

COURSE CONTENT OVERVIEW

Basic Life Support

Having the skills and knowledge to deliver basic life support is invaluable. This refers to the initial care given to individuals experiencing life-threatening injuries or illnesses, before they can be given full medical care. For example, performing cardiopulmonary resuscitation (CPR) on an unresponsive individual while waiting for an ambulance to arrive.

This course gives awareness of basic life support and demonstrates how to deliver potentially life-saving help. It teaches learners how to conduct a primary and secondary survey, how to perform CPR and how to respond in emergency situations such as if somebody is choking or experiencing anaphylactic shock.

Module 1: Introduction to Basic Life Support

This module outlines what basic life support is and how to deliver it. It also includes associated concerns when providing basic life support such as infection prevention and personal protective equipment (PPE).

- What is basic life support?
- Delivering basic life support
- Legal requirements
- Infection prevention and control
- Hand hygiene
- Personal protective equipment (PPE)
- Cleaning
- Waste disposal

Module 2: The Primary and Secondary Surveys

This module explains how to carry out a primary survey following the steps outlined in the DR ABCDE acronym. It then describes how to gather necessary information as part of the secondary survey, paying attention to the AMPLE acronym.

- The primary survey
- Danger
- Response
- Airway
- Breathing
- Circulation
- Disability
- Exposure
- The secondary survey
- Primary and secondary survey considerations

Module 3: The Recovery Position and Cardiopulmonary Resuscitation (CPR)

This module looks at how to recognise situations when CPR is required, the steps to follow and the importance of the chain of survival. It provides detailed information on how to put someone in the recovery position, give CPR and locate and use an automated external defibrillator. It also includes adaptations for children and infants.

- Heart attack or cardiac arrest
- Respiratory arrest
- The chain of survival
- The recovery position - adults, children and infants
- The recovery position for suspected spinal injuries
- Administering CPR with rescue breaths - adults, children and infants
- Administering hands-only CPR
- Considerations when administering CPR - adults, children and infants
- Automated external defibrillator (AED)
- DNACPR, ADRT and ReSPECT
- After the event

Module 4: Responding to Emergency Situations - Part 1

This module teaches how to recognise and respond to emergency situations, specifically choking and anaphylaxis. Both are emergency situations and must be responded to quickly and effectively.

Choking:

- Assessing the severity
- Partial obstruction
- Blocked airway
- Treating choking in adults and children
- Treating choking in infants

Anaphylaxis:

- Triggers including the 14 named allergens
- How to prevent anaphylaxis
- Symptoms of anaphylaxis
- How to respond to anaphylaxis
- Adrenaline auto-injectors

Module 5: Responding to Emergency Situations - Part 2

The final module covers further emergency situations including how to recognise and respond to them. It outlines the differences between hyperglycaemia and hypoglycaemia and explains how to respond to stroke, drowning and electric shock.

- Diabetic hypoglycaemia and hyperglycaemia
- Symptoms and treatment of hypoglycaemia and hyperglycaemia
- Stroke including symptoms and treatment
- Electric shock
- Drowning safety considerations and resuscitation

Aims of the training

Upon completion of this training, you will:

- Understand the safe steps to take for responding to a medical emergency and the importance of a primary and secondary survey.
- Be able to recognise and respond to choking and severe breathing difficulties, including anaphylaxis or cardiac arrest.
- Know how cardiopulmonary resuscitation (CPR) is performed.
- Understand how to place someone in the recovery position.
- Understand the role of Automated External Defibrillators (AEDs) as well as how to locate and use one.
- Know the adaptations required for paediatric and infant basic life support.