



## Immediate Life Support

(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 course content is in accordance with the current UK Resuscitation guidelines. Substantive manuals are provided pre course to enable candidates to develop core knowledge. Delegates who successfully complete the course will be given a Resuscitation Council UK ILS certificate valid for 1 year.

### Course Content

- **Lectures**
  - The causes and prevention of cardiac arrest
  - The ALS algorithm
- **Practical Stations**
  - The ABCDE approach
  - Initial resuscitation and defibrillation
  - Airway management and adjuncts
  - Targeted training
  - **Cardiac Arrest Simulation Teach and Test**

### Learning outcomes

- To recognise the patient at risk of Cardiopulmonary arrest
- To understand the principles of prevention of cardiac arrest.
- To train healthcare personnel in cardiopulmonary resuscitation, simple airway management and safe defibrillation (manual and/or AED), enabling them to manage patients in cardiac arrest until arrival of an ambulance
- To participate as members of an effective team.

**Type Of Course:** Theory and practice

**Duration Of Course:** 7 hours contact time

**Maximum Number Of Candidates (Per Trainer):** 6

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