITION PATIENT (ALL STAFF)		
Criteria	**Yes**	**No**
Removes allergen and positions patient correctly	☐	☐

STEP 3: CALL FOR HELP & IDENTIFY CARDIAC ARREST (ALL STAFF)		
Criteria	**Yes**	**No**
Calls for help appropriately	☐	☐
Identifies if patient is in cardiac arrest, commences BLS if required	☐	☐

Choose ONE Option Only

STEP 4: MANAGEMENT WHEN NOT IN CARDIAC ARREST			
Option A: Medical & Nursing Staff Only			
Criteria	**Yes**	**No**	**N/A**
States correct adrenaline dose: 0.5mg (0.5ml) IM (1:1000)	☐	☐	☐
Describes correct route: Intramuscular injection	☐	☐	☐
States 5-minute reassessment and repeat dosing if required	☐	☐	☐
Demonstrates safe use of an adrenaline autoinjector (EpiPen/Anapen) as per manufacturer's instructions	☐	☐	☐
Option B: Allied Health / Non-Clinical / Residential Care Only			
Criteria	**Yes**	**No**	**N/A**
Assists patient to self-administer adrenalin autoinjector (Epipen/Anapen) correctly as per manufacturer's instructions	☐	☐	☐

Participant Name *(As appearing on Workday)*		**Employee ID**	
Competency successfully demonstrated in BLS, including all of the following:	☐ **Yes**	☐ **No**	
• *DRSABCD* • *AED Safety Requirements & Checking Procedures* • *Documentation* • *Simulated "Real Time" CPR* • *Team Work & Communication* • *Anaphylaxis*			
Date			
Assessor Name		**Signature**	
Comments			

References

The practical assessment criteria have been developed in accordance with:

- The Australian Resuscitation Council (ARC) Guidelines
- The SVHM Advanced Life Support (ALS) Guidelines 2023
- The SVHM Anaphylaxis Guideline 2024
- The SVHM Basic Life Support (BLS) Guidelines 2023
- The SVHM CODE BLUE Guidelines 2023