

# Basic Life Support - AHA Provider

## OVERVIEW

Cardiac arrest is a treatable medical event that requires immediate action to save a life. Cardiac arrest can strike indiscriminately and without warning, often leaving grieving family members and friends to question what could have been done differently.

When the heart stops, the brain will begin to die within 4 minutes. An ambulance takes 10-15 minutes to reach the victim. If CPR were instituted early, even before the arrival of the ambulance, it could make a difference to the victim's survival. As cardiac (heart) arrest could occur at home, in the office, on the streets, bystanders able to perform CPR becomes valuable for the victim.

Institut Jantung Negara (IJN), being the premier cardiac hospital, have taken the first step of public responsibility by offering Basic Life Support (BLS) training. **Basic Life Support (BLS)** is the foundation for saving lives after cardiac arrest. It is designed for healthcare professionals as well as public to provide emergency care to patients in a wide variety of settings, and teaches both single-rescuer and team basic life support skills for application in pre-hospital and in-facility settings.



## AIM

To empower people the ability to administer this life saving treatment before the patient reaches the hospital.

## TRAINING OBJECTIVE

At the end of this course, the participants should be able to

- Initiate Chain of Survival
- Perform prompt, high-quality chest compression for adults, child, and infant victim
- Initiating early use of an AED
- Provide appropriate rescue breath
- Practicing 2-rescuer team CPR
- Relieve choking

## TRAINING STRUCTURE

There is 12 modules proposed to be conducted in the period of one day such as follows:

- BLS Course Overview and Organization
- The Science of Resuscitation
- One Rescuer Adult BLS
- Bag Mask Device / Pocket Mask
- AED
- Rescuer Adult BLS
- Team Dynamics
- Child BLS
- Infant BLS
- Special Consideration
- Adult and Child Choking
- Infant Choking

## METHODOLOGY

- Face-to-face classroom teaching
- Video
- Practical
- Assessment theoretical/practical

## TARGET PARTICIPANTS

- Healthcare professional
- General public

## AWARD

At the end of the training and upon successfully passing the assessment, the participants will be awarded a “Certificate of Proficiency” for medical participant and “Certificate of Attendance” for non-medical participant.

For any enquiries, kindly contact the following person:

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