

Back to Life

Courses in Emergency Care and First Aid

Protecting and Saving Lives

Immediate Life Support Recertification



(Resuscitation Council UK accredited/certificated Course)

Overview

The ILS course trains individuals in the skills of initial assessment of the sick patient and provides knowledge and education in the causes and prevention of cardiopulmonary arrest. It will provide training in the basic life support skills including defibrillation and basic airway adjuncts which can be used to help save lives prior to the arrival of the ambulance/cardiac arrest team. Delegates will also be given training in participating as a member of a cardiac arrest team.

The half-day recertification ILS course is available to candidates within one year of the expiry of their Resuscitation Council UK ILS certificate. If more than a year has elapsed since the expiry of the ILS certificate the full ILS course must be attended.

Course Content

- **Lectures**
 - The ABCDE Approach to treating cardiac arrest
 - Understanding shockable rhythms and effective CPR
- **Practical Stations**
 - The ABCDE approach
 - Initial resuscitation and defibrillation
 - Airway management and adjuncts
 - Targeted training
 - **Cardiac Arrest Simulation Teach and Test**

Learning outcomes

- Identify the causes and promote the prevention of cardiopulmonary arrest
- Recognise and treat the deteriorating patient using the ABCDE approach
- Undertake the skills of quality CPR and defibrillation (manual and /or AED) and simple airway manoeuvres
- Utilise non-technical skills to facilitate initial leadership and effective team membership

Type of course: Theory and practice

Duration of course: 4 hours

Maximum number of candidates (per trainer): 6

Certification: Valid for 1 year, issued by the Resuscitation Council (UK)

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