

LIFE SUPPORT TRAINING CENTER (LSTC)



For more information and booking, please contact

Zulekha Hospital Life Support Training Center (LSTC)

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Zulekha Hospital
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Zulekha Hospital LSTC is an authorized provider of American Heart Association Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (CPR & ECC) Programmes, and is the first private hospital in Sharjah and northern emirates to be affiliated with American Heart Association as an International Training Center.

We provide Cardiopulmonary Resuscitation and Emergency Cardiovascular Care (CPR & ECC) Programmes for both Zulekha Hospital employees, Healthcare Professional and the general public.

Through education and training, Zulekha Hospital LSTC hopes to make a difference in the everyday lives of the people.

We are located at:

Zulekha Hospital

P.O. Box 457, Al Nasserya
Sharjah, United Arab Emirates
Phone: (+971) 06-506-9247
Email: LSTC@zulekha Hospitals.com

Our hours of operation are: **Saturday - Thursday: 9:00 am - 5:00 pm**

Please visit our website: www.zulekha Hospitals.com

Regards,

LSTC Team

COURSE DESCRIPTION:

This class is designed for those who are enrolled in courses or employed in the healthcare industry. Training is based on the American Heart Association's guidelines and will include adult, child, and infant CPR, rescue breathing with and without a mask, choking for all ages and use of the automated external defibrillator.



COURSE CONTENTS:

- Key changes in basic life support, reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- Critical concepts of high-quality CPR
- The American Heart Association Chain of Survival
- 1-Rescuer CPR and AED for adult, child and infant
- 2-Rescuer CPR and AED for adult, child and infant
- Differences between adult, child and infant rescue techniques
- Bag-mask techniques for adult, child and infant
- Rescue breathing for adult, child and infant
- Relief of choking for adult, child and infant
- CPR with an advanced airway

TARGET AUDIENCE:

This course is designed for healthcare professionals who provide health care to patients in a wide variety of settings, including in-hospital and out of hospital settings.

These healthcare providers may include (but are not limited to) EMS personnel, nurses, physicians, dentists, physical therapists, respiratory therapists, Cardiac Technicians and other Allied Healthcare Personnel.

CERTIFICATION:

American Heart Association Certificate of Completion is issued on successful completion of the course. Participants must be competent in skills performed and must score a minimum of 84% in the written test. The AHA certificate is valid for two years.

STUDENT MATERIALS:

Student Manual with Pocket Reference

CONTACT HOURS:

Provider: 4.5 hours Renewal: 4 hours

CONTINUING MEDICAL EDUCATION CREDIT:

4 CME hours awarded by UAE MOH.

COURSE DESCRIPTION:

In ACLS participants will enhance their skills in the treatment of adult victims of a cardiopulmonary emergency. The ACLS course is based on simulated clinical scenarios and hands-on participation that reinforce key concepts such as ACLS algorithms, basic life support care, identifying and managing cardiac arrest and other life-threatening clinical situations, as well as effective resuscitation team dynamics.



COURSE CONTENTS:

- Key changes in advanced cardiovascular life support, reflecting the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- Basic life support skills, including effective chest compressions, use of a bag-mask device and use of an AED
- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions such as symptomatic bradycardia
- Airway management
- Related pharmacology
- Management of acute coronary syndromes (ACS) and stroke
- Effective communication as a member and leader of a resuscitation team

TARGET AUDIENCE:

This course is designed for physicians, nurses, EMS professionals, respiratory therapists and other medical professionals who may need to respond to an adult cardiovascular emergency.

Continuing education credit is available.

CERTIFICATION:

American Heart Association Certificate of Completion is issued on successful completion of the course which is valid for two years. Participants must:

- Pass the 1-rescuer CPR and AED test
- Pass the 1-rescuer bag-mask ventilation test
- Demonstrate competency in all learning station skills
- Pass the megacode test
- Pass the written test with a score of at least 84%

STUDENT MATERIAL:

Student Manual with Pocket Reference

CONTACT HOURS:

Provider: 12 hours Renewal: 6 hours

CONTINUING MEDICAL EDUCATION CREDIT:

12 CME hours are awarded by UAE MOH.

COURSE DESCRIPTION:

The PALS course provides the pediatric healthcare provider with the knowledge and skills necessary to manage critically ill infants and children. A systematic approach to pediatric assessment is taught along with skills to recognize and treat infants/ children at risk for cardiopulmonary arrest, manage pediatric cardiopulmonary resuscitation and participate as part of an effective resuscitation.



COURSE CONTENTS:

- Key changes in pediatric advanced life support, reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- 1- and 2-rescuer child CPR and AED use
- 1- and 2-rescuer infant CPR
- Management of respiratory emergencies
- Rhythm disturbances and electrical therapy
- Vascular access
- Resuscitation team concept
- Cardiac, respiratory and shock case discussions and simulations
- Systematic Approach to Pediatric Assessment

TARGET AUDIENCE:

The PALS Course is for healthcare providers who respond to emergencies in infants and children. These include personnel in emergency response, emergency medicine, intensive care and critical care units, such as physicians, nurses, paramedics and others who need a PALS course completion card for job or other requirements.

CERTIFICATION:

American Heart Association Certificate of Completion is issued on successful completion of the course which is valid for two years. Participants must:

- Pass the skill testing stations
- Pass the written test with a score of at least 84%

STUDENT MATERIAL:

Student Manual with Pocket Reference

CONTACT HOURS:

Provider: 13.5 hours Renewal: 8 hours

CONTINUING MEDICAL EDUCATION:

13.5 CME hours are awarded for the PALS course.

COURSE DESCRIPTION:

The Neonatal Resuscitation Program (NRP) is an education program of the American Academy of Pediatrics and the American Heart Association that teaches concepts and skills of neonatal resuscitation.



Participants study the Textbook of Neonatal Resuscitation, or view the textbook DVD-ROM and pass the online test in the 30 days prior to attending an NRP course. Class time is used for hands-on practice and simulation/debriefing. Instructors support and evaluate individual skills, then integrate skills and knowledge with essential components of teamwork during simulated neonatal resuscitation scenarios.

Our NRP course is designed to cover all 9 lessons in the textbook; however, participants may receive credit for the course by completing the minimum course requirement which is Lessons 1 through 4 and Lesson 9. The Neonatal Outreach Program cannot determine your course requirement. If you are not sure, ask your employer or professional organization.

The NRP Provider Course allows ample time for individualized hands-on skills development and practice with an NRP Instructor. Every attempt is made to tailor the course instruction and simulation training to fit the participant's clinical practice.

This is a hands-on interactive course. To successfully pass the course, the learner must:

- Produce the Verification of Completion from the NRP online examination on course day
- Demonstrate neonatal resuscitation skills (minimum Lessons 1 through 4 in the textbook)
- Demonstrate the NRP resuscitation flow diagram interventions in correct sequence, integrating cognitive and technical knowledge relevant to the participant's learning objectives (Lessons 1 through 4 or Lessons 1 through 6)

Course participants who do not have job responsibilities for procedures such as intubation or umbilical venous catheter placement may pass the online exams for these lessons, practice, and demonstrate these procedures to enhance their learning experience. **NRP does not certify the learner to perform any technique, does not imply competence to perform neonatal resuscitation, and does not determine the participant's scope of practice.**

COURSE CONTENTS:

- Demonstrate mastery of cognitive knowledge of NRP concepts and interventions prior to the hands-on portion of the course
- Support the goals and purpose of NRP Provider status
- Practice and demonstrate critical components of newborn resuscitation and demonstrate skills in correct sequence according to the NRP flow diagram to optimize neonatal outcome
- Demonstrate NRP knowledge, skills, and teamwork, which may reduce neonatal morbidity and mortality, by participating in simulated newborn resuscitation

TARGET AUDIENCE:

The NRP Provider Course is designed for neonatologists, pediatricians, emergency physicians, nurses, paramedics, respiratory therapists, and other healthcare providers who initiate and direct advanced life support in neonatal emergencies.

CERTIFICATION:

NRP Provider card

STUDENT MATERIAL:

The Textbook of Neonatal Resuscitation, 6th Edition, which includes an interactive multi-media DVD-ROM, forms the basic educational component of NRP. This textbook is available for purchase from the training center and AAP Online Bookstore. You will need to obtain and study this textbook prior to class. Take and pass all 9 lessons of the Neonatal Resuscitation Program online examination, during the 30 days before the scheduled class date. To access the online examination, navigate to the website <http://www.healthstream.com/hlc/AAP> and follow the directions in Section II to access the test. You must bring a copy of the online examination verification certificate with you to class. No admittance without the certificate of completion.

CONTACT HOURS:

Advanced: 4 hours Basic: 4 hours

CONTINUING MEDICAL EDUCATION CREDIT:

6 CME hours are awarded by UAE MOH

COURSE DESCRIPTION:

The American Heart Association's ECG & Pharmacology Course is a classroom-based, Instructor-led course designed to improve electrocardiogram (ECG) recognition skills and pharmacology knowledge for treating cardiovascular emergencies.

ECG & Pharmacology contains two modules, ECG and Pharmacology, which may be taken together or separately. The ECG module takes approximately 3.5 hours to complete, and the Pharmacology module takes about 2.75 hours to complete. When the modules are combined, the estimated course length is 6.25 hours.

A certificate of completion is provided upon completion of each module or the combined course.

COURSE CONTENTS:

- Key changes reflecting science in the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- Basic electrophysiology
- Normal ECG measurements
- Basic arrhythmias
- Administration of appropriate drugs within the ACLS algorithms

TARGET AUDIENCE:

The ECG & Pharmacology Course is for healthcare professionals who participate in the management of cardiopulmonary arrest or other cardiovascular emergencies. This includes personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, paramedics and others who require this specialized knowledge for their job.

CERTIFICATION:

A certificate of completion is provided upon completion of each module or the combined course.

STUDENT MATERIAL:

Student Manual

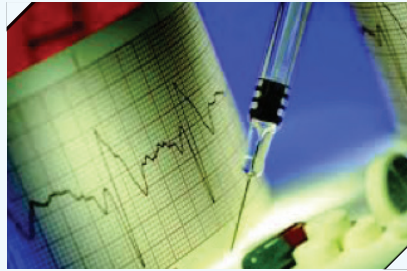
CONTACT HOURS:

ECG Module: 2.4 hours

Pharmacology: 3 hours

CONTINUING MEDICAL EDUCATION CREDIT:

2.5 CME hours are awarded for the ECG Course.



COURSE DESCRIPTION:

The American Heart Association Airway Management Course is a new and unique program specifically designed to give students the opportunity to learn, practice and demonstrate many airway skills used in resuscitation. Healthcare providers whose occupation or volunteer activities require airway management skills, in addition to professionals in the field of resuscitation and airway management, such as scientists, educators, researchers, and manufacturers of medical devices may find the course beneficial.

COURSE CONTENTS:

- Bag-mask ventilation and airway adjuncts
- Optional
 - Laryngeal mask airway
 - Esophageal-tracheal combitube
 - Endotracheal tube

TARGET AUDIENCE:

- Healthcare providers whose occupation or volunteer activities requires airway management skills
- Professionals in the field of resuscitation and airway management
- And individuals who are preparing to take the ACLS course or would like more information on Airway Management Techniques

CERTIFICATION:

This course does not provide AHA course card certification, but instead is designed solely to enhance students' airway management skills.

In the classroom, an Airway Management Facilitator conducts video-guided instruction and skill demonstrations, and works with students to complete hands-on skills practice and skills testing.

STUDENT MATERIAL:

Airway Management Student Guide

CONTACT HOURS:

5 Hours



COURSE DESCRIPTION:

Heartsaver® First Aid, CPR & AED is a classroom, video-based, instructor-led course from the American Heart Association that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives.

Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies. This course also teaches adult CPR and AED use.

COURSE CONTENTS:

- Key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Adult CPR and AED use
- Optional modules in child CPR and AED use and infant CPR
- Optional written test

TARGET AUDIENCE:

This course is for anyone with limited or no medical training who needs a course completion card in first aid, CPR and AED use to meet job, regulatory or other requirements.

CERTIFICATION:

American Heart Association Certificate of Completion is issued on successful completion of the course which is valid for two years.

STUDENT MATERIAL:

Heartsaver First Aid CPR AED Student Workbook with Heartsaver, First Aid Quick Reference Guide,* Heartsaver CPR AED Adult Reminder Card and Heartsaver CPR AED Child & Infant Reminder Card

CONTACT HOURS:

5 - 7 Hours



COURSE DESCRIPTION:

Heartsaver® CPR & AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

COURSE CONTENTS:

- Key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- Adult CPR and AED use
- Optional modules in child CPR and AED use and infant CPR, including child and infant choking
- Optional written test

TARGET AUDIENCE:

This course is for anyone with limited or no medical training who needs a course completion card in CPR and AED use to meet job, regulatory or other requirements.

CERTIFICATION:

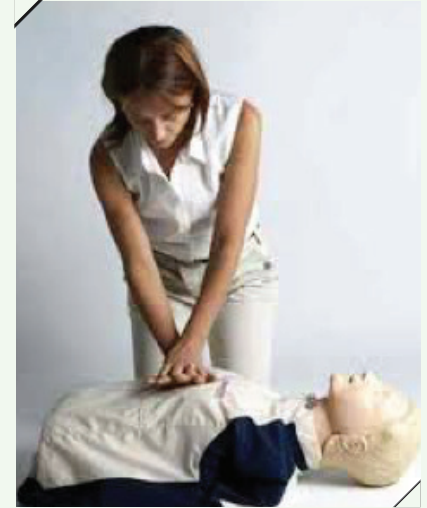
American Heart Association Certificate of Completion is issued on successful completion of the course. Participants must be competent in skills performed and must score a minimum of 84% in the written test. The AHA certificate is valid for two years.

STUDENT MATERIAL:

Heartsaver CPR AED Student Workbook with Adult and Child/Infant Reminder Cards

CONTACT HOURS:

3 - 4 Hours



COURSE DESCRIPTION:

Heartsaver® First Aid is a classroom, video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives.

Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies



COURSE CONTENTS:

- Key changes reflecting the new science from the 2010 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care
- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Optional written test

TARGET AUDIENCE:

This course is for anyone with limited or no medical training who needs a course completion card in first aid to meet job, regulatory or other requirements.

CERTIFICATION:

American Heart Association Certificate of Completion is issued on successful completion of the course. Participants must be competent in skills performed and must score a minimum of 84% in the written test. The AHA certificate is valid for two years.

STUDENT MATERIAL:

Heartsaver First Aid Student Workbook with Heartsaver First Aid Quick Reference Guide.

CONTACT HOURS:

2-3 Hours

COURSE DESCRIPTION:

This program teaches how to perform CPR in adults, children, or infants and how to help an adult, child, or infant who is choking. It is perfect for family members, friends and members of the general community who want to learn CPR but do not need a course completion card.

This program also can be a non-credentialed option for middle- and high-school students.



COURSE CONTENTS:

The Family & Friends CPR program teaches:

- Adult Hands-Only™ CPR
- Adult AED use
- Child CPR
- Infant CPR
- Adult, child and infant relief of choking

TARGET AUDIENCE:

Family members, friends, nannies and members of the general community who want to learn CPR but do not need a course completion card.

CERTIFICATION:

This course does not provide a course completion card; however, students receive a tear-out participation card in their student manual.

STUDENT MATERIAL:

Family & Friends CPR Student Manual

CONTACT HOURS:

All Modules: 2.5 Hours
Adult / Child: 1.25 hours
Infant Only: 1.25 hours