

Nursing



UnityPoint Health
St. Luke's Hospital

Continuing Education

UnityPoint Health St. Luke's Hospital
Mary Greif Education Room
225 12th St NE, Cedar Rapids, Iowa 52402

Jones Regional Medical Center, Center for Healthcare Education & Simulation
Sim Lab, Debriefing Room 2
1795 IA-64, Anamosa, IA

2026

Program Title: **ACLS: Advanced Cardiac Life Support Course (HeartCode ACLS)**

Prerequisites:

- **Basic Dysrhythmia course completed** - rhythm strips are shown in ACLS, and without prior knowledge of how rhythms look, it is difficult to pass the course.
- **Current BLS Status**
- **On-Line course and printed certificate**

Cedar Rapids	Time: 8:00-2:00 Mary Greif Ed Rm	Time: 11:00-5:00 Mary Greif Ed Rm
☐ Jan 13 (Tu)	0800-1400	No afternoon session
☐ Jan 14 (W)	0800-1400	No afternoon session
☐ Feb 26 (Th)	No morning session	1100-1700
☐ Feb 27 (F)	0800-1400	No afternoon session
☐ Mar 10 (Tu)	0800-1400	No afternoon session
☐ Mar 11 (W)	No morning session	1100-1700
☐ Apr 14 (Tu)	No morning session	1100-1700
☐ Apr 15 (W)	0800-1400	No afternoon session
☐ May 27 (W)	0800-1400	No afternoon session
☐ July 16 (Th)	No morning session	1100-1700
☐ July 17 (F)	0800-1400	No afternoon session
☐ Sept 10 (Th)	No morning session	1100-1700
☐ Sept 11 (F)	0800-1400	No afternoon session
☐ Nov 11 (W)	No morning session	1100-1700
☐ Nov 12 (Th)	0800-1400	No afternoon session

Faculty

Medical Director for St. Luke's ACLS Program: Dr. Dustin Arnold.

Rhapsody Kirkpatrick, MSN, RN, CMSRN; Joan Copper, DNP, RN
St. Luke's and Jones Regional Medical Center's certified ACLS instructors are professional nurses, paramedics and respiratory therapists, active in all areas of adult critical care and education.

JRMC	Time: 8:00-2:00	Sim Lab, Debriefing Rm 2
☐ Feb 19 (Th)	☐ June 8 (M)	☐ Sept 24 (Th)
☐ Mar 20 (F)	☒ July 9 (Th)	☐ Oct 15 (Th)
☐ May 14 (Th)	☐ Aug 19 (W)	☐ Nov 9 (M)

Purpose: The purpose of Advanced Cardiac Life Support (ACLS) is to help all course participants succeed in acquiring the skills and knowledge they need for their professional role in resuscitation attempts.

Target Audience: Registered nurses and other interested healthcare professionals

Cost: Non UnityPoint Health team members: \$250

*Free to UnityPoint Health St. Luke's Hospital team members who are required to have ACLS for their position.

* UnityPoint Health St. Luke's Hospital team members who are not required to have ACLS are responsible for the cost of the class.

*No charge for nursing contact hours for UnityPoint Health team members

Continuing Education: UnityPoint Health awards **6.0 contact hours** for full attendance, as this program aligns with Iowa Nursing Board 655, Chapter 5 with appropriate subject matter. (Only one similar course title may be used during your license renewal period).

Textbooks: **ACLS Provider Manual (ISBN 978-1-68472-295-2)** to be purchased on your own at. <https://shopcpr.heart.org/acls-provider-manual>. An e-book will be included in your registration.

Registration: UnityPoint Health St. Luke's Hospital team members register in Cornerstone.

All others register/pay online at: [Classes and Events in Cedar Rapids \(unitypoint.org\)](https://unitypoint.org/classes-and-events-in-cedar-rapids)

Objectives:

The Advanced Cardiac Life Support educational objectives include:

1. Perform an evaluation and manage the first ten minutes of a witnessed, adult, ventricular fibrillation cardiac arrest.
2. Perform the primary "ABCD" Survey of the cardiac patient including: early access, early CPR, airway management, use of the automatic external defibrillator and conventional defibrillator.
3. Perform secondary "ABCD" survey of the cardiac patient including: more definitive skills in airway, breathing and circulation with endotracheal intubation, proper ventilation techniques, initiation of IV, use of pharmacological agents, recognition of arrhythmias and the use of resuscitation algorithms in cardiac arrest management.
4. Describe patient management in the post-resuscitation period.
5. Participate in the assessment and team management of nine cases of ACLS: Respiratory Arrest, Pulseless Ventricular Fibrillation/Tachycardia with AED Ventricular Fibrillation/Tachycardia Refractory to Initial Defibrillation, Pulseless Electrical Activity, Asystole, Acute Myocardial Infarction, Bradycardia, Stable Tachycardia and Unstable Tachycardia.
6. Integrate the AED with adult CPR skills.

Agenda for HeartCode ACLS Hands-on Skills Session

6 students, 1 ACLS Instructor; approximately 6 hours with no break

Heartcode ACLS In Person Session (2025 Guidelines)

- Student to Instructor Ratio: Minimum 3:1, AHA Recommended 6:1, Maximum 8:1
- Must complete online Heartcode ACLS prior to class, instructor must collect certificates. Heartcode estimated to take 4 hours.
- Total estimated in person session time without breaks (*not including remediation*): 6 hours 20 minutes

Time Estimated	Topic
15 min	Lesson Start: Welcome, Intro, Course Administration
10 min	Lesson 1: ACLS Course Overview and Organization
45 min	Lesson 2: Learning/Testing Station: High-Quality BLS
45 min	Lesson 3: Learning/Testing Station: Airway Management
15 min	Lesson 4: Technology Review
2 hours 55 min	Lesson 9: Learning Station: High-Performance Teams: Megacode Practice
1 hour 15 min	High-Performance Teams: Megacode Testing and Megacode Testing Details
Varies	Remediation if needed/Class Ends

Fees/Cancellation/Refund

- The registration fee includes workshop materials, processing fee, and contact hours if requested.
- We reserve the right to cancel this program due to insufficient registration or inclement weather. If cancellation occurs, we will attempt to reach you. If the weather causes cancellation, announcements will be made on area radio stations. In either event a full refund will be given to you.
- If maximum registration has been reached, your payment will be returned in full. You may withdraw your registration if we receive a written request three business days before the program. A \$3.00 processing charge will be retained. For more information please contact: Staff Development/Continuing Education Department at 319-369-8750.

Continuing Education Credit

- St. Luke's Nursing Continuing Education will award credit only on the basis of full completion of the program. A record of your participation will be on file at UnityPoint Health – St. Luke's Hospital for 4 years following the program completion.
- Duplicate copies of your contact hour certificate are available upon request to Staff Development/Nursing Continuing Education.

Grievance

The Nursing Continuing Education Department should be contacted for any problems or concerns. A copy of the grievance policy is available upon written request.

It is UnityPoint Health – St. Luke's Hospital policy to provide healthier services to all persons regardless of race, color, creed, age, sex, national origin, ancestry, religion or handicap.

Agenda for HeartCode ACLS Hands-on Skills Session

12 students, 2 ACLS Instructor; approximately 6.75 to 7.75 hours with breaks

Single day		
9:00	Lesson START: Welcome, Introductions, and Course Administration	
9:15	Lesson 1: ACLS Course Overview and Organization*	
<i>Divide class into 2 groups</i>	Lesson 2 Learning/Testing Station: High-Quality BLS	Lesson 2 Learning/Testing Station: High-Quality BLS
9:25	Group 1	Group 2
10:10	Break	
<i>Divide class into 2 groups</i>	Lesson 3 Learning/Testing Station: Airway Management	Lesson 3 Learning/Testing Station: Airway Management
10:25	Group 1	Group 1
11:10	Lunch	
12:00	Lesson 4: Technology Review	
<i>Divide class into 2 groups</i>	Lesson 9 Learning Station: High- Performance Teams: Megacode Practice	Lesson 9 Learning Station: High- Performance Teams: Megacode Practice
12:15	Group 1	Group 2
3:10	Break	
<i>Divide class into 2 groups</i>	High-Performance Teams: Megacode Testing and Megacode Testing Details	High-Performance Teams: Megacode Testing and Megacode Testing Details
3:25	Group 1	Group 2
4:40	Remediation/Class Ends	

*Science of Resuscitation is not covered in this course agenda and may be skipped in the lesson plan.