

# Basic cardiopulmonary life support (2 days)

## First day

Topic	type	Allocated time	instructor
1. Introduction to life support	discussion	15 minutes	Amr Mowafy
2. BLS algorithm	discussion	40 minutes	Amr Mowafy
3. Recognition of cardiac arrest and call for help	Skill station	30 minutes	Amr Mowafy
4. Break	Break	15 minutes	=====
5. High quality CPR demonstration	discussion	15 minutes	All instructors
6. High quality CPR	Skill station	60 minutes	All instructors
7. Airway maneuvers demonstration	discussion	15 minutes	Amr Mowafy
8. Airway maneuvers	Skill station	45 minutes	All instructors
9. Break	Break	30 minutes	=====
10.The AED	discussion	20 minutes	Alaa Fathy
11.Full scenario	Skill station	60 minutes	All instructors

## Second day

Topic	Type	Allocated time	Instructor
12.Differences between adult and pediatric physiology	discussion	20 minutes	Amr Mowafy
13.Pediatric CPR demonstration	discussion	15 minutes	Omran Mohamed
14.Pediatric CPR	Skill station	60 minutes	All instructors
15.Break	Break	15 minutes	=====
16.Chocking management demonstration	Discussion	15 minutes	Amr Mowafy
17.Chocking in adults	Skill station	20 minutes	Alaa Fathy
18.Chocking in pediatrics	Skill station	20 minutes	Omran Mohamed
19.Break	Break	15 minutes	=====
20.Practical assessment	Assessment	10 minutes / candidate	All instructors
21.MCQ assessment	assessment	30 minutes	=====