



STARS



The official AHA
Self-directed PALS
eLearning Program

PALS

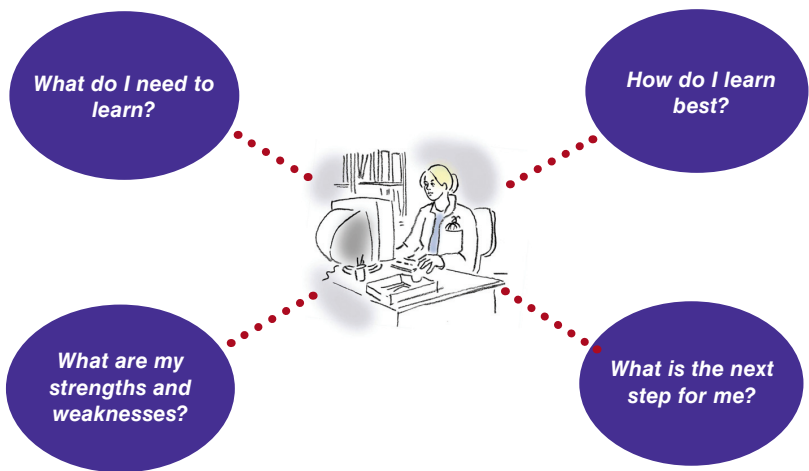
HeartCode™ PALS Part 1

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.



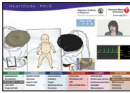
**Self-directed learning is about taking responsibility for
your own learning process**

—and hopefully having fun while doing it!

What is HeartCode PALS?

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

The HeartCode PALS program includes all of the exams required for successful completion of the cognitive portion of the AHA's PALS course:



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



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



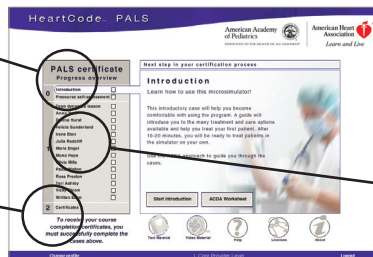
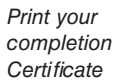
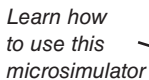
HeartCode PALS Written Exam, a multiple-choice exam that must be passed as part of the completion of the PALS certificate.

What are HeartCode PALS simulations?

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

The PALS Cases, the simulation-based part of HeartCode PALS, 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.



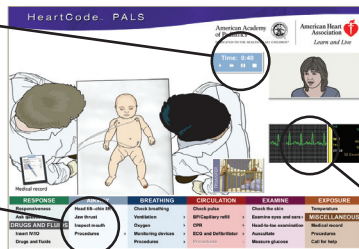
Choose which patient scenario you would like to play and see your progress

What are HeartCode PALS 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

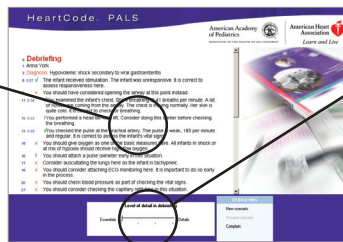
Control the rescuers' actions by using the panel at the bottom of the screen



Monitor/specify ongoing treatment

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, directions and links to the AHA reference materials



Choose the level of detail of the feedback

What can HeartCode PALS 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.

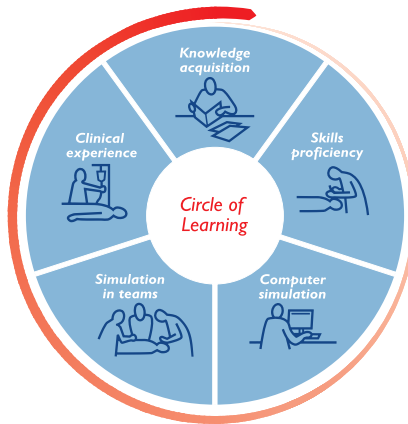
When you have identified your weaker areas, HeartCode PALS provides useful tools for filling gaps in your knowledge.

**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 intubation 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 PALS 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. You will then be asked if this is a Personal or Network installation; select "Personal installation".
7. Before completing the installation, the setup program will detect whether any prerequisites are missing and let you know what will be installed. Click "Next".
8. The last step will copy all the files to your computer. Please note that this might take several minutes!
9. 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 "Buy your PALS course now" to purchase.

Single-user Installation

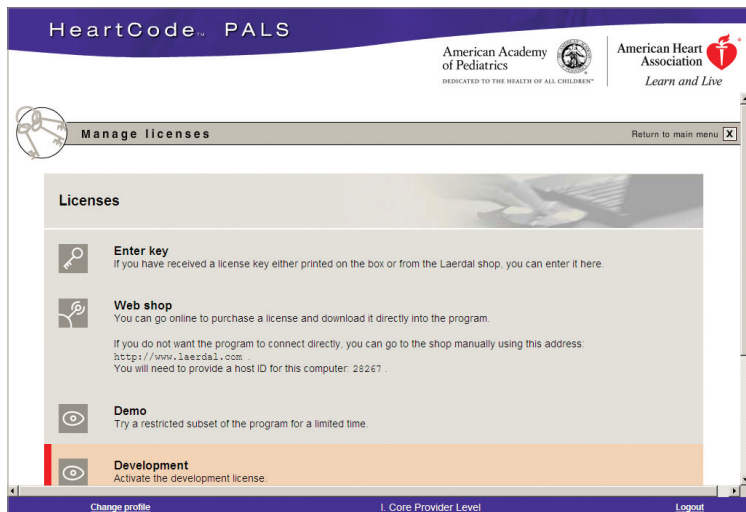
Instructions for HeartCode PALS Prepaid license activation

1. Start the program and log on.
2. Accept the disclaimer.
3. Select “Enter key”
4. Enter the license key and click “Next” and follow the steps.

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

Prepaid HeartCode PALS CD with Internet Access Instructions

Start the HeartCode PALS program. Log on. The “Licenses overview” screen will appear. Click on “Enter license key”



Single-user Installation

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

Single-user Installation

HeartCode PALS

American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™

American Heart Association
Learn and Live

Manage licenses

Return to main menu X

Licenses

Enter key
Back

If you have obtained a license key made up of a sequence of characters like s26-b6kk5-7tmk, you can enter it here.

Paste

Click "Next" to enter the license.

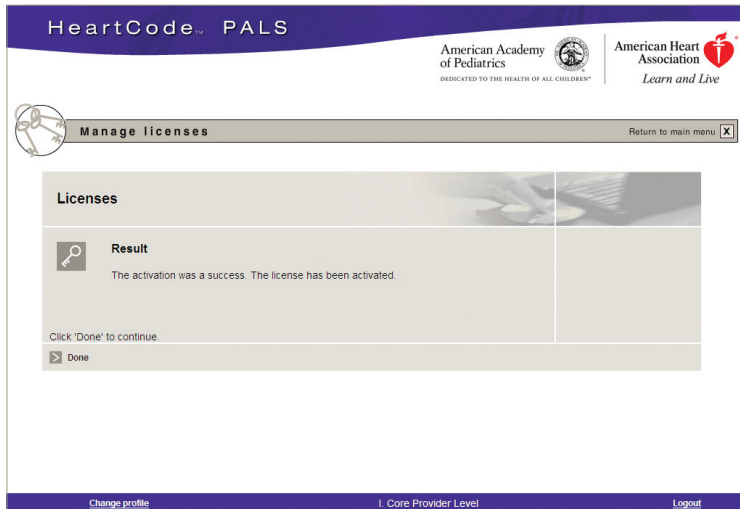
Back Next

Change profile Core Provider Level Logout

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

Single-user Installation

The following screen will appear.



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 to familiarize yourself with the program.

Main steps needed for completing course and claiming certificates

- Create a new login and enter in full name and select appropriate Provider level.
- Start and complete the precourse self-assessment, team dynamics lesson and course introductions to familiarize yourself with the program
- Complete the twelve patient scenarios and written exam
- After finishing the course, you will be presented with instructions on how to claim the HeartCode PALS Part 1 and CME/CE certificates. See the following section for details.

After you complete the training

Upon completion of all the core modules and the examination, you must claim your certificates on www.laerdal.com. The program will open Internet Explorer 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 PALS Part 1 certificate and the “continuing education certificate” if relevant.

Starting HeartCode PALS Part 2

In order to complete your HeartCode PALS skills practice and test with an AHA PALS Instructor, you must print out the HeartCode PALS Part 1 certificate and bring it to the AHA PALS Instructor. The instructor can then issue the AHA PALS Provider Course Completion Card to you when you have successfully completed the skills practice and test. The required skills tests must be completed within 60 days of completing HeartCode PALS Part 1. Call 1-877-AHA-4CPR for an AHA PALS Training Center near you.

Troubleshooting

The program is slow or unresponsive.

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

I am getting errors when using the program.

Contact Laerdal Technical Support at 1-800-594-9259 or email at us-techsupport@laerdal.com

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 PALS certificate page. If this is the case and you still can't claim the certificate, then contact Laerdal Technical Support at 1-800-594-9259 or email at us-techsupport@laerdal.com

Minimum requirements

OS: Windows XP SP3+, Windows Vista SP1+, Windows 7

CPU: Pentium 4 or equivalent

RAM: 512 MB

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)

Internet Access



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helping save lives

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