

Delivering Resuscitation Best Practice in partnership with the NHS

Resuscitation Council UK
Clinical Training 2026 Edition



Delivering expertise in resuscitation, **together.**



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Mission statement

Resuscitation Council UK (RCUK) is saving lives by developing guidelines, influencing policy, delivering courses and supporting cutting-edge research. Through education, training and research, we are working towards the day when everyone in the country has the skills they need to save a life.



About Resuscitation Council UK

Resuscitation Council UK (RCUK) is a UK-wide charity dedicated to saving lives through the development of evidence-based resuscitation guidelines, education, and system-wide improvement. Established in 1983, RCUK works to improve survival from both in-hospital and out-of-hospital cardiac arrest by ensuring that high-quality, consistent standards of care are applied across all healthcare settings.

Our role and impact in the UK healthcare systems

Resuscitation Council UK is the national authority on resuscitation practice. We develop and publish UK Resuscitation Guidelines, providing a single, trusted evidence base for adult, paediatric and newborn care across all healthcare settings.

Our guidelines are informed by international evidence review through the International Liaison Committee on Resuscitation (ILCOR) and aligned with European Resuscitation Council (ERC) science, before being adapted for UK practice. Alongside this, we deliver nationally standardised training, support research and quality improvement, influence policy, and promote public education in CPR.

RCUK operates a distinctive model combining a small central organisation with a large national clinical network. Our work is led by expert clinicians and researchers and delivered locally by over 18,000 registered instructors, most of whom work within the NHS. This ensures our guidance and training are clinically credible, scalable and embedded in frontline care.

Through our guidelines, Quality Standards and training programmes, we support the NHS to deliver safe, consistent resuscitation care and provide assurance against national standards. Our programmes promote a system-wide approach to recognising and managing deterioration and cardiac arrest, reducing variation and improving reliability in high-risk situations. Standardised algorithms, shared mental models, and effective team behaviours help minimise human factors risk and strengthen organisational resilience.

RCUK courses develop a flexible and capable workforce, equipping staff with technical and non-technical skills, including leadership, communication and situational awareness.

Certification is widely recognised across professional training pathways and supports recruitment, progression and retention. Organisations that host RCUK course centres benefit from instructors who contribute beyond course delivery, strengthening local education, multidisciplinary working and a culture of continuous improvement.

As a small organisation working through a large expert network, RCUK delivers high-quality, standardised training and guidance at scale, offering strong value for money while supporting the NHS to maintain safe and effective resuscitation services.

Education and training at scale

RCUK courses underpin resuscitation training across the NHS and wider health and care system. Our programmes support healthcare professionals at all stages, from basic to advanced life support, ensuring a consistent and high standard of clinical competence nationwide.

Training delivery is embedded locally through a large network of instructors, most of whom are practising NHS clinicians. This model ensures that education remains clinically relevant, accessible, and aligned with real-world practice.

Improving outcomes and patient safety

Cardiac arrest remains a significant public health challenge. RCUK focuses on improving outcomes by strengthening every link in the chain of survival, from early recognition and CPR to advanced life support and post-resuscitation care.

Our vision is that everyone who experiences cardiac arrest receives timely, high-quality resuscitation, regardless of who they are, or where they are.

As a small, specialist organisation, we combine national leadership with extensive clinical expertise to deliver evidence-based guidance, education, and solutions that support patient safety and improve outcomes at scale.



The science behind the standards

RCUK standards and guidelines are built on internationally recognised resuscitation science and adapted to the realities of UK healthcare delivery, ensuring guidance is both evidence-informed and operationally relevant for NHS systems and practice.

RCUK Guidelines are derived from the international evidence evaluations led by the International Liaison Committee on Resuscitation (ILCOR) and published through the European Resuscitation Council (ERC). Where necessary, RCUK undertakes additional focused literature reviews to address UK-specific practice, systems and patient pathways.

A dedicated RCUK Guidelines Working Group reviewed each guideline section to ensure alignment with contemporary UK clinical practice. Multidisciplinary working groups included RCUK experts alongside representatives from professional organisations, stakeholder groups and public representatives. Final guideline recommendations were reviewed for applicability to UK systems and subject to equality and impact assessment processes.

Extensive international consultation with clinicians, stakeholder organisations, members of the public and cardiac arrest survivors formed part of the ILCOR and ERC guideline development process and was therefore not duplicated separately at UK level.

Although the National Institute for Health and Care Excellence (NICE) no longer accredits guidelines, RCUK continues to follow recognised NICE guideline development methodology to support quality, consistency and transparency.

The guideline development process includes:

- Systematic evidence reviews, including grading of evidence quality and strength of recommendations.
- Multidisciplinary and stakeholder involvement throughout development and review.
- Equality and impact assessments to support safe and equitable implementation within UK healthcare systems.

For more information, please go to [Resuscitation Council UK](https://www.resus.org.uk).

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Our courses: Advanced Life Support (ALS)



Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
2-day ALS	• 2-days face-to-face training	If you are a healthcare professional who would be expected to apply the skills taught as part of your clinical duties or to teach them on a regular basis, you are eligible to participate in the ALS course. Appropriate applicants include doctors, nurses working in critical care areas (e.g. ED, CCU, ICU, HDU, operating theatres, acute medical admissions units), paramedics, ICU outreach teams or in the resuscitation/ medical emergency team.	4 years	Total cost: £64.83 Annualised cost: £16.21
e-ALS	• 1-day e-learning • 1-day face-to-face training			
Modular course	• Modular programme for when courses cannot be delivered in 1 or 4 days			
Recertification	• 1-day e-learning • 1-day face-to-face training	The ALS recertification course is designed for those who hold a current RCUK ALS provider certificate (or a certificate that has expired within 12 months of their certificate expiry date).		
Recertification short course	• 1-day e-learning • 4 hours face-to-face training			

*An example training needs analysis can be found in Appendix A. Costs shown are course centre costs.

Course description

ALS is Resuscitation Council UK's (RCUK) longest-running course and has been used to train thousands of healthcare professionals for over 25 years. RCUK has used their evidence-based resuscitation guidelines to create an ALS programme that targets key areas of resuscitation and will help build the confidence needed to take the lead in an emergency.

During the course, candidates will develop the knowledge and skills required to:

- ✓ Recognise and manage the deteriorating patient using a structured ABCDE approach.
- ✓ Deliver standardised CPR in adults.
- ✓ Basic and advanced airway management.
- ✓ Manual defibrillation, pacing and cardioversion.
- ✓ Manage a cardiac arrest by working with a multidisciplinary team in an emergency situation.
- ✓ Become an effective and confident team member and leader by utilising non-technical skills.

The contents of the ALS course are developed to support the practice and implementation of

Resuscitation Council UK's Adult Resuscitation Guidelines 2025.

The materials for the ALS course are developed by national and international experts in the resuscitation of adults.

It has been shown that the participation of one or more members of an in-hospital cardiac arrest team on an accredited ALS course improves patient outcomes - Patocka C, Lockey A, Lauridsen KG, Greif R. Impact of accredited advanced life support course participation on in-hospital cardiac arrest patient outcomes: a systematic review. Resusc Plus. 2023;14:100389. <https://doi.org/10.1016/j.resplu.2023.100389>.

Recognition or endorsements

The ALS is recognised as continuing professional development (CPD) by the medical, nursing, paramedicine royal colleges and allied health professional bodies for continuing professional development.

RCUK ALS certification is recognised throughout Europe and Australia.

Out-of-Hospital Advanced Life Support (OH-ALS)



OH-ALS

Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
OH-ALS	2-days face-to-face training	Pre-hospital practitioners, including paramedics, doctors, nurses and allied health professionals involved in emergencies out-of-hospital. Candidates must hold (or be training for) a professional healthcare qualification.	4 years	Total cost: £64.83 Annualised cost: £16.21

*An example training needs analysis can be found in Appendix A. Costs shown are course centre costs.

Course description

OH-ALS was developed in response to a clearly identified training gap highlighted by the Royal College of Paramedics, which has emphasised the need for improved, standardised training in advanced resuscitation care for the out-of-hospital setting.

Launched in 2026, the course delivers an ALS-based programme tailored to the challenges faced by pre-hospital practitioners. The course content supports the implementation of the Resuscitation Council UK’s Adult Resuscitation Guidelines 2025 and has been developed by national and international experts in adult resuscitation and pre-hospital care.

During the course, candidates will develop the knowledge and skills required to:

- ✓ Recognise and manage the deteriorating patient using a structured ABCDE approach.
- ✓ Deliver standardised CPR in adults.
- ✓ Basic and advanced airway management.
- ✓ Manage a cardiac arrest by working with a multidisciplinary team in an emergency situation, acknowledging environmental challenges.
- ✓ Become an effective and confident team member and leader by utilising non-technical skills.



Recognition or endorsements

The course is recognised as continuing professional development (CPD) by the medical, midwifery, nursing, paramedicine royal colleges and allied health professional bodies for continuing

Immediate Life Support (ILS)



Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
1-day ILS	1-day face-to-face training	The ILS course is suitable for doctors, nurses, midwives, paramedics, physiotherapists, dentistry professionals and other health and care professionals and students. It may also be suitable for fire service technicians, police personnel and prison officers.	1 year	Based on the average number of candidates per centre/ year: 500
e-ILS	½ day e-learning ½ face-to-face training			
ILS Recertification	½ day face-to-face training			
ILS e-Recertification	½ day e-learning 2.35 hours face-to-face training	These courses are designed to refresh knowledge and skills for those who hold a valid ILS certificate. *Those whose certificate has expired within 2 years of the issue date can access the recertification course.		Total cost per candidate per year: £6.16**

*An example training needs analysis can be found in Appendix A
**Cost based on an average of 500 candidates a year, cost of centre subscription and manual costs.

Course description

RCUK developed ILS for healthcare professionals who may have to act as the first responder in an emergency, giving them the skills to manage patients in cardiac arrest before a cardiac arrest team arrives.

The RCUK ILS course provides a variety of skills, from managing a deteriorating patient, identifying causes and treating cardiac arrest, to improving abilities as both a team member and leader.

The contents of the ILS course are developed to support the practice and implementation of Resuscitation Council UK’s Adult Resuscitation Guidelines 2025.

The materials for the ILS course are developed by national and international experts in the resuscitation of adults.

During the course, candidates develop the skills to:

- ✓ Recognise and treat the deteriorating patient using the ABCDE approach.
- ✓ Identify the causes and promote the prevention of cardiopulmonary arrest.

- ✓ Undertake the skills of high-quality CPR and defibrillation (manual and /or AED) and simple airway manoeuvres.
- ✓ Utilise non-technical skills to facilitate team leadership and effective team membership.

Recognition or endorsements

ILS is recognised as continuing professional development (CPD) by the medical, nursing, paramedicine, dental, midwifery, royal colleges and allied health professional bodies for continuing professional development.

Reciprocal recognition arrangements

The RCUK ILS certificate is recognised by the European and Australian Resuscitation Councils.



Newborn Life Support (NLS)

Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
NLS	1-day face-to-face training	The NLS course is designed for any healthcare professional involved in the delivery and care of the newborn infant. This includes both junior and senior medical and nursing staff, midwives, paramedics and resuscitation officers. All applicants must hold a professional healthcare qualification or be in training for a professional healthcare qualification.	4 years	Total cost: £49.51 Annualised cost: £12.34
NLS Recertification	½ day e-learning ½ day face-to-face training	The NLS recertification course is designed for those who hold a current RCUK NLS provider certificate (or a certificate that has expired within 12 months of their certificate expiry date).		

*An example training needs analysis can be found in Appendix A, Costs shown are course centre costs.

Course description

Launched in 1999, the Resuscitation Council UK’s Newborn Life Support course, which focuses specifically on the resuscitation of the newborn infant, NLS, teaches healthcare professionals the essential practical skills and theoretical knowledge needed to best aid the newborn infant in an emergency.

The contents of the NLS course are developed to support the practice and implementation of Resuscitation Council UK’s Newborn Resuscitation and Support of Transition of Infants at Birth Guidelines 2025.

The NLS course teaches the knowledge and skills to:

- ✓ Approach the management of a newborn infant requiring assistance during the first 10-20 minutes of life in a competent manner.
- ✓ Understand the processes underlying apnoea, bradycardia and poor condition at birth.
- ✓ Initiate resuscitation of the newborn infant.
- ✓ Deliver practical airway management and ventilatory support.

The materials for the NLS course are developed by national and international experts in the resuscitation of the newborn infant.

Recognition or endorsements

The contents of the NLS course are aligned to support the requirements of the Royal College of Paediatric and Child Health (RCPCH) Progress+ framework and the British Association of Perinatal Medicine (BAPM) Advanced Neonatal Nurse Practitioner Capabilities Framework. The RCPCH encourages members working in neonatal posts to hold an RCUK NLS (or equivalent) certificate.

NLS is recognised as continuing professional development (CPD) by the medical, midwifery, nursing, paramedicine royal colleges and allied health professional bodies for continuing professional development.

Reciprocal recognition arrangements

RCUK NLS certificates are also accepted by the European Resuscitation Council.

Out-of-Hospital Newborn Life Support (OH-NLS)



OH-NLS

Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
OH-NLS	1-day face-to-face training	Pre-hospital practitioners, including paramedics, doctors, community midwives and allied health professionals involved in maternal births out-of-hospital. Candidates must hold (or be training for) a professional healthcare qualification.	4 Years	Total cost: £49.51 Annualised cost: £12.34

*An example training needs analysis can be found in Appendix A, Costs shown are course centre costs.

Course description

OH-NLS was developed in response to a clearly identified training gap highlighted by national bodies, including the Maternity and Neonatal Safety Improvement Programme (MNSI), which has emphasised the need for improved, standardised training for those attending births in out-of-hospital settings.

Introduced in 2024, the course delivers an NLS-based programme for pre-hospital practitioners, in recognition of the challenges faced when working in the out-of-hospital environment.

The contents of the OH-NLS course are developed to support the practice and implementation of Resuscitation Council UK’s Newborn Resuscitation and Support of Transition of Infants at Birth Guidelines 2025.

The materials for the OH-NLS course are developed by national and international experts in resuscitation of the newborn infant, including specialists with pre-hospital exposure to the resuscitation of newborns.

Proven impact

OH-NLS is already demonstrating measurable improvements in newborn care across the UK. In Wales, ambulance services have updated their standard kit to include equipment that better supports thermal control for newborns, in response to learning from OH-NLS. As a result, rates of normothermia on hospital admission have significantly improved.

Feedback from candidates has shown increased confidence and competence in responding to newborn emergencies, with several reporting successful application of course learning in real-world clinical scenarios.

Recognition or endorsements.

OH-NLS is recognised as continuing professional development (CPD) by the medical, midwifery, nursing, paramedicine royal colleges and allied health professional bodies for continuing professional development.



Advanced Resuscitation of the Newborn Infant (ARNI)



Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
ARNI	2-days face-to-face training	The ARNI course is designed for healthcare professionals involved in the delivery and care of newborn infants in a role more advanced than that of first responder, including those who will be expected to lead teams providing newborn resuscitation. Candidates must hold a current Resuscitation Council UK NLS provider certificate and should be involved in the care of pre-term and sick newborn infants.	4 years	Total cost: £64.83 Annualised cost: £16.21

*An example training needs analysis can be found in Appendix A, Costs shown are course centre costs.

Course description

ARNI is a nationally recognised specialist course that provides a systematic approach to the rapid assessment and initial management of newborns with worrying or life-threatening signs. Developed with support from the baby charity Bliss, it is proven to improve confidence in both technical and non-technical skills for advanced newborn resuscitation and, since its launch in 2014, has trained over 1000 healthcare professionals in highly specialist skills.

The ARNI course supports the practice and implementation of the Resuscitation Council UK's Newborn Resuscitation and Support of Transition of Infants at Birth Guidelines 2025.

The materials for the ARNI course are developed by national and international experts in the resuscitation of the newborn infant.

This course covers a range of theoretical and practical topics, including:

- ✓ Assessment and management of the critically ill newborn infant.
- ✓ Advanced skills, including airway stations and chest drain workshop.
- ✓ Additional technical skills for events, including premature delivery and congenital abnormalities, including surgical and cardiac problems.
- ✓ Non-technical skills, including effective communication practices.
- ✓ Structured simulations and debriefing on life-threatening emergencies occurring in newborn infants.

- ✓ The course provides a continuous approach to assessment, ensuring candidates are able to successfully demonstrate the practical and teamwork skills required in the advanced resuscitation of the newborn infant.

Recognition or endorsements

ARNI is recognised as continuing professional development (CPD) by the medical, midwifery, nursing, paramedicine royal colleges and allied health professional bodies for continuing professional development.



European Paediatric Life Support (EPALS)



Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
EPALS	2-days face-to-face training	The EPALS course is designed for healthcare professionals who need skills in managing deteriorating patients and cardiac arrests. It is for individuals who use skills in advanced paediatric life support as part of their clinical duties, as well as those who teach on a regular basis. This includes doctors, nurses and paramedics. Candidates must hold (or be training for) a professional healthcare qualification.	4 years	Total cost: £64.83 Annualised cost: £16.21
EPALS Recertification	1-day (day 2 of the 2-day EPALS face-to-face)	The EPALS recertification course is designed for those who hold a current RCUK EPALS provider certificate (or a certificate that has expired within 12 months of their certificate expiry date).		
EPALS Recertification (stand-alone recertification course)	1-day face-to-face			

*An example training needs analysis can be found in Appendix A. Costs shown are course centre costs.

Course description

EPALS is an advanced course that equips healthcare professionals with the knowledge and skills to recognise early respiratory or circulatory failure in children, manage cardiac arrest, and prevent further deterioration to help save young lives. Developed as a collaboration between Resuscitation Council UK and the European Resuscitation Council, EPALS launched in 2003 and now trains around 7,000 candidates each year.

The contents of the PILS course are developed to support the practice and implementation of Resuscitation Council UK’s Paediatric Resuscitation Guidelines 2025.

The materials for the PILS course are developed by national and international experts in the resuscitation of paediatrics.

During the course, candidates will develop the knowledge and skills required to:

- ✓ Early recognition and management of critically ill children in respiratory or circulatory failure.

- ✓ Paediatric cardiac arrest management using the structured ABCDE approach.
- ✓ Teamwork and leadership in emergency situations.
- ✓ Practical skills: airway management, vascular access, safe defibrillation, CPR in children.

Recognition or endorsements

- Endorsed by:
- Royal College of Paediatrics and Child Health (RCPCH)
 - Approved by Royal College of Emergency Medicine (RCEM) and Royal College of Anaesthetists (RCOA)
 - Supported by the Association of Paediatric Anaesthetists (APAGBI).

Reciprocal recognition arrangements

The RCUK EPALS certificate is recognised by the European Resuscitation Council.

Paediatric Immediate Life Support (PILS)



Delivery type and duration

Modality	Structure	Candidate profile	Certification validity	Cost
1-day PILS	1-day face-to-face training	Healthcare professionals who may be required to manage paediatric emergencies, but who do not routinely lead advanced resuscitation. This includes doctors, nurses, paramedics, operating department practitioners, allied health professionals, ambulance staff, and final-year medical or nursing students.	1 year	Ave. number of candidates per centre/ year: 100 Total cost per candidate per year: £9.03**
e-PILS	½ day e-learning ½ face-to-face training			
PILS Recertification	1-day face-to-face	These courses are designed to refresh knowledge and skillset for those who hold a valid PILS certificate. *Those whose certificate has expired within 2 years of the issue date can access the recertification course instead of the PILS course.		

*An example training needs analysis can be found in Appendix A
 **Cost based on an average of 100 candidates a year, cost of centre subscription and manual costs.

Course description

Resuscitation Council UK developed Paediatric Immediate Life Support (PILS) for healthcare professionals who may need to manage paediatric patients in an emergency. Launched in 2007, PILS equips learners with the skills to recognise and manage deterioration, identify its causes, and treat cardiac arrest in children, while also developing effective team leadership and teamwork in emergency situations. Around 22,600 professionals are trained each year, making PILS the ideal course for staff who need training beyond Basic Life Support but do not require Paediatric Advanced Life Support.

The contents of the PILS course are developed to support the practice and implementation of Resuscitation Council UK’s Paediatric Resuscitation Guidelines 2025.

The materials for the PILS course are developed by national and international experts in the resuscitation of paediatrics.

During the course, candidates develop the skills to:

- ✓ Recognise and treat the deteriorating child using the ABCDE approach.
- ✓ Identify the causes and promote the prevention of cardiopulmonary arrest.
- ✓ Undertake the skills of high-quality CPR and defibrillation and simple airway manoeuvres.
- ✓ Utilise non-technical skills to facilitate team leadership and effective team membership.

Recognition or endorsements

PILS is recognised as continuing professional development (CPD) by the medical, nursing, paramedicine, dental, midwifery, royal colleges and allied health professional bodies for continuing professional development.

Reciprocal recognition arrangements

The RCUK PILS certificate is recognised by the European Resuscitation Council.

Anaphylaxis essentials e-Learning course

Delivery type and duration

Modality	Candidate profile	Certification validity	Example Cost per year
Online e-learning	This course is for healthcare providers who are expected to treat anaphylaxis during their usual clinical role (e.g. doctors, nurses, paramedics, radiographers, support staff, etc.) working in a hospital or out-of-hospital setting. This course covers both adult and paediatric patients.	2 years	Prices start from just £30 per person. You can integrate Anaphylaxis Essentials into your Learning Management System (LMS). Volume prices start from £1.75 per licence (excl. VAT) for two-year access.

Course description

Developed by clinical experts at Resuscitation Council UK, Anaphylaxis essentials e-learning comprises four modules to support healthcare providers to gain a deeper understanding and knowledge of the pathophysiology, treatment and management of anaphylaxis for both adults and paediatrics. Developed using RCUK’s national evidence-based guidelines, the e-learning focuses on early identification and treatment, both of which play key roles in reducing deaths from anaphylaxis.

The modules include:

- ✓ Introduction to anaphylaxis
- ✓ Recognition of anaphylaxis
- ✓ Initial treatment
- ✓ Discharge and follow-up.

e-Lifesaver course



e-Lifesaver

Delivery type and duration

Modality	Candidate profile	Certification validity	Example Cost per year
Online e-learning	Non-clinical or non-patient-facing staff.	1 year	Prices start from just £10 per player, with high-volume discounts available for organisations with their own LMS. We have special prices for NHS and public sector organisations to support your workforce learning needs.

Course Description

For non-clinical staff, learn CPR skills in the workplace.

Workplace CPR training will equip your staff with the skills to save a life. These are skills that could make all the difference if they witnessed someone having a cardiac arrest or start choking in the workplace, at home, or in public.

Developed by clinical experts at Resuscitation Council UK, e-Lifesaver is an ideal workplace first aid training solution and meets the national standard for CPR and AED awareness.

This SCORM-compliant digital education tool is easy to follow, simple to use, and will ensure your staff know how to perform CPR in an emergency.

Launched in Spring 2020, e-Lifesaver has already been used by numerous organisations, including NHS partners, charities, commercial organisations and more.



BLSi e-Learning course



Delivery type and duration

Modality	Candidate profile	Certification validity	Example Cost per year
Online e-learning	The course is aimed at those who are already trained in Basic Life Support and would like to train others to learn BLS. The course is open to new, existing and experienced BLS trainers.	3 years	Prices start from just £75 per person, with high-volume discounts available for organisations to support your workforce learning needs.

Course description

The Basic Life Support Instructor (BLSi) course has been created by Resuscitation Council UK to empower those teaching Basic Life Support (BLS) on how to deliver effective, confidence-inspiring and inclusive teaching to a high standard.

This innovative BLS Instructor course sets new standards for teaching BLS and ensures more people are appropriately taught the skills they need to save a life.

The BLSi course is designed to:

- ✓ Empower BLS Instructors to teach with confidence
- ✓ Include inclusive and accessible training techniques
- ✓ Teach the science behind CPR
- ✓ Work for approving bodies as well as community groups
- ✓ Integrate easily with other learning management systems.

The course comprises seven e-learning modules featuring presenter-led video sections, a real-life BLS demonstration video and engaging, inclusive slides. The content has been created by experienced clinicians and educationalists, and external diversity and inclusivity-focused organisations.

The modules:

- ✓ The science behind BLS.
- ✓ Planning and delivering your session (Adult CPR/AED).
- ✓ Frequently asked questions and myth busting.
- ✓ Equipment and resources.
- ✓ Ethical and legal considerations in Basic Life Support.
- ✓ Delivering inclusive BLS training.
- ✓ Neurodiversity and Specific Learning Differences.





ReSPECT Essentials e-learning

RCUK has released a national e-learning course designed to help healthcare professionals confidently use the ReSPECT process. Developed with support from clinical and legal experts, the course provides knowledge and skills to support personalised emergency care that reflects each patient's needs and values. Whether providing care in a hospital, care home, or primary care, this inclusive, expert-led resource will help those who use ReSPECT deliver emergency care aligned with what matters most to patients.

ReSPECT Essentials provides a foundation for consistent training delivery across the NHS and can be accessed on the NHS Learning Hub via this link: www.resus.org.uk/about-us/news-and-events/rcuk-launches-free-respect-essentials-e-learning-champion-person-centred. High-volume discounts are also available for organisations with their own LMS. We have special prices for NHS and public sector organisations to support your workforce learning needs.

Recommended Summary Plan for Emergency Care and Treatment (ReSPECT)

What is ReSPECT?

ReSPECT is a nationally recognised process that creates a personalised summary of clinical recommendations for a person's care and treatment in a future emergency, when they may be unable to make or communicate decisions. It is based on clinical evidence and supports person-centred, shared decision-making to improve the quality and consistency of emergency care.

Why ReSPECT matters

- In an emergency, clinicians often need to make rapid decisions. When a person cannot express their wishes, a ReSPECT plan provides clear, agreed guidance that reflects:
- ✓ The person's values and priorities.
 - ✓ Relevant clinical history and circumstances.
 - ✓ Agreed goals of care and treatment recommendations.
- This enables timely, appropriate, and person-centred care.

Where ReSPECT is used

ReSPECT is designed for use across all health and care settings, including people's own homes, ambulance and urgent care services, care homes, hospices and hospitals. When accessible, it supports immediate decision-making by ambulance crews, out-of-hours clinicians, care home staff and hospital teams.

How the ReSPECT process works

ReSPECT plans are developed through a structured conversation between the person and the healthcare professionals involved in their care. The completed plan summarises these discussions and stays with the person, ensuring it is accessible in an emergency when they may lack capacity.

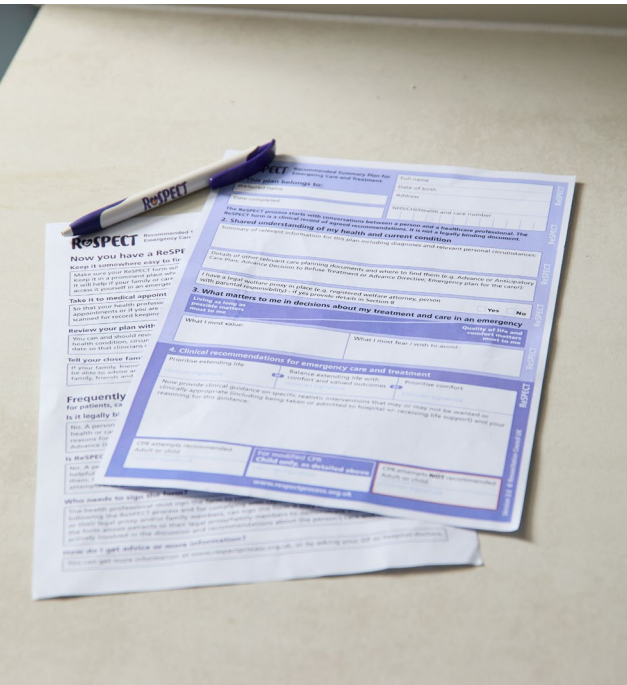
Where has the ReSPECT process been adopted in the UK?

ReSPECT is adopted and used across the majority of England and Scotland and has recently been agreed for adoption in Northern Ireland, supporting a consistent UK-wide approach to emergency care and treatment planning.

What resources are available to support the use of the process?

- Resuscitation Council UK provides a comprehensive range of resources to support implementation, including:
- ✓ Guidance for healthcare professionals across care settings.
 - ✓ Patient and carer information.
 - ✓ Easy-read and accessible materials, including resources for people with learning disabilities.

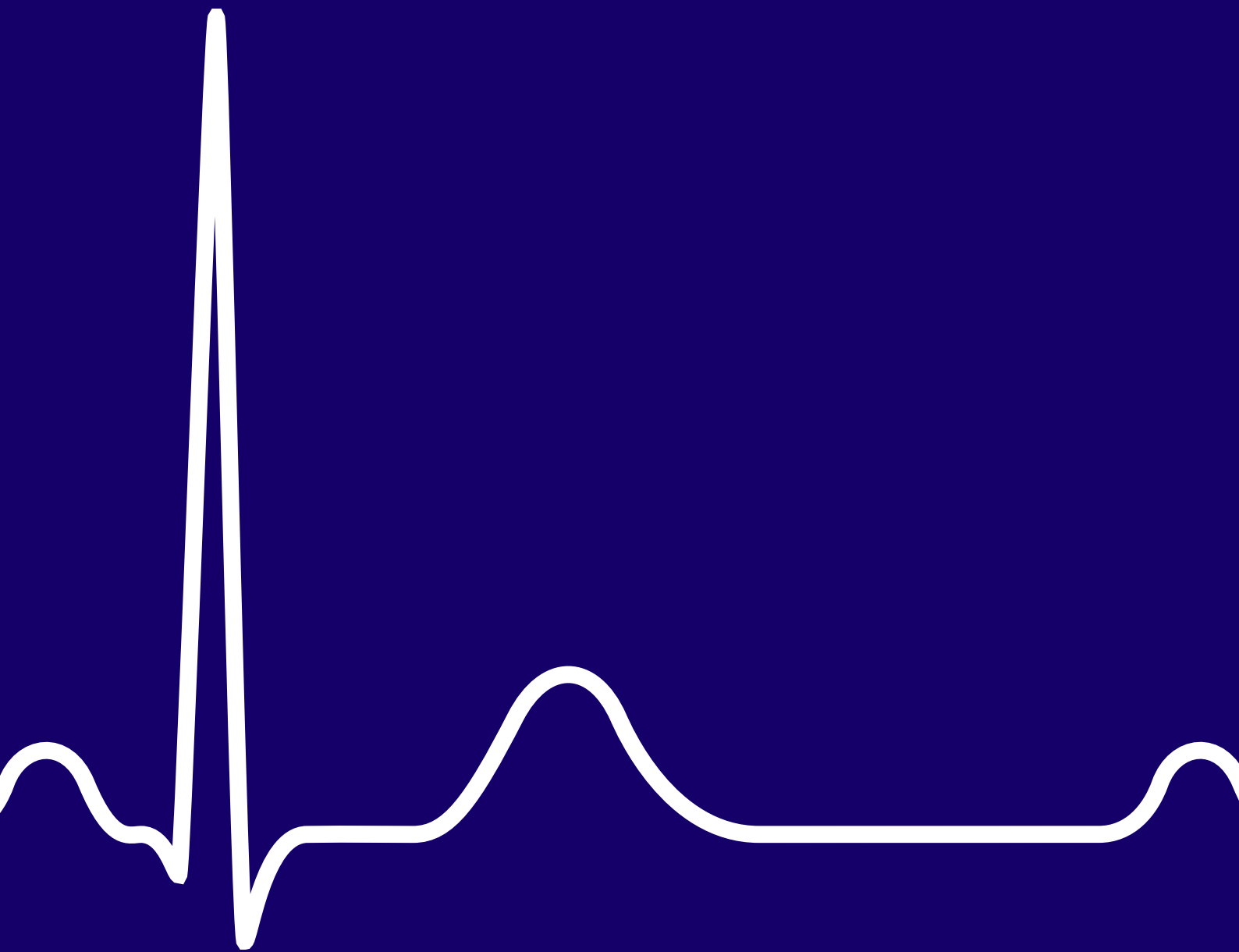
Resources are available at: www.resus.org.uk/respect/respect-resources



Appendix A

Below is an example of courses suitable for clinical areas; this list is not exhaustive. All decisions in relation to the level of training should be made following a local risk assessment and training needs analysis. For further information about specific staff groups/areas and training, please contact courses@resus.org.uk

Clinical areas	Adult				Paediatrics			Newborn			
	ABLS	ILS	ALS	OH-ALS	PBLS	PILS	EPALS	NBLS	NLS	OH-NLS	ARNI
Acute Internal Medicine	✓	✓	✓	-	-	-	-	-	-	-	-
Ambulance service – ECA/ Paramedic/ACCP/Doctor	-	✓	-	✓	-	✓	✓	-	-	✓	-
Anaesthetics	✓	-	✓	-	✓	-	✓	-	-	(✓)	-
Cancer/Oncology/Haematology	✓	✓	-	-	✓	✓	-	-	-	-	-
Cardiac and Thoracic Surgery	✓	✓	✓	-	✓	✓	✓	-	-	-	-
Cardiology/CCU/Catheter Laboratory	✓	✓	✓	-	✓	✓	✓	-	-	-	-
Dentistry	✓	✓	-	-	✓	✓	-	-	-	-	-
District Nursing	✓	-	-	-	✓	-	-	-	-	-	-
Emergency Medicine	✓	✓	✓	-	✓	✓	✓	-	(✓)	-	-
General Practice	✓	✓	-	-	✓	✓	-	-	-	-	-
Geriatric Medicine	✓	✓	-	-	-	-	-	-	-	-	-
Health Visiting	✓	-	-	-	✓	-	-	-	-	-	-
ICU/HDU/Critical Care	✓	✓	✓	-	✓	✓	✓	-	-	-	-
Maternity (general)	✓	-	-	-	-	-	-	✓	✓	-	-
Medicine	✓	✓	✓	-	✓	✓	✓	-	-	-	-
Mental Health	✓	✓	-	-	✓	✓	-	-	-	-	-
Midwifery - Hospital	✓	(✓)	-	-	-	-	-	-	✓	✓	-
Midwifery - Community	✓	-	-	-	-	-	-	-	✓	✓	-
Neonatology	-	-	-	-	-	-	-	-	✓	-	✓
NICU	-	-	-	-	-	-	-	✓	✓	-	✓
Neurology	✓	✓	-	-	✓	✓	-	-	-	-	-
Obstetrics	✓	(✓)	-	-	-	-	-	✓	✓	-	-
Paediatrics	-	(✓)	-	-	✓	✓	✓	-	-	-	-
Palliative Care	✓	✓	-	-	✓	✓	-	-	-	-	-
Psychiatrist/psychologist	✓	-	-	-	✓	-	-	-	-	-	-
Psychotherapist	✓	-	-	-	✓	-	-	-	-	-	-
Radiographer/Radiology	✓	✓	-	-	✓	✓	-	-	-	-	-
Surgery	✓	✓	-	-	✓	✓	-	-	-	-	-
Theatres/Recovery Room	✓	✓	✓	-	✓	✓	✓	-	-	-	-



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