



كليات التقنية العليا  
HIGHER COLLEGES OF TECHNOLOGY

How you can  
help save lives



Through Life Support Training Courses with

THE INTERNATIONAL LIFE SUPPORT TRAINING CENTER (ILSTC)



CERT

Centre of Excellence for Applied Research and Training

The Future of Learning



American  
Heart  
Association®

**AUTHORIZED**  
**TRAINING**  
C E N T E R

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## THE INTERNATIONAL LIFE SUPPORT TRAINING CENTER

The International Life Support Training Center (ILSTC) is operated by the Higher Colleges of Technology and is conveniently located in Abu Dhabi at the Health Sciences building at CERT Technology Park.

The ILSTC is the first tertiary education-aligned facility in the United Arab Emirates to be an American Heart Association (AHA) accredited International Training Center. Its courses are also accredited by the Health Authority Abu Dhabi (HAAD).

The ILSTC conduct its courses in modern facilities, which include large classrooms, meeting rooms and training rooms equipped with the latest first aid training equipment.

### Why you should do ILSTC Life Support training courses

Basic Life Support, Advanced Cardiovascular Life Support, Airway Management and ECG & Pharmacology courses are designed for health care providers and are mandatory for some professions. First Aid is the initial assistance or treatment given to someone who is injured or suddenly taken ill. Everyone in the community, from age 12, should be given the opportunity to obtain First Aid training. It can make the difference between life and death for a family member, friend, work colleague or even a passerby. With appropriate training the First Aid skills are easily learned.

All ILSTC Heartsaver courses are designed for the general public who do not work in health-related professions.

### Training Courses

The ILSTC provides courses in the following categories:

- Basic Life Support (BLS) for Healthcare Providers
- Advanced Cardiovascular Life Support (ACLS)
- Heartsaver First Aid & Cardio-Pulmonary Resuscitation (CPR) & Automated External Defibrillator (AED)
- Airway Management
- ECG & Pharmacology courses.

These courses are tailor-made for each ILSTC client, with a maximum of 12 participants per course to ensure the highest quality training courses where participants receive personalized training. The highly-trained ILSTC staff can facilitate the courses either at the ILSTC headquarters, at the client's workplace or proper venue, at mutually convenient times.

The ILSTC staff is eager to assist companies, education facilities and individuals in their First Aid and basic life support training needs. For bookings and more information contact the ILSTC on 02 404 8578 from Sunday -Thursday between 7am and 3pm or email [bpeetz@hct.ac.ae](mailto:bpeetz@hct.ac.ae)

For more information please visit [www.hct.ac.ae](http://www.hct.ac.ae)





# Basic Life Support (BLS) For Healthcare Provider



The BLS Healthcare Provider Course is designed to prepare a wide range of healthcare professionals to recognize several life-threatening emergencies and to provide CPR, use AED, and relieve choking in a safe, timely, and effective manner. This course includes adult, child, and infant rescue skills in both the out-of-the-hospital and in-hospital settings.

## Objectives

At the end of the course the participant should be able to:

- Give cardiopulmonary resuscitation (hands-on with a manikin) to an adult and a child (1and 2- rescuer)
- Give cardiopulmonary resuscitation (hands-on with a manikin) to an infant (1and 2- rescuer)
- Accurately use an Automated External Defibrillator (AED) for victims >1 year of age
- Identify signs and symptoms of airway obstruction including dislodging techniques for:
  - o adult and child
  - o infant

## Target Audience

Healthcare providers such as nurses, physicians, emergency medical personnel (EMS), dentists, respiratory therapists, and medical imaging technologists who, as part of their employment, must have a BLS Provider Card documenting successful completion of a CPR course.

## Teaching Method

Classroom based: Video (DVD) practice while watching

## Assessment Measures

Multiple Choice Written Exam (AHA) and Skills Test

## Certification

Successful participants will receive the AHA BLS for Healthcare Providers Completion Card which is valid for 2 (two) years.

## Length

Approximately 5 hours (half day)



## Advanced Cardiac Life Support (ACLS)

The AHA ACLS course is designed to incorporate new scientific evidence from the latest guidelines and a new teaching methodology. Through the ACLS course, healthcare providers will enhance their skills in the treatment of the adult victim of a cardiac arrest or other cardio-pulmonary emergencies. The ACLS course emphasizes the importance of basic life support to patient survival; the integration of effective basic life support with advanced cardiovascular life support interventions; and the importance of effective team interaction and communication during resuscitation.

### Objectives

At the end of the course the participant should be able to:

- demonstrate proficiency in providing BLS care with an AED
- learn the BLS Primary and ACLS Secondary survey
- use appropriate electrical therapy including defibrillation, cardioversion and pacing
- manage cardiac arrest until the return of spontaneous circulation (ROSC)
- Identify and treat patients with ischemic chest pain
- Recognize the signs and symptoms of stroke and the initial care
- Demonstrate effective communication as a team leader / member and understand the importance of good team dynamics

### Target Audience

For emergency, intensive care and critical care healthcare providers such as nurses, physicians, emergency medical personnel (EMS), dentists, respiratory therapists, and other professionals who may need to respond to cardiovascular or cardiopulmonary emergencies.

### Teaching Method

Classroom based: Video (DVD) practice while watching

### Assessment Measures

Multiple Choice Written Exam (AHA) and Skills Test

### Certification

Successful participants will receive the AHA ACLS Provider card which is valid for 2 (two) years.

### Length

14 hours approximately, including breaks (1.5 days)



## Heartsaver First Aid, CPR & AED



The HeartSaver First Aid with CPR and AED Course is designed to prepare people for First Aid, CPR and the use of an Automated External Defibrillator (AED) in a safe, timely, and effective manner. The course goals include cognitive and psychomotor objectives.

### Objectives

At the end of the course the participant should be able to:

- Apply First Aid Basics (Rescuer Duties, Victim and Rescuer Safety, Finding the Problem, after the Emergency)
- Review the First Aid steps for Medical Emergencies:
  - Breathing Problems, Choking, Bad Allergic Reactions, Heart Attack, Fainting, Diabetes and Low Blood Sugar, Stroke, Seizures, Shock
- Review the First Aid steps for Injury Emergencies:
  - Bleeding You Can See, Head-Neck-Spine Injury, Broken Bones and Sprains, Burns and Electrocutation
- Review the First Aid steps for Environmental Emergencies:
  - Bites and Stings, Snakebites, Insect-Bee-Spider Bites and Stings, Temperature-Related Emergencies, Poison Emergencies
- Administration of an epinephrine pen
- Give cardio-pulmonary resuscitation (hands-on with manikin) to an adult and a child using a mask
- Give cardio-pulmonary resuscitation (hands-on with manikin) to an infant using a mask (optional)
- Identify signs and symptoms of airway obstruction including dislodging techniques for:
  - adult and child
  - infant (optional)
- Recognize the early warning signs of respiratory and cardiac arrest
- Identify the signs and symptoms of stroke
- Accurately use an automated external defibrillator for victims >1 year of age.

### Target Audience

This course is for those who have a duty to respond (teachers, nursery school teachers, security guards, pool attendants) to a cardiac emergency because of work related responsibilities or regulatory requirements.

### Teaching Method

Classroom based: Video (DVD) practice while watching

### Assessment Measures

No written exam; Skills Test

### Certification

Successful participants will receive the AHA HeartSaver First Aid & CPR & AED completion card which is valid for 2 (two) years.

### Length

6 hours approximately, including adult / child/infant

5 hours approximately, including adult / child



## Heartsaver CPR In Schools & AED (optional)



The Heartsaver CPR & AED (optional) in schools is designed to prepare students for CPR and use of an AED (optional) in a safe, timely, and effective manner. The course goals include cognitive and psychomotor objectives.

### Objectives

At the end of the course the attendant should be able to:

- Give cardio-pulmonary resuscitation (hands-on with manikin) to an adult and a child
- Accurately use an Automated External Defibrillator for victims >1 year of age
- Identify signs and symptoms of airway obstruction including dislodging techniques in adult and child

Optional:

- Give cardio-pulmonary resuscitation (hands-on with manikin) to an infant
- Identify signs and symptoms of airway obstruction including dislodging techniques in an infant
- Give cardio-pulmonary resuscitation (hands-on with manikin) to an adult and a child using a mask
- Give cardio-pulmonary resuscitation (hands-on with manikin) to an infant using a mask

### Target Audience

This course is for Middle School and High School students and teachers seeking a credential in CPR.

### Teaching Method

Classroom based: Video (DVD) practice while watching

### Assessment Measures

No written exam; Skills Test

### Certification

Successful participants will receive the AHA HeartSaver CPR & AED (optional) in Schools Completion Card which is valid for 2 (two) years.

### Length

3 hours approximately with AED  
2 hours approximately CPR only



# Airway Management



The American Heart Association's Airway Management course is designed for healthcare providers who must be proficient in using airway devices on adults in hospital or out of hospital. It is a new and unique course specifically designed to give students the opportunity to learn, practice, and demonstrate many airway skills used in resuscitation.

## Objectives

- Upon the successful completion of the course, the attendant should be able to:
- Demonstrate the following BLS skills: placement of an oropharyngeal airway (OPA) and a nasopharyngeal airway (NPA), bag-mask ventilation and cricoids pressure, head-tilt-chin-lift, and suctioning
- Verify correct advanced airway placement using multiple methods (i.e. end-tidal CO<sub>2</sub>, esophageal detector device [EDD], colorimetric device, pulse oximeter, chest auscultation)
- Demonstrate proper insertion of a laryngeal mask airway (LMA)
- Demonstrate proper insertion of a Combitube
- Demonstrate proper insertion of an endotracheal tube (ET tube)
- Demonstrate appropriate mask and airway adjunct sizing

Depending on the module(s) taught,

## Target Audience

Healthcare Providers who must be proficient in using airway devices in adults in hospital or out of hospital

## Teaching Method

Modular course design: skills demonstration in short video and students skills practice

## Assessment Measures

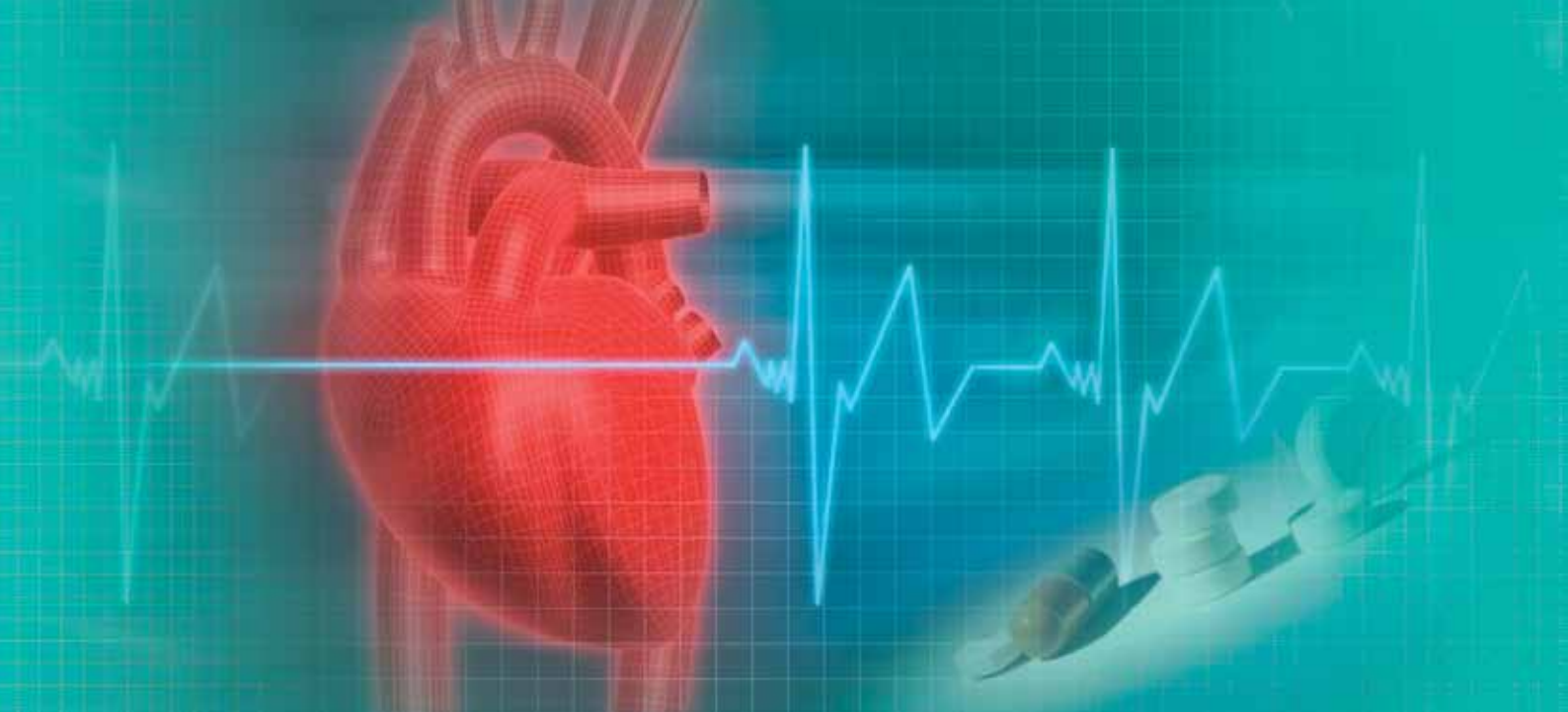
Multiple choice written exam and Skills Test

## Certification

Successful participants will receive the AHA Airway Management Certificate.

## Length

4 hours approximately



## ECG & Pharmacology

The course is specifically designed to address a key knowledge gap in Electrocardiogram (ECG) and Pharmacology. The ECG & Pharmacology course is a new program focused on specific ECG recognition skills and drug treatment knowledge. The course is a pre-course option for ACLS students and other healthcare providers.

### Objectives

Depending on the module(s) taught, the attendant should be able to:

- Enhance ECG recognition skills competency important to ACLS certification
- Improve knowledge and more effective use of drugs during peri-arrest or cardiac arrest
- Strengthen ACLS algorithms competency
- Integrate basic drug pharmacology into ACLS algorithms

### Target Audience

Intended for a variety of healthcare providers, including physicians, nurses, paramedics, residents, respiratory therapists, clinical pharmacists, and ECG technicians.

### Teaching Method

Instructor-led course designed for large group interaction

### Assessment Measures

Multiple choice written exam and Skills Test

### Certification

Successful participants will receive the following:

1. AHA ECG Certificate of Completion
2. AHA Pharmacology Certificate of Completion
3. AHA ECG & Pharmacology Certificate of Completion

### Length

(corresponding to above certificates)

1. 3.5 hours approximately for ECG module
2. 3 hours approximately for Pharmacology module
3. 6.5 hours approximately for both modules



Be a...



For more information and booking, please call  
The International Life Support Training Center

On 02 4048578

Or email [bpeetz@hct.ac.ae](mailto:bpeetz@hct.ac.ae)



[www.hct.ac.ae](http://www.hct.ac.ae)