



# Resuscitation Adult - Level 1

Resuscitation Adult - Level 1 - Online  
Training Course - CPDUK Accredited



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## OVERVIEW

Welcome to The Mandatory Training Group's online Resuscitation – Adult Basic Life Support – Level 1 training course.

Our online cardiopulmonary resuscitation (CPR) training courses are developed in line with the latest Resuscitation Council (UK) and meet the UK Core Skills Training Framework (CSTF). This online Resuscitation – Adult Basic Life Support – Level 1 training course meet current UK legislation, as well as the requirements set out by the Care Quality Commission (CQC), Health and Safety Executive (HSE) and other professional and regulatory bodies.

### Resuscitation - Adult Basic Life Support - Level 1 - E-Learning Course - CPDUK Accredited

- Study method – Online, self-paced
- Estimated duration (Indicative CPD hours) – 2 hours
- Course format – Online (24/7 access)
- Entry requirements – no prerequisites required
- Assessment type – Complete end of course assessment (80% needed to pass and gain CPD certificate)
- Certification/Qualification – Downloadable CPD certificate
- Cost(s) of assessment and certification – Assessment and certification costs included in the course price
- Course accreditation – CPD Certification Service (CPDUK)
- Course access – Part-time (1-year access)
- Course delivery – via desktop PC/MAC, laptops, tablets or smartphones.

### Who is the course for?

This online Resuscitation – Adult Basic Life Support – Level 1 training course is suitable for any clinical or non-clinical staff, dependent upon local risk assessment or work context.

### Course aims

On completion of this online Resuscitation – Adult Basic Life Support – Level 1 training course, the learner will:

- Be able to recognise a cardiorespiratory arrest,
- Know how to summon immediate emergency help following local protocols, and
- Be ready to start CPR using chest compressions.

## Learning outcomes

Learning outcomes are divided into three levels based on knowledge, skills and understanding. The appropriate level of training is dependent upon an individual's role, work context and a local risk assessment.

The levels given here are for the majority of staff who might need to be involved in delivering CPR. However, there are additional specialist levels of outcomes which need to be achieved for those who are expected to lead a resuscitation team, are resuscitation team members or teach resuscitation. These specialist outcomes are not covered in this framework. For further information about specialist outcomes, please see the Resuscitation Council (2015) Resuscitation Guidelines and the Quality Standards for Clinical Practice and Training.

Where staff are exposed to and involved in the care of patients from a range of age groups, they should receive the relevant type of resuscitation training.

### Level 1 Resuscitation learning outcomes

- Any clinical or non-clinical staff, dependent upon local risk assessment or work context.

### Level 2 Resuscitation learning outcomes

Staff with direct clinical care responsibilities, including all qualified healthcare professionals:

- Staff working with Adult patients should undertake training in adult basic life support,
- Staff working with Paediatric patients should undertake training in paediatric basic life support, and
- Staff working with Newborn patients should undertake training in newborn basic life support.

### Level 3 Resuscitation learning outcomes

Staff with direct clinical care responsibilities, including all qualified healthcare professionals:

- Registered healthcare professionals with a responsibility to participate as part of the adult resuscitation team should undertake adult immediate life support training,
- Registered healthcare professionals with a responsibility to participate as part of the paediatric resuscitation team should undertake paediatric immediate life support training,
- Registered healthcare professionals with a responsibility to participate as part of the newborn resuscitation team should undertake newborn life support training,
- Registered healthcare professionals involved in administering rapid tranquillisation in the care of patients with disturbed mental functioning should undertake adult immediate life support training, and
- Registered healthcare professionals involved in administering sedation in the care of dental or podiatric patients should undertake adult immediate life support training and, where appropriate to caseload, paediatric immediate life support training.

## Course content

### Unit 1 – Introduction

- Definitions:
  - What is cardiac arrest?
  - What is a heart attack?
  - What is cardiopulmonary resuscitation?
  - Cardiac arrest or heart attack?
  - What are the signs of a heart attack?
  - What are the causes of cardiac arrest?

### Unit 2 – Resuscitation Council UK guidance

- UK statistics

### Unit 3 – CPR and defibrillation

- Importance of CPR
- The Chain of Survival
- Automated External Defibrillators (AEDs)
  - What is an AED?
  - Why are AEDs important?
  - How does an AED work?
  - Who can use an AED?
  - Safe use of AEDs

- High-quality CPR
- Performing CPR effectively
- Hands-only CPR

### Unit 4- CPR for laypeople and first aiders

- Lifesavers
- Practical CPR training
- Links in the Chain of Survival
  - Early recognition and calling for help
  - Early CPR
  - Early defibrillation
  - Post resuscitation care

### Performing CPR

- Calling for help
- Giving information
- Chest compressions
- Rescue breaths
- Hands-only CPR

### Assisting a choking victim.

## Why is this Resuscitation - Adult Basic Life Support - Level 1 E-learning course essential?

It is a common expectation that healthcare staff will have sufficient knowledge and skills to be able to recognise and respond to signs of clinical deterioration. Where healthcare staff can anticipate, identify and respond to patient signs of clinical deterioration, they can prevent further decline that might otherwise culminate in cardio-respiratory arrest. Consequently, there has been a particular focus on promoting greater awareness and understanding of the needs and care of the deteriorating patient.

While the priority is on preventing clinical deterioration, some patients' condition will progress to cardiorespiratory arrest and require cardiopulmonary resuscitation (CPR). Early and effective resuscitation can save lives. Research in emergency care of collapsed people has led to significant advances in resuscitation techniques. Healthcare organisations must have a clearly defined resuscitation policy and ensure that they provide an effective resuscitation response and service.

As part of their duty to ensure safe and effective care, healthcare organisations must ensure that their workforce receives the appropriate training, including periodic updates, to maintain a level of resuscitation competence relevant to their role. The requirements stated are minimum standards and apply to the majority of the workforce in roles and settings where they might be required to provide initial CPR until the arrival of advanced life support expertise and support.



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## HOW IT WORKS?

### Instant Access

- Gain instant access to your course(s) upon purchasing through our website
- Login credentials are sent immediately to the customer to the email address provided during the checkout process
- We also advise all customers to check their spam and junk mail folders in case your mail server has diverted the email there

### Online Support 24/7

- Customer service teams interact with clients through email and live chat support.

### Refund policy

- To request a refund, you should email our support team with your receipt stating why you would like to be reimbursed.
- You, or your learners, must not complete the training to make a valid refund claim.
- Any courses that have been completed and those with certificates achieved will not be valid for a refund.

### Learn Anytime, Anywhere, On Any Device

- Learn at your own pace, at a time and place convenient to your circumstances
- Individual learners can access their course material(s) 24/7 for 365 days from the date of purchase
- In the case of organisations that order multiple licences for future use, the countdown will start when learners are allocated to the training course(s)

### Assessment and Certification

- Unlimited attempts to complete end of course assessments
- On successful completion, download, print/save quality-assured CPD certificate

### 100% Money Back Guarantee

- We want you to be completely satisfied with your training. We offer a 14-day money-back guarantee if you are not 100% satisfied.

## ASSESSMENT AND CERTIFICATION

### End of course assessment

At the end of this course, learners are required to complete an online end of course assessment. On successful completion of the assessment (80% pass mark), learners may download a FREE CPD certificate from their profile page.

### Certification

On successful completion of this e-learning course and end of course assessment, the learner may download, save and/or print a quality assured CPD certificate (recognised internationally). Our CPD certificate can be used to provide evidence for compliance and audit or Continuing Professional Development (CPD).

### Course accreditation

The CPD Certification Service accredits all our online training courses and programmes as conforming to universally accepted Continuous Professional Development (CPD) guidelines. Our online training courses meet the latest guidance and best practice recommendations.



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Collective Mark

Mandatory Training Group

CPDUK Corporate Membership Number - 11177



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## WHY CHOOSE US?

The benefits of using our accredited e-learning courses in the workplace include:

- CPDUK accredited e-learning provider
- Ofqual approved training centre (UK qualifications)
- Internationally recognised CPD and Ofqual approved certificates
- Wide range of courses and qualifications that meet UK legislation and guidelines
- Over 500 online courses and programmes that cover multiple sectors
- Free blended learning environment for individuals and organisations
- Immediate access to online courses and programmes
- Highly interactive e-learning portal
- Substantial cost reductions (no travel fees and other expenses)
- Self-paced online learning
- Low carbon footprint through e-learning
- Repository of online learning materials and assessments
- Fully qualified and experienced trainers, instructors and assessors
- Experienced subject matter experts and content developers
- Conversion of existing classroom courses to e-learning courses
- All training courses meet the latest guidance and best practice recommendations.



## Civility in the Workplace Training Course for Global Executives

*"YPO is the premier global leadership organisation for more than 28,000 chief executives in over 130 countries and the global platform for them to engage, learn and grow. We approached The Mandatory Training Group to develop an online training programme focusing on improving workplace civility. Their team developed excellent learning materials tailored to our organisational needs. With their support, we rolled out the civility in the workplace training programme to over 300 executives around the world."*

Nicolle Billmyre, YPO, Texas, USA



## City and Hackney

Clinical Commissioning Group

## Counter Fraud, Bribery and Corruption Training for NHS Providers

*"NHS City and Hackney Clinical Commissioning Group (CCG) is an NHS organisation led by local GPs. The Mandatory Training Group provided us with tailored courses focussing on tackling fraud, corruption and bribery for all our staff across various sites. The e-learning courses helped us to meet statutory and regulatory requirements".*

Harriet Griffiths, NHS City and Hackney CCG, London, UK



## Accredited Training Courses, Programmes and Regulated Qualifications

*"Reed is the largest platform for jobs, recruitment and courses in the UK. The Mandatory Training Group is one of our most trusted providers of continuing professional development (CPD) programmes and regulated qualifications. They have provided us with a wide range of learning materials ranging from soft skills, personal development, health and safety, among others. These courses help many job seekers to improve their skills and comply with the current UK and European laws".*

Mansh Bhatti, Reed Courses, London, UK

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*“When we set up our business, we were looking for a reliable training provider for the healthcare multi-disciplinary team (MDT). We worked with The Mandatory Training Group to establish our training needs for each group of professionals. Their experience was invaluable, helping us to design new courses and assessments to meet the commissioners' and regulatory requirements”.*

Anne Joy, OSD Healthcare, Hemel Hempstead, UK



Healthcare choice for **everyone** **Statutory and Mandatory Training for Healthcare Providers**

*“All our senior clinicians were delighted with the delivery of the mandatory training courses. They found the course leaders to be very flexible with allocating more time to certain areas at request. The course contents that LearnPac had designed were tailored to our workforce, which helped them improve their understanding of the subjects. The application of legislative concepts to practice was excellent”.*

Sophie Hartley-Jones, OneHealth Group, Sheffield, UK

## Online Training and Development for the Public Sector



*“We work with various public sector organisations. Statutory and mandatory training is essential for all our placements. We used LearnPac for the blended learning environment they provide for our staff. The online statutory and mandatory training courses adequately meet our regulatory requirements. LearnPac's learning management system enabled us to manage our learners and quickly sort out compliance for our workers. The flexibility of pricing and meeting our needs with the mandatory training was beneficial.”*

David Sanchez, Eden Brown Synergy, London, UK



## Blended Train the Trainer Courses for Healthcare Providers

*“We were looking to provide resuscitation and first aid training for clinical and non-clinical staff internally. The Mandatory Training Group stood out because they provide comprehensive blended learning solutions. Our internal trainers and facilitators were able to complete the theory training and assessments in advance. The practical sessions were packed with meaningful activities throughout the day. The lead trainers also helped us to complete training needs assessments”.*

Kate McLoughlin, Nuffield Health, Bournemouth, UK

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# LEARN. DEVELOP. COMPLY.

The Mandatory Training Group is the leading UK provider of accredited statutory and mandatory training courses for all sectors, including health and social care, education, local government, private and charity sectors.

We have supported over one million learners to reach their potential through e-learning courses and qualifications using our interactive online learning portal.

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## WORKING HOURS

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