Resuscitation
AUSTRALIA

Course Overview

Advanced Life Support – Level 1

Course Description

The Advanced Life Support – Level 1 (ALS1) course developed by Resuscitation Australia is designed to equip healthcare professionals (nurses, doctors, specialists, paramedics, and first responders) with the **essential theoretical knowledge** and **practical skills** needed to effectively recognise, assess, and manage critically ill patients and work as an effective team member in cardiac arrest situations.

Our ALS1 course complies with Australian and New Zealand Committee on Resuscitation (**ANZCOR**) Guidelines and National Safety and Quality Health Service (**NSQHS**) Standards.

What Is Covered

The ALS1 course provides comprehensive training in:

- **Recognition and assessment of critically ill patients**: Learn to identify and evaluate critically ill patients using a structured approach to ensure prompt and accurate intervention.
- **Management of the deteriorating patient**: Employ the ABCDE approach to manage patients who are deteriorating, aiming to prevent progression to cardiac arrest.
- **Airway management techniques**: Master advanced techniques for securing and managing the airway to ensure effective ventilation and oxygenation.
- **Basic Life Support (BLS)**: Gain proficiency in fundamental life support skills, including chest compressions and rescue breaths.
- **Defibrillation**: Build confidence in using defibrillation equipment, both manual and Automated External Defibrillators, to restore normal heart rhythm.
- **Cardiac arrest management**: Apply the ALS algorithm to manage cardiac arrest situations effectively, integrating ALS principles.
- **Effective team dynamics**: Develop the skills necessary for working collaboratively as part of a team during critical scenarios to enhance patient outcomes.

What Is Covered

By the end of the ALS1 course, you will be able to:

- Describe the **BLS and ALS algorithms** including ‘shockable’, and ‘non shockable’ pathways.
- Identify ventricular fibrillation (**VF**), pulseless ventricular tachycardia (**VT**), pulseless electrical activity (**PEA**), and **asystole**.
- Discuss the **reversible causes** of cardiac arrest in any setting using the **4 Hs and Ts**.
- Summarise the **clinical features** of cardiac arrest.
- Demonstrate **airway management techniques** and **ventilation strategies**.
- Explain the need for **early defibrillation** if shockable rhythm.
- Use a **defibrillator safely** (it is strongly recommended that practitioners familiarise themselves with the type of defibrillator(s) available in their usual workplace/s).
- Select and administer **appropriate drugs** in cardiac arrest.
- Recognise the **return of spontaneous circulation**.
- Describe the **fundamentals of post-resuscitation care**.
- Justify the appropriate time and manner in which to cease resuscitation efforts supported by **ethical, legal, and cultural considerations**.
- Demonstrate **non-technical and teamwork skills.**

How the Course Is Structured

Our ALS1 course was developed by experienced healthcare professionals, clinical educators, and learning designers who understand **patient care complexities** and the importance of **immersive experiences for skilled professionals**. Blending best practice adult learning and the realities of clinical work, the courses employ a **mixed-mode format** that include:

Self-paced online/**eLearning** modules that cover theoretical foundations. This gives you the flexibility to complete the modules when it suits your schedule, and from a location of your choice.

An in-person/**face-to-face** training day focused on high-fidelity simulated clinical scenarios that are tailored to your scope of practice. This gives you the opportunity to apply the theoretical knowledge gained in relevant clinical and team-based simulations.

Continuous assessment of ALS knowledge and skills throughout both the eLearning and face-to-face training day. This allows you to practice and gain confidence before becoming a certified ALS practitioner.

eLearning Modules

Our eLearning component of the ALS1 course is comprised of **concept-based modules** that range from the non-technical skills to essential technical skills, post-resuscitation care, and cultural considerations. Each module is divided into **bite-sized microlearning lessons** that have been designed to only take a few minutes to complete, so you can readily accommodate this learning into your demanding schedule. Here is a list of modules covered in the course:

M1: Orientation

M2: The Role of Non-Technical Skills in Advanced Life Support

M3: Recognising and Responding to Acute Deterioration

M4: Basic Life Support

M5: Airway Management and Ventilation

M6: Rhythm Recognition

M7: The Cardiac Causes of Cardiac Arrest

M8: Defibrillation

M9: Advanced Life Support Algorithm

M10: The Reversible Causes of Cardiac Arrest

M11: Special Circumstances – Sepsis

M12: Special Circumstances – Asthma

M13: Special Circumstances – Anaphylaxis

M14: Post-Resuscitation Care

M15: Ethical, Legal, and Cultural Considerations

M16: Conclusion

In addition to the content modules above, you will be required to complete 4 mandatory assessment quizzes, bringing the total number of modules to 20.

Face-to-Face Training Day

The ALS1 face-to-face training day is designed to be experiential/hands-on and replicate the complexity of real emergencies – complete with time pressures, team coordination, and evolving patient conditions. All of our in-person training sessions are facilitated by **accredited** Resuscitation Australia **instructors** (healthcare professionals with extensive expertise in ALS).

The in-person training prioritises **active and peer/collaborative learning** through small-group rotations (maximum of 6 participants per group), practical stations, and scenario-based teamwork. The group-based activities encourage sharing of experiences and strategies, allowing you to learn from the diverse perspectives of your peers; a crucial skill in multidisciplinary healthcare teams.

You will complete workshops that focus on airway and breathing skills, the ABCDE approach, cardiopulmonary resuscitation (CPR), and defibrillation before partaking in cardiac arrest scenarios. Our instructors **tailor these scenarios to your clinical context** and encourage on-the-spot critical thinking to make them as relevant and applicable as possible. Instructors are there to provide continuous feedback, guiding you through the simulations to build confidence and critical ALS skills.

Face-to-Face Training Day Program

The half day face-to-face training day program is as follows:

Time	Topic	Format	Duration
08:00	Welcome & Course Overview	Presentation	15 mins
08:15	ABCDE, Airway Skills, BLS, & Defibrillation Practical	Workshops	110 mins
10:05	Morning Tea	Break	15 mins
10:20	Clinical Scenarios 1-6	Simulation	90 mins
11:50	Feedback & Close	Presentation	10 mins
12:00	End of ALS1 Course		

Whether you are attending a half-day session in the morning or afternoon does not affect the duration or format of the course. Therefore, please regard the above program as indicative only, noting it is based on an example morning course (8.00am – 12.00pm).

Continuous Assessment

Resuscitation Australia has developed a **rigorous, continuous approach** to assessment with mandatory assessments segmenting every few eLearning modules. These assessments aim to test knowledge at **regular intervals**. You must receive 80% or more on these assessments to receive your eLearning certificate of completion, and progress to the in-person training day. While the mandatory assessments are compulsory, we also have low-stakes, **practice quizzes** integrated into our eLearning lessons. These quizzes are non-graded, non-compulsory, and provide the opportunity to **gauge understanding** and receive feedback on an ongoing basis.

During the face-to-face session, you have the opportunity to practice and demonstrate your practical skills, against which you are continuously assessed. You will partake in **6 simulated clinical scenarios**, tailored to your role, scope and context of practice, to ensure a fit-for-purpose learning experience. You are graded against a 1-10 (Likert Scale) range and are required to achieve a grade of 6 or above in order to demonstrate proficiency and pass the course.

Customised Learning

We are aware that the healthcare professionals who enrol in our courses come from a diversity of backgrounds and vary greatly in terms of their skillsets and experience. As such, we allow you to **tailor your eLearning journey to your needs**. No eLearning content modules are compulsory or gated, meaning that you do not need to complete a particular module before being able to progress to the next one.

Experienced emergency clinicians may simply choose to complete the mandatory assessments contained within each course's eLearning component.

The library of face-to-face training scenarios continues to evolve to **accurately reflect clinical realities**. For example, different scenarios would be presented to a General Practitioner more likely to attend to a patient within a suburban practice than a professional working in low resource settings (e.g. solo nurse practitioners with the Royal Flying Doctor Service).

The total course duration is **approximately a day in total**, consisting of eLearning and 4 hours of face-to-face training (half day). Resuscitation Australia recommends allowing half a day for eLearning completion, which includes full viewing of all embedded videos and simulated training scenario content.

Please note, because the eLearning is tailored to your needs and is self-paced, individual completion times may vary.

Continuing Professional Development

Upon successful completion of all mandatory elements of the ALS1 course, you will receive an encrypted **digital credential** to your nominated email address, certifying your ALS1 "credentialed practitioner" status.

You retain access to the eLearning modules for the duration of your credential (4 years), to support ongoing refresher training, as recommended by ANZCOR.

Delivering **excellence** in resuscitation education and training is at the heart of everything we do. We are proud of our work in developing Advanced Life Support training which supports the continuing education and learning needs of registered health practitioners in Australia.

Note that you can claim **CPD time** if you participate in or instruct on a Resuscitation Australia course; please visit our website for details.

Contact us

We warmly invite you to contact us by telephone on 1300 373 787 or via email on info@resuscitationaustralia.com.au.

www.resuscitationaustralia.com.au