



## Kasr Alainy Life Support Course (KALS)

This course is designed to fit the working system in Cairo University Hospitals, based on the European Resuscitation Council (ERC) Guidelines.

### Course Objectives:

By the end of the course the candidate should learn how to:

1. Open airway, clear it and keep it open.
2. Effectively use the Bag-Valve-Mask (BVM).
3. Insert Laryngeal Mask Airway (LMA).
4. Effectively perform chest compression.
5. Perform safe effective Basic Life Support (BLS) in adults.
6. Understand the difference between Adult and Paediatric BLS.
7. Use the defibrillator safely and effectively.
8. Understand and follow the Advanced Life Support (ALS) algorithm according to the ERC guidelines, in both adults and children.
9. Become a member in the code blue team.
10. Effectively communicate with colleagues and family of the victim.

*For the Kasr Alainy and Cairo University Hospitals*

1. Establishment of a national emergency course with international accreditation and CME hours.
2. Updating the junior staff of ALS latest guidelines.
3. Establishment of Code Blue teams.
4. Improvement of inter-departmental communication.

### Target students:

1. House officers H.Os.
2. Nursing staff in Emergency Rooms (ER), Operating Rooms (OR) and Intensive Care Units (ICU).
3. Dentists.

### Course Description

The course contains the following:

- One lecture: of ALS algorithm with referral to SBAR.
- Three skill stations: for BLS, Airway management and safe/effective use of defibrillator.
- Training on cardiac arrest scenarios using the hands-on.





### Instructors:

Instructors are all certified Advanced Life Support, ALS providers and Advanced Cardiac Life Support, ACLS providers.

### Plan of training:

The trainers are all international instructors (ALS and/or ACLS). In case there is no enough number of trainers, we will recruit certain ALS and ACLS providers who have the will and talent of training.

Each group of trainee will consist of 6 H.Os and two Residents and/or Ass. Lecturers, this makes a total of 8 trainees. Then those Residents and Ass. Lecturers will teach one course obligatory for free. All departments should be involved for the sake of continuous medical education and to enlarge the trainers' team of Kasr Alainy staff.

In the near future, a course of Basic Life Support (BLS)/ Automated External Defibrillator (AED) will be introduced to medical students. This should lead to:

- Training of the whole Kasr Alainy in BLS and AED.
- Deducting the time dedicated to BLS training and introduces new topics in the course.

This plan is simple, yet it needs full support from all parties and involved departments. This is the only guarantee to create and establish functional code blue teams in the University hospitals.

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