TRAINING OUTLINE

COURSE TITLE	Basic Life Support and Building an Integrated Team
DURATION	1 day

Introduction

Basic Life Support(BLS) is the foundation of emergency medicalcare, focusing on stabilizing one who is experiencing a life-threatening emergency e.g. cardiac arrest or choking before Emergency Response Personnel arrives. It involves steps or actions such as opening the airway, ensuring adequate ventilation, supporting circulation through high qualitychest compressions, and using an automated external defibrillator (AED) when available.

Training Objective

Upon completion of this course, participants are able to perform High Quality Cardio-Pulmonary Resuscitation and Defibrillation by AED in accordance to guideline and fostering good Teamwork to function as a strong team player focusing in good outcome.

Who Should Attend?

Managers, Supervisors, Registered Nurse, Medical Officers, All Healthcare Workers or Allied Healthcare Workers, Emergency Response Team Members, Public

Learning Methodologies

- Pre-Course Assessment
- Interactive Lecture and Presentation
- Participative Discussion
- Energized Group Activity/ Role play
- Practical Hands-on Session
- Certification Examination
- Q&A Session

Course Content

09:00am - 09:30am: Course Introduction

- Overview of cardiac arrest
- Importance of early recognition and response
- Introduction to the Chain of Survival
- Course objectives and training structure

09:30am -10:15am: Recognition of Cardiac Arrest

- Definition of cardiac arrest
- Signs of cardiac arrest:
  - Unresponsiveness
  - Absence of breathing
  - Abnormal breathing (gasping)
- Scene safety assessment
- Activating emergency response system

10:15am - 11:00am: BLS Chain of Survival

- Steps in the Chain of Survival
  - Early recognition and call for help
  - Early CPR
  - Rapid defibrillation
  - Advanced life support
  - Post-resuscitation care
- Importance of early intervention
- Role of first responders

11:00am - 12:30pm: High-Quality CPR

- Introduction to Cardiopulmonary Resuscitation
- Key components of high-quality CPR:
  - Correct hand placement
  - Compression depth
  - Compression rate
  - Full chest recoil
  - Minimizing interruptions
  - Compression fraction >80%
- Compression-to-ventilation ratio
- Adult, child, and infant CPR differences

12:30pm - 01:30pm: Lunch Break

Course Content

01:30pm - 02:30pm: Use of Automated External Defibrillator

- Role of Automated External Defibrillator in cardiac arrest
- Indications for AED use
- Preparing the patient for defibrillation
- AED pad placement
- Safety precautions
- Following AED prompts

02:30pm - 03:15pm: Effective Ventilation

- Importance of ventilation in resuscitation
- Methods of ventilation:
  - Mouth-to-mask ventilation
  - Bag Valve Mask ventilation
- Proper seal and technique
- Avoiding excessive ventilation

03:15pm - 04:00pm: Relief of Foreign-Body Airway Obstruction

- Causes of airway obstruction
- Signs of choking
- Relief techniques
- When the victim becomes unconscious

04:00pm - 04:45pm: Integrated Teamwork in Multi-Rescuer CPR

- Importance of teamwork in resuscitation
- Roles in multi-rescuer CPR
- Effective communication strategies
- Coordination during CPR cycles
- Leadership in emergency situations

04:45pm - 05:00pm: Course Summary

- Review of key BLS concepts
- Post-course assessment
- Skills competency evaluation