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Life Support Training Programs at Zulekha Hospital

Preface

Zulekha Hospital LSTC is an authorised provider of American Heart Association Emergency Cardiovascular Care Programs, and is the first private hospital in Sharjah and Northern Emirates to be affiliated with American Heart Association as an International Training Center.

The Life Support Training Center at Zulekha Hospital is committed to training its employees, healthcare professionals and the general public in emergency cardiovascular care programs. We offer classes in basic life support, advanced cardiovascular support, paediatric advanced life support, neonatal resuscitation program and first aid & CPR course.

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@zulekhahospitals.com

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

Please visit our website: www.zulekhahospitals.com

Regards,

LSTC Team



Basic Life Support (BLS)

Course Description:

AHA's BLS Course provides the foundation for saving lives after cardiac arrest. Updated to reflect new science in the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care.

BLS teaches the concepts of high-quality CPR, improvement of chest compression fraction, and high-performing team dynamics.

BLS from AHA offers the advantages of:

- Content representing the latest resuscitation science for improved patient outcomes
- Realistic scenarios, simulations, and animations depicting rescuers, teams, and patients.
- Course and content flexibility for AHA Instructors and students, including adaptability to local protocols.

Intended Audience:

Healthcare professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and prehospital settings.

Course Content

- The importance of high-quality CPR and its impact on survival
- All of the steps of the Chain of Survival and apply the BLS concepts of the Chain of Survival

Course Materials:

All Students must have the current BLS Provider Manual (includes BLS Reference Card) OR BLS Provider Manual eBook (includes Digital BLS Reference Card). You must bring your Provider Manual to class.

Certification and CPD Accreditation

- *Course Completion Card: AHA BLS Course Completion Card is valid for two years*
- *CPD Accreditation by UAE Ministry of Health & Prevention: 3 CPD Points*

- Recognise the signs of someone needing CPR
- Perform high-quality CPR for adults, children and infants
- The importance of early use of an AED and demonstrate its use
- Provide effective ventilations by using a barrier device
- The importance of teams in multirescuer resuscitation and perform as an effective team member during multirescuer CPR
- The technique for relief of foreign-body airway obstruction (choking) for adults and infants

Course Formats

BLS can be delivered in 2 formats to meet the needs of students and offer flexibility for instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

Instructors deliver both the cognitive portion of training and the psychomotor component of thorough skills practice and testing in a classroom setting

• Blended Learning – HeartCode BLS®

Includes a combination of eLearning, in which a student completes part of the course in a self-directed manner, and a hands-on session.



Advanced Cardiovascular Life Support (ACLS)

Course Description:

AHA's ACLS Course has been updated to reflect new science in the 2015 American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care. This course builds on the foundation of lifesaving BLS skills, emphasizing the importance of continuous, high-quality CPR.

This advanced course highlights the importance of high-performance team dynamics and communication, systems of care, recognition and intervention of cardiopulmonary arrest, immediate post-cardiac arrest, acute dysrhythmia, stroke, and acute coronary syndromes (ACS).

Intended Audience:

The ACLS Course is designed for healthcare professionals who either direct or 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, and paramedics, as well as others who need an ACLS course completion card for job or other requirements

Prerequisites:

Participants must possess a current American Heart Association Basic Life Support card. Participants must also possess a current American Heart Association ACLS provider card in order to register for an ACLS renewal course.

Course Materials:

All Students must have the current ACLS Provider Manual, includes ACLS Pocket Reference Card Set. You must bring your Provider Manual to class.

Certification and CPD Accreditation

- *Course Completion Card: AHA ACLS Provider Course Completion Card, valid for two years*
- *CPD Accreditation by UAE Ministry of Health & Prevention: 10 CPD Points*

Course Content

- 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 ACS and stroke
- Effective communication as a member and leader of a resuscitation team

Course Formats

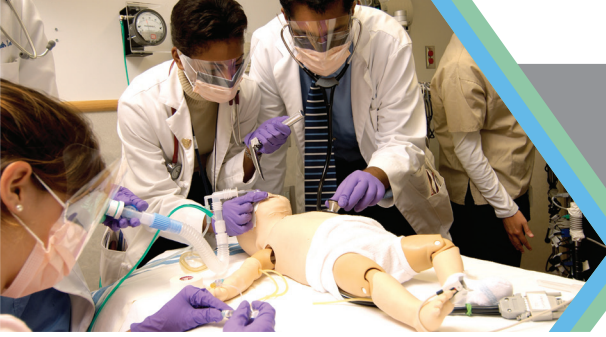
ACLS can be delivered in 2 formats to meet the needs of students and offer flexibility for Instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

Instructors deliver both the cognitive portion of training and the psychomotor component of thorough skills practice and testing in a classroom setting.

• Blended Learning – HeartCode® ACLS

Includes a combination of eLearning, in which a student completes part of the course in a self-directed manner, and a hands-on session.



Paediatric Advanced Life Support (PALS)

Course Description:

The AHA's PALS Course has been updated to reflect new science in the 2015 AHA Guidelines for CPR & ECC.

In the AHA's advanced paediatric course, students learn how to use a systematic approach to quickly assess, identify the underlying cause, and treat paediatric patients in emergency situations. Students interact with real paediatric patient cases, realistic simulations, and animations to assess and treat these paediatric patients. This includes applying basic life support, following PALS treatment algorithms, and practicing effective resuscitation skills and team dynamics. Through a combination of cognitive learning and psychomotor skills practice, the PALS Course improves students' confidence and skill levels for delivering effective emergency paediatric care.

The goal of the PALS Course is to improve the quality of care provided to seriously ill or injured children, resulting in improved outcomes.

Intended Audience:

The PALS Course is for healthcare providers who respond to emergencies in infants and children. This includes 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.

Prerequisites:

Participants must possess a current American Heart Association Basic Life Support card. Participants must also possess a current American Heart Association PALS provider card in order to register for a PALS renewal course.

Course Content

- High-quality Child CPR AED and Infant CPR
- Recognition of patients who do and do not require immediate intervention

Course Materials:

All Students must have the current PALS Provider Manual (includes PALS Pocket Reference Card) or PALS Provider Manual eBook (includes PALS Digital Reference Card). You must bring your Provider Manual to class.

Certification and CPD Accreditation

- *Course Completion Card: AHA PALS Provider Course Completion Card, valid for two years*
- *CPD Accreditation by UAE Ministry of Health & Prevention: 10 CPD Points*

- Recognition of cardiopulmonary arrest early and application CPR within 10 seconds
- Apply team dynamics
- Differentiation between respiratory distress and failure
- Early interventions for respiratory distress and failure
- Differentiation between compensated and decompensated (hypotensive) shock
- Early interventions for the treatment of shock
- Differentiation between unstable and stable patients with arrhythmias
- Clinical characteristics of instability in patients with arrhythmias
- Post-cardiac arrest management

Course Formats


PALS can be delivered in 2 formats to meet the needs of students and offer flexibility for healthcare organisations and Instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

Conducted in the classroom and supported with video and presentation technology, Instructors deliver courses designed to include both the cognitive portion of training and the psychomotor component of thorough skills practice and testing.

• Blended Learning – HeartCode® PALS

Students complete online, self-paced instructional lessons in which they assess and treat paediatric patients in virtual healthcare settings. Once the online portion has been completed, students attend an Instructor-led hands-on session focused on skills practice, debriefing, team scenarios, discussions of local protocols, and skills testing.



Paediatric Advanced Emergency Assessment, Recognition and Stabilisation (PEARS)

Course Description:

PEARS® helps healthcare providers develop the knowledge and skills needed for emergency evaluation and treatment of seriously ill infants and children.

PEARS® is a classroom, instructor-led course that teaches providers how to recognise respiratory distress, shock and cardiac arrest, and provide appropriate lifesaving interventions within the initial minutes of response until the child is transferred to an advanced life support provider.

The goal of PEARS is to improve the quality of care provided to seriously ill or injured infants and children, resulting in improved outcomes.

Intended Audience:

PEARS is for healthcare providers such as emergency medical technicians (EMTs), medical and surgical nurses, school nurses and any other healthcare providers who infrequently see critically ill infants and children and healthcare providers who care for children outside of critical-care areas

Course Content

- Assessment and management of respiratory problems
- Identification and management of cardiac arrest
- Pediatric assessment
- Recognition and management of shock
- Resuscitation team concept

Course Materials:

All Students must have the current PEARS Provider Manual (includes PEARS Pocket Reference Card). You must bring your Provider Manual to class.

Course Format

PEARS is a classroom-based, Instructor-led course.

Certification and CPD Accreditation

- *Course Completion Card: AHA PEARS Provider Course Completion Card, valid for two years*
- *CPD Accreditation by UAE Ministry of Health & Prevention: 6 CPD Points*



Neonatal Resuscitation Program (NRP®)

Course Description:

The NRP course is designed to give the healthcare professionals the basic knowledge to care for the neonatal patient in cardiac arrest and to manage resuscitation efforts in conditions that may lead to arrest. This course will provide the skills necessary to resuscitate a newborn and to work smoothly as a team with other healthcare professionals.

Target Audience:

The intended audience for this course includes paediatricians, emergency physicians, nurses, paramedics, respiratory therapists, and other healthcare professionals who may be involved in the first critical moments of a newborn infant's life. The Neonatal Resuscitation Program (NRP) course format requires learners to self-study the material from the Textbook of Neonatal Resuscitation, 7th edition, and take a mandatory online examination before attending their NRP course.

Course Content

Principles of resuscitation, initial steps of resuscitation, use of resuscitation devices, chest compressions, endotracheal intubation, laryngeal mask airway insertion, umbilical venous cannulation, medication administration, special considerations, and resuscitation of preterm infants and ethics and care at the End of Life.

Course Format

Training in the Neonatal Resuscitation Program is a three-step process including:

1. A self-directed learning component,
2. Successful completion of an online knowledge exam
3. Attendance at a classroom session for hands-on skill development, practice and testing.

Important:

On the course date the participant must submit to their instructor the print-out verification of successful completion of the online exam. You cannot attend the skills demonstration portion without proof of completion of the NRP Online Exam.

Course Materials:

All students must students have the NRP Provider Manual. Prior to the course, participants must read the Textbook of Neonatal Resuscitation, and pass the NRP online examination. You must bring your manual to class.

Certification and CPD Accreditation

- *Course Completion Card: NRP Provider card.*
- *CPD Accreditation by UAE Ministry of Health & Prevention: 3.75 CPD Points*

An image showing a close-up of a medical syringe with a needle, positioned over a green ECG (heart rate) monitor strip. The background is a dark blue gradient.

ECG & Pharmacology

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.

Intended Audience:

Personnel in emergency response, emergency medicine, intensive care and critical care units such as physicians, nurses, paramedics and others who require this specialised knowledge for their job

Course Content

- Basic electrophysiology
- Normal ECG measurements
- Basic arrhythmias
- Administration of appropriate drugs within the ACLS algorithms

Course Formats

The ECG & Pharmacology Course is a classroom-based, facilitator-led course.

- ECG & Pharmacology is a classroom-based, Facilitator-led course that includes two modules: ECG and Pharmacology, which may be offered together or separately.
- ECG takes approximately 3.5 hours to complete; Pharmacology takes about 2.75 hours to complete. When combined, the estimated course length is 6.25 hours.

Course Materials:

All students must have the ECG and Pharmacology Student workbook. You must bring your manual to class.

Certification and CPD Accreditation

- A certificate of completion that is valid for 2 years is provided upon completion of each module or the combined course. This course does not offer an AHA course completion card.
- CPD Accreditation by UAE Ministry of Health & Prevention: 2.5 CPD Points



Airway Management

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.

The learning model for this course includes video-guided instruction, skills practice, and testing. This course does not provide certification, but instead, is designed solely to enhance students' airway management skills.

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.

Target Audience:

Airway Management course for currently active healthcare providers whose daily occupation or volunteer activities require the knowledge and skills of airway management. In addition, professionals in the field of resuscitation and airway management (e.g., scientists, educators, researchers, and manufacturers of medical devices) can attend the Airway Management Course and individuals who are preparing to take the ACLS course or would like more information on Airway Management Techniques.

Course Content

- Bag-mask ventilation and airway adjuncts

Optional:

- Laryngeal mask airway
- Esophageal-tracheal combitube
- Endotracheal tube
- Impedance threshold device

Course Formats

Classroom-based (instructor and video, with skills conducted throughout)

- Instruction of all modules requires 5 hours.
- Course length can vary depending on needs and the units taught.

Course Materials:

All students must have the Airway Management Student Guide. You must bring your manual to class.

Certification and CPD Accreditation

- *Successful participants will receive the AHA Airway Management Certificate. This course does not offer an AHA course completion card.*
- *CPD Accreditation by UAE Ministry of Health & Prevention: 3.5 CPD Points*



Heartsaver® First Aid CPR AED

Course Description:

Heartsaver First Aid CPR AED has been updated to reflect new science in the 2015 American Heart Association Guidelines Update for CPR and Emergency Cardiovascular Care.

AHA's Heartsaver courses are designed to prepare students to provide first aid, CPR, and use an AED in a safe, timely, and effective manner.

Target Audience:

Heartsaver courses are intended for anyone with little or no medical training who needs a course completion card for job, regulatory (e.g., OSHA), or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

Course Content

- First aid basics
- Medical emergencies
- Injury emergencies
- Environmental emergencies
- Preventing illness and injury
- Adult CPR and AED use
- Opioid-associated life-threatening emergencies
- Optional modules in child CPR and AED use and infant CPR
- Optional Exam

Course Materials:

Heartsaver CPR AED Student Workbook with Heartsaver CPR AED Adult Reminder Card and Heartsaver CPR AED Child and Infant Reminder Card. You must bring your manual to class.

Certification

- *Course Completion Card: AHA Heartsaver CPR AED course completion card that is valid for 2 years.*

Course delivery

Delivered in 2 formats to meet the needs of students and offer flexibility for instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

The AHA's Heartsaver First Aid CPR AED Course is a classroom, Instructor-led course designed to prepare students to provide first aid, CPR, and use an automated external defibrillator (AED) use in a safe, timely, and effective manner. Upon successful completion of the course, including a first aid skills demonstration and a CPR and AED skills test, students receive a Heartsaver First Aid CPR AED course completion card, valid for two years.

• Blended Learning

Heartsaver First Aid CPR AED Online is the eLearning portion of the Heartsaver First Aid CPR AED blended learning course and is designed to teach students the cognitive information needed for first aid, CPR, and AED training. Upon completion of the online portion, students must complete hands-on skills session with an AHA BLS or Heartsaver Instructor.



Heartsaver® First Aid

Course Description:

The 2015 Guidelines Update for First Aid reaffirms the goals of first aid: to reduce morbidity and mortality by alleviating suffering, preventing further illness or injury, and promoting recovery. The scope of first aid has been expanded, particularly for control of severe bleeding. First aid can be initiated by anyone, in any situation, and includes self-care.

Intended Audience:

Heartsaver courses are intended for anyone with little or no medical training who needs a course completion card for job, regulatory, or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

Course Content

- First Aid Basics (duties, roles, and responsibilities of first aid rescuers, key steps of first aid)
- Medical Emergencies (breathing, choking, allergic reaction, heart attack, stroke, and more)
- Injury Emergencies (external and internal bleeding, wounds, sprain, broken bones, burns, and more)
- Environmental Emergencies (bites and stings, cold- and heat-related emergencies, poisonings, and more)
- Preventing Illness and Injury

Course Materials:

Heartsaver First Aid Student Workbook with Heartsaver First Aid Quick Reference Guide. You must bring your manual to class.

Certification

- *Course Completion Card: American Heart Association Heartsaver First Aid course completion card that is valid for 2 years.*

Course Format

Delivered in 2 formats to meet the needs of students and offer flexibility for instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

Heartsaver classroom courses feature group interaction and hands-on coaching and feedback from an AHA Instructor. Classroom courses may be conducted onsite at the company's location or at a local training center in your area. Classroom-based (instructor and video, with skills conducted throughout). Approximately 3 hours (including optional lessons and breaks).

• Blended Learning

Heartsaver blended courses include an online portion and a hands-on portion. The online portion can be completed at work, at home, or wherever you have internet access. The hands-on skills practice and testing session is conducted in-person with an AHA BLS or Heartsaver Instructor



Heartsaver® CPR AED

Course Description:

According to the 2015 Guidelines Update, CPR training helps people learn the skills and develop the confidence to provide CPR when encountering a cardiac arrest victim. And while AEDs can be used by the public regardless of whether the responder has been trained, even minimal training improves performance, timeliness, and efficacy.

AHA's Heartsaver CPR AED course provides the knowledge and skills that may help save a life. Although much is being done to prevent death from heart problems, cardiac arrest is still one of the leading causes of death in the United States. The skills learned in this course will help you recognise cardiac arrest, get emergency care on the way quickly, and help the person until more advanced care arrives to take over.

Heartsaver courses from AHA offer: a cohesive, consistent experience for the learner, best practices to give students the best possible learning experience and help them better retain information, enhanced and realistic scenarios, while providing course and content flexibility.

Target Audience:

Heartsaver courses are intended for anyone with little or no medical training who needs a course completion card for job, regulatory, or other requirements. These courses can also be taken by anyone who wants to be prepared for an emergency in any setting.

Course Materials:

Heartsaver CPR AED Student Workbook with Heartsaver Adult and Child/Infant Reminder Cards. You must bring your manual to class.

Certification

- *Course Completion Card: American Heart Association Heartsaver First Aid CPR AED course completion card that is valid for 2 years.*

Course Content

- Adult CPR and AED Use
- Opioid-associated Life-threatening Emergencies
- Adult Choking
- Child CPR and AED Use
- Child Choking
- Infant CPR
- Infant Choking

Course Format

Delivered in 2 formats to meet the needs of students and offer flexibility for instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

Heartsaver classroom courses feature group interaction and hands-on coaching and feedback from an AHA Instructor. Classroom courses may be conducted onsite at the company's location or at a local training center in your area.

• Blended Learning

Heartsaver blended courses include an online portion and a hands-on portion. The online portion can be completed at work, at home, or wherever you have internet access. The hands-on skills practice and testing session is conducted in-person with an AHA BLS or Heartsaver Instructor.



Heartsaver® Paediatric First Aid CPR AED

Course Description:

The Heartsaver Paediatric First Aid CPR AED course is designed to meet the training needs of childcare providers in almost all U.S. states* while also being a comprehensive resource for parents, grandparents, teachers, babysitters or anyone responsible for the safety of children. Combining online and hands-on skill components, this one-stop-shop course teaches childcare providers and parents critical first aid, CPR and AED skills.

Responding to injuries and illnesses is the most common situation childcare providers face, but it's important to quickly assess which ones are minor and which carry the urgency of a life-threatening emergency. Heartsaver courses from AHA offer: a cohesive, consistent experience for the learner, best practices to give students the best possible learning experience and help them better retain information, enhanced and realistic scenarios, while providing course and content flexibility.

Intended Audience:

Companies with a workforce where First Aid CPR AED training may prove invaluable for the safety of both their employees and customers (childcare workers, teachers, foster care workers, camp counselors, coaches, etc.). The general public that desires to be prepared for an emergency in any setting (parents, grandparents, babysitters and guardians).

Course Materials:

Heartsaver Paediatric First Aid CPR AED Student Workbook with Heartsaver Paediatric First Aid CPR AED Quick Reference Guide, Heartsaver CPR AED Adult Reminder Card and Heartsaver CPR AED Child & Infant Reminder Card. You must bring your manual to class.

Certification

- *Course Completion Card: Heartsaver Paediatric First Aid CPR AED course completion card valid for 2 years.*

Course Content

- Paediatric First Aid Basics (bleeding/bandaging, allergic reactions, use an epinephrine pen, bites, stings, drowning, burns, asthma, and more)
- Child CPR AED
- Child Choking
- Infant Choking
- Adult CPR AED (optional)
- Adult Choking (optional)

Course Format

Delivered in 2 formats to meet the needs of students and offer flexibility for instructors. All formats include the same learning objectives and result in the same course completion card.

• Instructor-led Training

Heartsaver classroom courses feature group interaction and hands-on coaching and feedback from an AHA Instructor. Classroom courses may be conducted onsite at the company's location or at a local training center in your area.

• Blended Learning

Heartsaver blended courses include an online portion and a hands-on portion. The online portion can be completed at work, at home, or wherever you have internet access. The hands-on skills practice and testing session is conducted in-person with an AHA BLS or Heartsaver Instructor.



Family & Friends® CPR

Course Description:

The Family & Friends CPR Course teaches the lifesaving skills of adult Hands-Only CPR, adult CPR with breaths, child CPR with breaths, adult and child AED use, infant CPR, and mild and severe airway block for adults, children, and infants. Skills are taught in a dynamic group environment using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a CPR course completion card to meet a job requirement. This course is ideal for community groups, new parents, grandparents, babysitters, and others interested in learning how to save a life.

Target Audience:

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, parents, grandparents, babysitters and others interested in learning how to save a life.

Course Materials:

Family & Friends CPR Student Manual with tear-out participation card.

Certification

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

Course Content

The Family & Friends CPR program teaches:

- Adult Hands-Only CPR and AED
- Adult CPR With Breathes (Optional)
- Mild and Severe Airway Block: How to Help a Choking Adult (Optional)
- Child CPR and AED (Optional)
- Mild and Severe Airway Block: How to Help a Choking Child (Optional)
- Infant CPR (Optional)
- Mild and Severe Airway Block: How to Help a Choking Infant (Optional)

Course Format

Family & Friends CPR is a classroom-based course that can be taught by an AHA Instructor or led by a facilitator (a community member, family member, or friend) who wishes to share the lifesaving skills of CPR with others. This course is video-led and includes skills practice throughout the course. Skills are taught by using the AHA's research-proven practice-while-watching technique, which allows participants to practice on a CPR training manikin while skills are demonstrated in the course video.

Course topics can be presented together or taught separately as stand-alone modules.

Following are approximate times for each module:

- Adult Hands-Only CPR/Adult CPR with Breathes/AED/Choking: about 39 minutes
- Child CPR/AED/Choking: about 27 minutes
- Infant CPR/Choking: about 21 minutes

For more information and booking, please contact

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The American Heart Association strongly promotes knowledge and proficiency in BLS, ACLS, and PALS and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the American Heart Association. Any fees charged for the course, except for a portion of fees needed for the AHA course materials, do not represent income to the Association.

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Cancer Care Unit, Zulekha Hospital, Dubai



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