

Life Support Training Center
Course Name: Basic Life Support
(BLS)

Accreditation: Accredited by HA

Course Description:

▪ The Basic Life Support (BLS) for Healthcare Providers Classroom or blended learning (HeartCode) Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. The BLS teach the skills of CPR for adult, child, and infant collapsed victims and relief of foreign-body airway obstruction.

Course Objectives:

- Describe and demonstrate 1- and 2 - rescuer CPR in adults, children & infants
- Adult and Child Bag-Valve-Mask technique and rescue breathing
- Practice the steps to operate an AED
- Demonstrate how to help a patient with a foreign body airway obstruction in patients of all ages
- Demonstrate effective team dynamics and understand different roles and team dynamics concepts.

Course Content:

▪ Instructor led format: Video based course ensures consistency , a hand on class format reinforces skills proficiency. Student manual comes with new Pocket Reference Card, designed to provide quick emergency information to the rescuer at any time. Updated Science based content

- Blended Learning Format: Online computer-based portion (part 1) that prepare student for hands on practice (part2) in the training center
1. Key changes in basic life support, reflecting the new science from the 2020 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
 2. Critical concepts of high-quality CPR
 3. The American Heart Association Chain of Survival
 4. 1-Rescuer CPR and AED for adult, child and infant
 5. 2-Rescuer CPR and AED for adult, child and infant
 6. Differences between adult, child and infant rescue techniques
 7. Bag-mask techniques for adult, child and infant
 8. Rescue breathing for adult, child and infant
 9. Relief of choking for adult, child and infant
 10. CPR with an advanced airway

Intended Audience:

- This course is for healthcare professionals who need to know how to perform CPR, as well as other lifesaving skills, in a wide variety of in-hospital and out-of-hospital settings such as:
 1. Healthcare providers, such as physicians, nurses, paramedics, respiratory therapists, physical and occupational therapists, or medical or nursing students in training, aides, medical or nursing assistants
 2. other allied health personnel

Course Duration & Frequency:

- Approximately 5 hours
- Daily courses and upon request

Completion criteria to receipt the AHA Card:

- At the end of the course, participants are required to sit for a theory and a practical assessment. A certificate is issued to all participants who pass both the theory and practical tests.
- American Heart Association BLS for Healthcare Providers Course Completion Card is valid for two years and is renewable at the Life Support Training Centre.
- In the classroom, students participate in simulated clinical scenarios and learning stations. Students work with an AHA BLS Instructor to complete BLS skills practice and skills testing. Students also complete a written exam.

Student Materials:

- BLS for Healthcare Providers Student Manual (eBook)

Course price:

Instructor-led classroom course: 49 JD

Blended Learning (Part1&2) course: 65 JD