

# Basic Life Support for Clinical Staff (Adult)

This practical course aims to equip Healthcare Staff working in a clinical role with the knowledge and skills required to assess the need for, and provide basic life support until expert help arrives.

*The course is facilitated by an experienced team of Resuscitation Officers, all of whom are Resuscitation Council (UK) Advanced Life Support Instructors with in-depth clinical experience, teaching qualifications and responsibility for responding to clinical cardiac arrest situations. As a team we have clinical backgrounds in pre-hospital care (paramedic), Accident & Emergency, Cardiology, Intensive Care, Paediatrics and Respiratory/Medicine.*

## Learning Outcomes:

- Understand the importance of early recognition of the deteriorating patient
- Understand the causes of cardiac arrest in adults
- Understand the principles of identifying & treating patients at risk of cardiac arrest using the ABCDE approach
- Perform a structured assessment of a simulated collapsed adult patient & indicate the appropriate action based upon this assessment
- Perform basic life support as a single rescuer & as a two person technique in accordance with Resuscitation Council (UK) guidelines 2010
- State how to summon the cardiac arrest team/emergency ambulance response
- Perform basic airway management-demonstrate the effective use of resuscitation adjuncts including a pocket mask & bag valve mask- explain the benefits of administering high flow oxygen to the patient during resuscitation.
- Demonstrate an increased awareness of the first line management of a cardiac arrest situation, including resuscitation trolley
- Demonstrate an increased awareness of the management of the choking patient
- Demonstrate an increased awareness of Automated External Defibrillator (AED)- BRIEF DEMONSTRATION ONLY

Course dates	Courses run regularly and can be arranged at your convenience.  Contact Mandy Yates: telephone 01642 282864 <a href="mailto:mandy.yates@stees.nhs.uk">mandy.yates@stees.nhs.uk</a>
Duration	2 ½ hrs
Min/Max attendance	6 minimum – 24 maximum candidates
Aimed at	<b>The course is suitable for healthcare staff. Staff working in a non- healthcare role may find it more appropriate to attend one of our basic life support sessions (see Basic life support for adult and children).</b>
Cost	£30
Course lead / Contact	Donna Campbell (Resuscitation Department Manager) <a href="mailto:donna.campbell@stees.nhs.uk">donna.campbell@stees.nhs.uk</a>
Certification	Certificate of attendance will be given on the day of the course.

