



Advanced Life Support Courses



General Practice Training Tasmania is a course centre for Advanced Life Support courses that are jointly accredited by the Australian Resuscitation Council (ARC) and the Resuscitation Council (UK).

These include **Advanced Life Support 1 (ALS1)** and **Advanced Life Support 2 (ALS2)**.

These internationally accredited courses have been developed to standardise the teaching of cardiac arrest and resuscitation management.



Advanced Life Support Level 1 (ALS1)

A one-day course aimed at providing the candidate with the skills and knowledge to manage a patient in the immediate period of crisis. It includes the recognition, assessment and immediate management of the deteriorating patient.

Candidates are sent a manual at least two weeks prior to the course to commence preparation for the face-to-face component.

This course is designed for healthcare professionals with limited or infrequent exposure to crisis events requiring advanced life support.

The ALS1 course is designed to train healthcare personnel:

- to manage patients in the immediate periods of crisis aiming to prevent deterioration and cardiopulmonary arrest
- in common causes and strategies for the prevention of cardiopulmonary arrest, and the ABCDE approach
- in initial resuscitation and defibrillation (manual and / or AED) and simple airway management
- to manage patients in cardiopulmonary arrest until arrival of the resuscitation team or expert help
- to train healthcare personnel to participate as members of the resuscitation team.

Upon successful completion, including demonstration of skills and competency in all learning stations including CPR and defibrillation/AED skills, bag-mask ventilation skills, students receive an ALS course completion card. This is valid for four years.

With successful completion of ALS1 participants are eligible for RACGP and ACCRM CPD points.



Advanced Life Support Courses



Advanced Life Support Level 2 (ALS2)

This is a two-day course with the focus on the developing advanced skills in managing a deteriorating patient and cardiac arrest.

The course is very intensive and candidates are sent a manual one month prior to the course. Candidates are required to complete a pre-course multiple choice question paper to guide preparation.

The course is designed for healthcare professionals who would be expected to apply the skills obtained as part of their clinical duties or to teach them on a regular basis. Appropriate participants include: doctors and nurses working in critical care areas (e.g. ED, CCU, ICU, HDU, acute admissions units) or in the resuscitation /medical emergency teams and paramedics.

The ALS course teaches the knowledge and skills required to:

- Recognise, assess and manage the deteriorating patient using a structured ABCDE approach
- Treat cardiac and/or respiratory arrest, including manual defibrillation
- Manage life-threatening arrhythmias
- Prepare and plan for post resuscitation care
- Care for the deteriorating patient or patient in cardiac and/or respiratory arrest in special circumstances such as asthma, anaphylaxis, and pregnancy
- Lead a team, work as a team member, and use structured communication skills including giving an effective handover

Upon successful course completion, including demonstration of skills competency in all learning stations including CPR, defibrillation, bag-mask ventilation, a CasTest and a written assessment, students receive an ALS course completion card. This is valid for four years.

With successful completion of ALS2 participants are eligible for RACGP and ACRRM CPD points.