



ECC BEAT



November 14, 2025

The Pulse This Week...

Please Note: To view information in some links, you will be required to log in to your Heart Association Atlas account.

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Pioneering the Future of Heart Health: 2025 Scientific Sessions and Resuscitation Science Symposium

The American Heart Association team was thrilled to attend the 2025 Scientific Sessions Conference and Resuscitation Science Symposium (ReSS) in vibrant New Orleans last weekend! These events brought together leading minds in cardiovascular science, creating an inspiring atmosphere of innovation and collaboration. From groundbreaking research to transformative advancements in patient care, the energy and passion shared by attendees were truly remarkable.

We extend our heartfelt thanks to the incredible volunteers and speakers who made these sessions possible by sharing their expertise and insights. Congratulations to all the esteemed award recipients whose contributions are paving the way for the future of cardiovascular health. In case you missed it, you can explore all the highlights for both [Scientific Sessions](#) and [ReSS](#) as well as register for [Sessions on Demand](#) to access the wealth of knowledge shared during these unforgettable events.



How to Navigate the Transition to 2025 Training Materials

To help clarify the transition process to the new 2025 training materials, we want to highlight key points from the *What are Guidelines and Steps for Instructors to Stay Up to Date After Guidelines Release* video and the Guidelines Checklist shared in the October 20, 2025, email. This checklist outlines every step you need to follow over the next few months.

What You Need to Do Now

- Complete the required, complimentary Instructor Update course for each discipline you teach by February 28, 2026.
- Your Training Center Coordinator (TCC) must receive your completion certificate.

Teaching Options After Your Update

- Once you've completed your Instructor Update, you may teach using either:
 - The 2025 science with the new 2025 materials and 2025 exam, **OR**
 - The 2025 science using the 2020 materials and 2025 exam, supported by the Interim Training Materials, until all 2025 materials are available.

Accessing Interim Materials

- To find interim materials:
 - Log into Atlas
 - Navigate to Training Resources > Course Information
 - Download the documents for each course

***Important Deadline - Beginning March 1, 2026, only 2025 products can be used to teach BLS, ACLS, PALS, and Heartsaver courses.**

The full Guidelines Checklist includes all the steps and resources you need. Find the [video and complete list](#) in the Association Instructor Community today! (log in required)



Bringing the 2025 Guidelines to Life at CASSummit

Since the release of the **2025 American Heart Association CPR & ECC Guidelines**, Instructors and clinicians worldwide have been sharing insights, questions and new ideas about how the latest science will shape training and response.

This year, the **Cardiac Arrest Survival Summit (CASSummit 2025)** offers a chance to continue that conversation directly with the experts who helped shape them. With the American Heart Association as a founding member of the Citizen CPR Foundation and the Summit, we'll convene Instructors, educators, hospital professionals and more to explore how these updates translate into practice.

Association faculty and leaders will be featured throughout the Summit, guiding general sessions and pre-conference workshops focused on applying the 2025 Guidelines in real-world teaching and training environments. Attendees can also earn **continuing education (CE) credits** while gaining practical strategies around education, systems of care and community preparedness — strengthening every link in the Chain of Survival.

Join us in Phoenix to deepen your understanding of the Guidelines, enhance your instructional impact and help advance the future of lifesaving education.

Pre-Conference Workshops for Instructors

To support your readiness to teach the new guidelines, the Heart Association is leading three **pre-conference workshops on Wednesday, Dec. 3**. Each session focuses on a specific discipline and is taught by the experts who shaped the guidelines.

- **8:00 AM – 12:00 PM | BLS & Heartsaver**
Review and Discuss the 2025 AHA Guidelines for CPR & ECC
 Presented by Ian Drennan, ACP, PhD Vice-Chair, BLS · Mark Terry, MPA, NRP
- **1:00 – 3:00 PM | ACLS**
Review and Discuss the 2025 AHA Guidelines for CPR & ECC
 Presented by Michael Kurz, MD, MS, FACEP, FAEMS, FAHA Chair, ALS · Kenny Navarro, MEd, LP
- **3:00 – 5:00 PM | PALS**
Review and Discuss the 2025 AHA Guidelines for CPR & ECC
 Presented by Alexis Topjian, MD, MSCE, FAHA Co-Chair, PALS · Mary McBride, MD, Med Vice Chair, Special Circumstances · Tia Raymond, MD, MBA, FAAP, FAHA, FCCM, Co-Chair, PBLIS

[Learn more and register at citizencprsummit.org](https://citizencprsummit.org)



Kayla and John Messana of Londonderry, New Hampshire, at a Go Red for Women luncheon in Concord earlier this year. Kayla Messana survived six cardiac arrests when she was 31. (Courtesy of the Messana family)

From Cardiac Arrest to Advocacy: Kayla's Story of Survival and Strength

When Kayla Messana's husband returned from his first overseas deployment, life finally felt normal again—until a sudden cardiac arrest nearly took her life. One night in June 2022, Kayla stopped breathing in her sleep. Her husband, John, performed CPR with guidance from a 911 dispatcher until EMTs arrived and used an AED to restore her heartbeat. She survived multiple cardiac arrests in the hospital and was later diagnosed with a rare heart rhythm disorder, despite having no prior symptoms or risk factors.

Now living with an implantable defibrillator and managing heart failure, Kayla is determined to raise awareness that heart disease can strike anyone, regardless of age or health history. She credits CPR for saving her life and urges others to learn it. "CPR is the reason I'm alive," she says.

👉 Find the full story [here](#) to learn more about Kayla's journey and the lifesaving power of CPR.



Compliance Corner

Online Exams

American Heart Association course exams may not be uploaded or administered through any external Learning Management System (LMS). This policy is in place to maintain exam integrity and consistency across all authorized Training Centers. Specifically:

1. Exam Security:

All Association exams are proprietary and must remain protected within approved Association delivery methods. Uploading them to any external platform poses a security risk, including the potential for unauthorized access, distribution, or duplication.

2. Proctoring Requirements:

Exams must be completed under direct Instructor or exam proctor supervision to ensure valid assessment and compliance with Association program standards. External LMS platforms cannot provide or verify those required conditions.

3. Consistency and Fairness:

To ensure equitable application of Association policies across all authorized Training Centers, exceptions cannot be granted.

We appreciate your understanding and continued collaboration in upholding American Heart Association standards and maintaining the quality of our training programs.



Mark Your Calendars

[Cardiac Arrest Survival Summit \(CASSummit\)](#)

- Dec. 3-6
- Phoenix, AZ
- Registration [Link](#)

[International Stroke Convention \(ISC\)](#)

- Feb. 4-6
- New Orleans, LA
- Registration [Link](#)



Podcasts

NEW: 2025 CPR Guidelines Podcasts

Take a deeper dive into the new science and check out these 10 Guidelines podcasts available on our [ECC Digital Digest](#).

Cardiac Arrest Survivor Network Series Podcast

Have you or someone you know been impacted by sudden cardiac arrest?

Discover the courage and resilience of cardiac arrest survivors in the [Survivor Network Series](#). Each episode features powerful personal stories of survival, recovery, and hope. Tune in today and be moved by the voices of survival and strength.



Webinars

Please note: Introductory eCard webinars will resume in 2026

Training Central Webinar

- **Wed., Nov. 19**
- 2:00 p.m. to 3:00 p.m. CT
- [Registration Link](#) (Please register in advance)

Take Your Training to the Next Level - AHA Blended & eLearning Webinar (Please use the correct registration link below)

- **Thurs., Nov. 20**
- 11:00 a.m. to 12:00 p.m. CT
- [Link](#)
 - Register in advance for this webinar
 - After registering, you will receive a confirmation email containing information about joining the webinar
 - *THE WEBINAR WILL BE HELD DURING CENTRAL STANDARD TIME*

Prehospital Guidelines Consortium Implementation Webinar: AHA Guideline Updates

- **Thurs., Dec. 11**
- 11:00 a.m. to 12:00 p.m. CT
- [Link](#)
 - Register in advance for this webinar
 - CAPCE & CME credit available

Do you want to be an AHA Volunteer on one of its Committees? Listen to the webinar and see how unique the experience is!

- [Link](#)
- Passcode: *6ecT1!!
- Here is the link to sign up to be part of a great community of passionate people just like you!
 - ECC Subcommittee Application [Link](#)



Resources

[Atlas Information & Resources Page](#)

(Atlas login required for links below)

[Program Administration Manual \(PAM\)](#)



Tips & Tech

Technical Support and Troubleshooting Guides

As the Training Network works with new course materials across multiple devices

[AHA Instructor Community Discussion Forums](#)

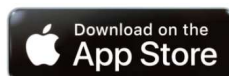
[TCC Café \(a private group in the AHA Instructor Community\)](#)

[ECC Beat Archive](#)

and platforms, we want to share a [link](#) to helpful resources for resolving potential technical issues. These resources include eLearning specifications, DVD compatibility information, and USB troubleshooting guides.



The AHA's digital health solution to assist clinicians in running codes and delivering bedside PALS care with actual patients.



Customer & Training Center Coordinator Support

1-877-AHA-4CPR (1-877-242-4277)

Monday – Friday 8:00 a.m., – 5:00 p.m., Central

Email: Atlas.support@heart.org

Links to Additional Resources

[Atlas](#) | [AHA CPR & ECC Website](#) | [AHA eLearning Training](#)

[Instructor Community](#)



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