

Immediate Life Support Course: 1 day programme

Registration and Faculty Meeting	15 minutes
Introduction	5 minutes
Lecture: Causes and prevention of cardiorespiratory arrest	30 minutes
Skill Station 1: The ABCDE approach	45 minutes
Refreshment break	
Demo/Lecture CAS Demo ALS Algorithm	45 minutes
Skill Station 2: Initial resuscitation and defibrillation	90 minutes
Lunch	
Skill Station 3: Airway and breathing	40 minutes
Targeted Training	40 minutes
Skill Station 4: CASTeach	90 minutes
Summary and debrief	10 minutes
Total time excluding refreshment break & lunch	6 hours 50 minutes

Targeted training

Course centres should use this session to address specific needs of the candidates and their places of work.

Suggested topics that can be covered include:

- recording patient observations and early warning scores
- anaphylaxis
- pregnancy
- care of the patient with tracheostomy or laryngectomy
- ReSPECT/ 'do not attempt cardiopulmonary resuscitation' (DNACPR) orders
- audit
- equipment
- drugs
- further skills training and simulations

Instructors should refer to the Advanced Life Support course manual for further information on these topics.