

# Advanced Life Support Course

This course was designed by ERC to teach doctors and qualified nurses and other healthcare professionals the essential practical knowledge and skills required for treating the patient of cardiac arrest and in managing peri-arrest situations.

## Pre-Course Preparation

This course, which is run over a minimum of two days, consists of lectures, practical stations and assessments. A manual is forwarded one month before the start of the course and the candidate is advised to study this thoroughly before completing a pre-course multiple choice paper, which must be handed in with the question paper on arrival. The pre-course test does not form part of the final assessment and should be completed without reference to the manual. Participants are advised to practice basic life support before the course.

### Topics:

1. Recognition of the critically ill patient and prevention of cardiac arrest.
2. Acute Coronary Syndrome
3. In-Hospital resuscitation
4. Advanced Life Support Algorithm
5. Airway Management and ventilation
6. Cardiac monitoring, Electrocardiography and rhythm recognition
7. Drug delivery
8. Drugs
9. Defibrillation & Cardioversion
10. Pacing
11. Peri-arrest rhythm
12. Cardiac arrest in special circumstances
13. Post resuscitation care
14. Blood Gas Analysis
15. Ethical and Legal Considerations

### Skills and workshops:

- 1- Initial Assessment (ABCDE approach, confirmation of Cardiac arrest, basic life support and defibrillation)
- 2- Airway Management
- 3- Rhythm Recognition
- 4- Blood gas analysis
- 5- Tachyarrhythmias including cardioversion
- 6- Bradyarrhythmias including Transcutaneous pacing (TCP)
- 7- Special Resuscitation Situation (Hypothermia, hyperthermia, Trauma, Pregnancy, Anaphylaxis, Poisoning, electrolyte disturbances and Bronchial Asthma)
- 8- Cardiac Arrest Simulation (CAS) Teaching (12 teaching scenarios in 5 teaching stations)

## **Training Methods:**

- 1- Lectures
- 2- Group Discussion
- 3- Skill Station
- 4- Role Play and Scenarios
- 5- Simulation Scenarios

## **Syllabus:**

Text Book of Advanced Life Support (ALS) published by ERC.

## **Course Duration:**

18 h over 2 Days

## **Evaluation:**

- Minute-to-minute evaluation
- Complete attendance to all lectures, skill stations, scenarios
- Candidates with teaching capabilities will be nominated by the faculty as Instructor Potentials who can join an Instructor course later on

## **Certificate:**

A 3-year provider Certificate will be issued to candidate who:

- Attend the course 100 %
- Pass all the skill testing station
- Pas the Post-course MCQ by 75% at least

## **Number of candidates:**

24 Candidates

## **Instructors:**

10 ERC Instructor/Course