



## **2025 Interim Training Materials: *ACLS Provider Manual and ACLS for Experienced Providers Manual and Resource Text Changes***

### **Purpose**

These instructions will help update the current Heart & Stroke *Advanced Cardiovascular Life Support (ACLS) Provider Manual* and *ACLS for Experienced Providers (ACLS EP) Manual and Resource Text* with science from the *guidelines and interim updates released by Heart & Stroke since the 2020 Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care*.

**ACLS Instructors:** Instructors should print the pertinent section of these materials and provide copies to students when teaching the new 2025 Guidelines courses while using Heart & Stroke 2020 Guidelines provider materials, until our 2025 Guidelines ACLS materials become available.

**ACLS EP Instructors:** Instructors should print the pertinent section of these materials and provide copies to students when teaching the new 2025 Guidelines courses while using Heart & Stroke 2017 ACLS EP provider materials until the ACLS EP Course is updated.

### ***ACLS Provider Manual Changes***

#### **1. Adult Chain of Survival**

##### ***2025 Changes***

- A single Chain of Survival is intended to be applicable to adult and pediatric in- and out-of-hospital cardiac arrest. In creating this singular chain, it is acknowledged that, before cardiac arrest, prevention and preparedness can both avoid and optimize resuscitation.
  - The systems of care guidelines follow the unified cardiac arrest Chain of Survival, beginning with prevention and preparedness to resuscitate, proceeding with early identification of cardiac arrest, and then progressing to effective resuscitation through to post–cardiac arrest care, recovery, and survivorship. The unified cardiac arrest Chain of Survival includes the following links:
    - Recognition and Emergency Activation
    - High-Quality CPR
    - Defibrillation
    - Advanced Resuscitation
    - Post–Cardiac Arrest Care
    - Recovery and Survivorship

##### ***Apply Here***

- **Part 1: Overview of ACLS**
  - **Section: Systems of Care**



## 2. Ventilation in Respiratory and Cardiac Arrest

### 2025 Changes

- When ventilating an adult patient in cardiac arrest, it is reasonable to give enough tidal volume to produce visible chest rise. This can be achieved with about a one-third to one-half-a-bag-squeeze of an adult bag-mask device, depending on the size of the bag. Rescuers should avoid hypoventilation (too few breaths or too little volume) or hyperventilation (too many breaths or too large a volume).

### Apply Here

- **Part 3: High-Performance Teams**
  - Section: Respiratory Arrest

## 3. Atrial Fibrillation or Flutter With Rapid Ventricular Response

### 2025 Change

- For synchronized cardioversion of atrial fibrillation in adults using any biphasic waveform defibrillator listed on Health Canada's Medical Devices Active License Listing (MDALL), an initial energy setting of at least 200 J is reasonable and incremented in the event of shock failure, depending on the biphasic defibrillator used.
- The usefulness of double synchronized cardioversion of atrial fibrillation in adults as an initial treatment strategy is uncertain.
- For synchronized cardioversion of atrial flutter in adults, an initial energy setting of 200 J may be reasonable and incremented in the event of shock failure, depending on the biphasic defibrillator used.

### Apply Here

- **Part 2: Preventing Arrest**
  - Section: Tachycardia: Stable and Unstable

## 4. Blood Pressure in Adults After Cardiac Arrest

### 2025 Change

- Hypotension should be avoided in adults after return of spontaneous circulation (ROSC) by maintaining a minimum mean arterial pressure of at least 65 mm Hg.

### Apply Here

- **Part 3: High-Performance Teams**
  - Section: Post-Cardiac Arrest Care

## 5. Diagnostic Studies for Adults After Cardiac Arrest

### 2025 Change

- It may be reasonable to perform head-to-pelvis computed tomography (CT) for adult patients after ROSC to investigate the etiology of cardiac arrest and complications from resuscitation.
- It may be reasonable to perform echocardiography or point-of-care cardiac ultrasound for adult patients after ROSC to identify clinically significant diagnoses requiring intervention.

### Apply Here

- **Part 3: High-Performance teams**



- Section: Post–Cardiac Arrest Care

## 6. Temperature Control After Cardiac Arrest

### *2023 and 2025 Changes combined*

- Temperature control includes choosing one temperature between 32 °C and 37.5 °C and then holding that temperature for at least 36 hours in adult patients who remain unresponsive to verbal commands after ROSC.
- Temperature control now includes 3 distinct strategies:
  - Hypothermic temperature control
  - Normothermic temperature control
  - Temperature control with fever prevention

### *Apply Here*

- Part 3: High-Performance teams
  - Section: Post–Cardiac Arrest Care

## 7. Left Ventricular Assist Devices

### *2025 Changes*

- In unresponsive adults and children with durable left ventricular assist devices (LVADs) and impaired perfusion, chest compressions should be performed.
- In unresponsive adults and children with durable LVADs and impaired perfusion, it may be reasonable to start chest compressions immediately while simultaneously assessing for device-related reversible causes.

### *Apply Here*

- Part 3: High-Performance Teams
  - Section: Cardiac Arrest: Selected Special Situations

## ***ACLS EP Manual and Resource Text Changes***

### **1. Intravenous Access Preferred Over Intraosseous**

#### *2025 Changes*

- It is recommended that health care professionals first attempt establishing intravenous access for drug administration in adult patients in cardiac arrest.
- Intraosseous access is reasonable if initial attempts at intravenous access are unsuccessful or not feasible for adult patients in cardiac arrest.

### *Apply Here*

- Chapter 8: Cardiac Arrest, Part 1: VF/Pulseless VT
  - Application of the Adult Cardiac Arrest Algorithm: VF/pVT Pathway



## 2. Ventilation in Respiratory and Cardiac Arrest

### *2020 and 2025 Changes combined*

- For respiratory and cardiac arrest, provide 1 breath every 6 seconds (10 breaths per minute). This does not include the 30:2 CPR ratio/protocol.
- When ventilating an adult patient in cardiac arrest, it is reasonable to give enough tidal volume to produce visible chest rise. This can be achieved with about a one-third to one-half-a-bag-squeeze of an adult bag-mask device, depending on the size of the bag. Rescuers should avoid hypoventilation (too few breaths or too little volume) or hyperventilation (too many breaths or too large a volume).

### *Apply Here*

- Chapter 6: Airway Management
  - Critical Concepts: Avoid Excessive Ventilation

## 3. Adult Cardiac Arrest Algorithm

### *2020 Change*

- Early epinephrine was modified to emphasize the role of early epinephrine for nonshockable rhythms after starting CPR.

### *Apply Here*

- Chapter 8: Cardiac Arrest, Part 2: Asystole/PEA
  - Section: Drugs for PEA and Asystole

## 4. Adult Post–Cardiac Arrest Algorithm

### *2025 Change*

- Adult Post–Cardiac Arrest Care Algorithm changed from “SpO<sub>2</sub> 92% to 98%” to “SpO<sub>2</sub> target 90% to 98%.”

### *Apply Here*

- Chapter 13: Post–Cardiac Arrest Care

## 5. Adult Bradycardia Algorithm

### *2020 Changes*

- Updates to dosages:
  - Atropine was changed from 0.5 mg to 1 mg.
  - Dopamine was changed from 2 to 20 mcg/kg per minute to 5 to 20 mcg/kg per minute.

### *Apply Here*

- Chapter 9: Bradycardia
  - Section: Management of Bradycardias in ACLS

## 6. Adult Tachycardia With a Pulse Algorithm

### *2020 and 2025 Changes combined*

- Removed “Refer to device-specific recommended energy level to maximize first shock success” from synchronized cardioversion recommended doses and replaced with:



- Synchronized cardioversion initial recommended doses:
  - Narrow-complex tachycardia: 100 J
  - Monomorphic ventricular tachycardia: 100 J
  - Atrial fibrillation: 200 J
  - Atrial flutter: 200 J
  - Polymorphic ventricular tachycardia: defibrillation dose (not synchronized)
- Removed *sotalol* from the algorithm
- Changed *supraventricular tachycardia* to *narrow-complex tachycardia*

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- Chapter 10: Tachycardia
  - Section: Key Points for Interventions

## 7. Acute Coronary Syndromes Algorithm

*2020 and 2025 Changes combined*

- The first medical contact-to-balloon inflation (percutaneous coronary intervention) goal is 90 minutes or less.
- Best practice is to bypass the emergency department and go straight to the cardiac catheterization lab if a catheterization lab team is available.
- Acute coronary syndromes remain categorized as ST-segment elevation myocardial infarction and non-ST-segment elevation acute coronary syndromes, with updated diagnostic criteria.
- Removed *left bundle branch block* as a definitive diagnosis for ST-segment elevation myocardial infarction.
- Removed *clopidogrel* as an antiplatelet medication.
- Added enoxaparin and fondaparinux (anticoagulants).
- Added *fentanyl* (opioids) for secondary pain control (in addition to *morphine*).
- Added *angiotensin-converting enzyme inhibitors*.

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- Chapter 11: Cardiovascular: ACS (STEMI, NSTEMI, Unstable Angina) and Heart Failure and Shock Complicating ACS
  - Figure 83. Acute Coronary Syndromes Algorithm—2015 Update
  - Section: Immediate ED Assessment and Treatment

## 8. Adult Suspected Stroke Algorithm

*2020 and 2025 Changes combined*

- Best practice is to bypass the emergency department and go straight to the Neurovascular imaging suite per protocol
- “Administer Aspirin” was removed.
- Endovascular therapy can be done up to 24 hours after last known well in selected cases.
- Alteplase and endovascular therapy are both recommended for a patient, if indicated.
- Acquisition of computed tomography (CT) /magnetic resonance imaging (MRI) of the head: within 15 minutes.
- IV thrombolytics and endovascular therapy are both recommended for a patient, if indicated.
- Added *tenecteplase* along with *alteplase*.

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- Chapter 12: Stroke



- Section: Stroke Management

## 9. Cardiac Arrest During Pregnancy

### 2025 Change

- Preparation for resuscitative delivery for a pregnant patient in cardiac arrest should begin at the recognition of cardiac arrest, with the goal to complete delivery by 5 minutes.
- It is reasonable to use extracorporeal cardiopulmonary resuscitation in pregnant or peripartum patients in cardiac arrest not responsive to standard resuscitation.
- A massive transfusion protocol with a balanced transfusion strategy should be used for peripartum patients with suspected life-threatening amniotic fluid embolism.

### Apply Here

- Chapter 18: Cardiac Arrest Associated With Pregnancy
  - Section: Resuscitation of a Pregnant Woman in Cardiac Arrest
  - Section: Emergency Hysterotomy ( Caesarean Delivery) for the Pregnant Woman in Cardiac Arrest

## 10. Life-Threatening Asthma Exacerbation

### 2025 Changes

- It may be reasonable to use extracorporeal life support for adults and children with life-threatening asthma refractory to standard therapies.
- Treatment with volatile anesthetics for adults and children with life-threatening asthma refractory to standard therapies may be considered.

### Apply Here

- Chapter 16: Cardiac Arrest Associated With Asthma
  - Section: Final Interventions to Consider

## 11. Life-Threatening Hyperkalemia

### 2025 Changes

- The effectiveness of intravenous calcium administration for adults and children in cardiac arrest from suspected hyperkalemia is not well established.

### Apply Here

- Chapter 15: Life-Threatening Electrolyte and Acid-Base Abnormalities
  - Section: Potassium

## 12. Life-Threatening Hypothermia

### 2025 Changes

- It is reasonable to use prognostication scores to guide the decision for initiating extracorporeal life support rewarming for adults and children in hypothermic cardiac arrest.
- It may be reasonable to rewarm adults and children with severe environmental hypothermia (core temperature <28 °C [84 °F]) and not in cardiac arrest using extracorporeal life support.



#### *Apply Here*

- Chapter 21: Cardiac Arrest in Accidental Hypothermia and Avalanche Victims
  - Section: Cardiac Arrest Interventions

### **13. Left Ventricular Assist Devices**

#### *2025 Changes*

- In unresponsive adults and children with durable LVADs and impaired perfusion, chest compressions should be performed.
- In unresponsive adults and children with durable LVADs and impaired perfusion, it may be reasonable to start chest compressions immediately while simultaneously assessing for device-related reversible causes.

#### *Apply Here*

- Chapter 5: CPR Techniques and Devices
  - Section: CPR Devices, Ventricular Assist Devices

### **14. Temperature Control After Cardiac Arrest**

#### *2023 and 2025 Changes combined*

- Temperature control includes choosing one temperature between 32 °C and 37.5 °C and then holding that temperature for at least 36 hours in adult patients who remain unresponsive to verbal commands after ROSC. Temperature control now includes 3 distinct strategies:
  - Hypothermic temperature control
  - Normothermic temperature control
  - Temperature control with fever prevention

#### *Apply Here*

- ACLS EP Instructor Materials DVD
  - Post–cardiac arrest care cases
  - Cardiovascular cases
- Chapter 13: Post–Cardiac Arrest Care
  - Section: Targeted Temperature Management

### **15. Toxicology: Opioid- Associated Emergency**

#### *2020 Changes*

- Give naloxone for respiratory arrest.
- Consider naloxone for cardiac arrest.

#### *Apply Here*

- Chapter 14: Toxicologic Emergencies
  - Section: Symptom-Based Therapy for Toxicologic Emergencies, Opiate Poisoning
  - Section: Symptom-Based Therapy for Toxicologic Emergencies, Healthcare Provider BLS Modification: Administration of Naloxone Respiratory Arrest