



Learn, Train and Save Life

Package 1: Basic Life Support

Registration fee: \$BND 200

Duration: 1 day session

BLS-CPR contents: **COMPULSORY**

CARDIOPULMONARY RESUSCITATION (CPR)

- *Adult
- *Child
- *Infant
- Use of Automatic defibrillation (AED)
- Use of pocket mask

Note:

Practical session on Adult, Child and Infant CPR for both 1 and 2 rescuers

MANAGEMENT OF CHOKING

- Adult
- Child
- Infant

Note:

Practical session on choking relief for a responsive casualty

Optional:

- Team Dynamic (Doctor, Paramedic, Nurses and midwifery)
- Simulation Team dynamic resuscitation (Doctor, Paramedic, Nurses and midwifery)
- Team Dynamic Scenario Based resuscitation (Lay person)



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Package 2: Basic Life Support and Selected First Aid

Registration fee: \$BND 250

Duration: 2 days session

BLS-CPR contents: COMPULSORY	
<p>CARDIOPULMONARY RESUSCITATION CPR</p> <ul style="list-style-type: none"> ▪ *Adult ▪ *Child ▪ *Infant ▪ Use of Automatic defibrillation (AED) ▪ Use of pocket mask <p><u>Note:</u> Practical session on adult, child and infant CPR for both <i>1 and 2 rescuers</i></p>	<p>MANAGEMENT OF CHOKING</p> <ul style="list-style-type: none"> ▪ Adult ▪ Child ▪ Infant <p><u>Note:</u> Practical session on choking relief for a responsive casualty</p>
<p>Optional:</p> <ul style="list-style-type: none"> ▪ Team dynamic (Doctor, Paramedic, Nurses and Midwifery) ▪ Simulation team dynamic resuscitation (Doctor, Paramedic, Nurses and midwifery) ▪ Team dynamic scenario based (Lay person) 	
First Aid contents: SELECTIVE (a choice of 4 + 1 optional OR a choice of 5 without optional topic)	
<p>1: Cardiac Emergencies <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Recognition of and the 1st aid management for heart attack <p>Practical: Integrated with CPR</p>	<p>2: Respiratory Emergencies <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Recognition of and the 1st aid management for: asthma, hyperventilation, drowning, anaphylactic shock (allergies reaction). <p>Practical: scenario based skill demonstration and practice for the above cases</p>
<p>3: VASCULAR EMERGENCY <input type="checkbox"/> (Wounds and Bleeding)</p> <ul style="list-style-type: none"> ▪ 1st Aid principle in managing wound and bleeding ▪ Management of shock due to blood loss <p>Practical: Demonstration and practice of:</p>	<p>4: NEUROLOGICAL EMERGENCY <input type="checkbox"/></p> <p><i>i. Head injury</i> - 1st aid principle in managing head injury and unconsciousness.</p> <p><i>ii. Convulsions</i> - Recognition and causes of seizure / convulsions, the do's and don't of casualty having seizures.</p>

Course/training booking or for further details, please email cprtraining.ihs@ubd.edu.bn

<ul style="list-style-type: none"> ▪ Bandaging (spiral, figure of 8 and pressure bandage) ▪ Pressure bandage to control bleeding 	<p>Practical: scenario based management of convulsion</p>
<p>5: MUSCULOSKELETAL <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Types of, assessment and management of injuries such as fracture, dislocation, sprain and strain <p>Practical: demonstration and practice of :</p> <ul style="list-style-type: none"> ▪ RICE management ▪ Splinting ▪ Arm and elevation slings 	<p>6: OBSTETRIC EMERGENCIES <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Rapid initial assessment of casualty who is in labour and First aid management of normal and abnormal labour and Vaginal bleeding during pregnancy ▪ Newborn assessment and first aid management of baby who's not breathing at birth <p>Practical: * For Package 3 only</p>
<p>7: BITE AND STING <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Marine and animal bites (+human) and the 1st aid management for: <ul style="list-style-type: none"> i. insect bite ii. snake bite iii. marine sting 	<p>8: BURNS AND SCALD <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ General and Specific burn management such as: <ul style="list-style-type: none"> i. Chemical, electrical and 'hot-water' burn ii. Burn to facial area and eyes iii. Scalds include scalding in children
<p>9: HANDLING AND MOVING OF CASUALTY <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Reviewing the principles of body mechanics and complications of poor lifting technique ▪ Necessity of moving or transferring of casualty ▪ Cautions and safety measures in lifting and the transport of casualty <p>Practical: demonstration and practice in various lifting and handling techniques with and without lifting aids</p>	<p>10: POISONING AND SUBSTANCE MISUSE <input type="checkbox"/></p> <ul style="list-style-type: none"> ▪ Introduction of poisons – toxins, route, effect, complications ▪ Recognition features and first aid management of - ingested poison (food poisoning, poisonous plant and fungi), Inhaled (inhalation of fumes), absorbed and injected poison, alcohol intoxication and drug poisoning.
<p>OPTIONAL 1: <input type="checkbox"/></p> <p>Scenario Based case management: This is a group activity whereby the participants are given a scenario to consolidate the knowledge and skills competency from the above topics.</p>	<p>OPTIONAL 2: <input type="checkbox"/></p> <p>Special consideration on specific topic as requested by the participant's employer</p>



Learn, Train and Save Life

***Package 3: Basic Life Support and Full First Aid**

Registration fee: \$BND 300

Duration: 3 days session

** Covered all the 1st Aid topics in package 2.



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Basic Life support (BLS) and First Aid calendar 2017

No	Training Course	Date	Remarks
1	BLS	24 June	Student
2	BLS (w/wo First Aid)	20-22 July	Open
3	BLS (w/wo First Aid)	24-26 August	Open
4	BLS (w/wo First Aid)	28-30 September	Open
6	BLS (w/wo First Aid)	19-21 October	Open
7	BLS (w/wo First Aid)	23-25 November	Open
8	BLS	16 December	Open/Student

**Any requested date, other than specify above, need to contact the organizer for arrangement.*

**If the selected training is without first aid, the date of the BLS training only is on Saturday unless there is prior arrangement and agreement with the organizer.*

**A minimum of six participants are required to conduct the training course*

**Confirmation of participation should be notified at least 6 weeks before the commencing date of the training*