

## Course description

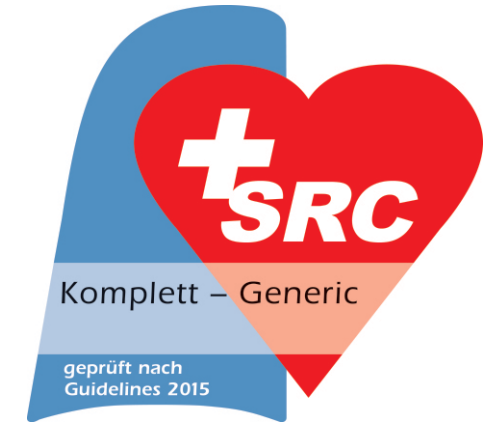
- This 8 hour training course in Basic Life Support (or 4 hour Refresher course) and Automated External Defibrillation can be conducted at your workplace. It is designed in accordance with the Swiss Resuscitation on Council (SRC) guidelines and carries SRC certification.
- This course is based on the concept theory of Çitaku and Rechsteiner "Competent reacting in emergency situations" (<https://www.amazon.de/Kompetent-reagieren-Notfallsituationen-Fadil-Citaku/dp/3838680359>) and has been for many years successfully practiced.
- Emergency situations are always associated with stress and represent an extreme situation that requires swift action and retrievable emergency knowledge. Knowledge about the procedure of patient's assessment and the implementation of first aid measures give the participants the assurance of reacting calmly in emergencies.
- Through the imparting of sound theoretical knowledge and practical training by an experienced course facilitator (several years of experience in resuscitation, emergency, anesthesia and medical education), the course participants will gain the necessary skills to master emergency situations in a competent and reflective manner.

## Course: Swiss Resuscitation Council BLS/AED (BLS-AED-SRC Generic Provider)



## Course outcomes

- The course participants:
  - understand basic life support requirements
  - describe different types of cardiopulmonary arrest
  - describe symptoms of heart attack and stroke
  - demonstrate first aid measures related to heart attack or stroke
  - are able to demonstrate basic life support techniques and automated external defibrillator use in line with current Swiss Resuscitation Council guidelines
  - demonstrate cardiopulmonary resuscitation
  - demonstrate how to manage a choking casualty
  - demonstrate the use of an automated external defibrillator
  - demonstrate how to place a casualty in the recovery position



This BLS-AED course has been certified by the SRC = Swiss Resuscitation Council.  
[http://www.resuscitation.ch/fileadmin/user\\_upload/anbieter\\_nach\\_kanton\\_Guetesiegel\\_2015.pdf](http://www.resuscitation.ch/fileadmin/user_upload/anbieter_nach_kanton_Guetesiegel_2015.pdf)

## Contact

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## Course content

- Own safety
  - Emergency Calling
  - Self-motivation
  - Inhibiting factors
  - Respiratory and circulatory arrest
  - Fall, body check after fall
  - Various emergency scenarios specific to your company
  - Hypoglycemia
  - Difficulty in breathing
  - Drowning
  - Choking
  - Bleeding
  - Combustion
  - Seizure (Epilepsy)
  - Shock
  - Stroke
  - Unconsciousness
  - Cardiovascular disease
  - BLS incl. use of the AED
  - Ethical principles of resuscitation
- In addition to the above topics, you can determine the composition of the course content according to your needs.



## Teaching methods

- Interactive conversation, case studies.
- Staging of case studies and simulations, training on the phantom.
- Training based on experienced emergency situations and reflect, promote transfer to practice, etc.

## Course location, -duration, -costs

Course location: At your institution

### Basic course

Duration: 8 hours

Costs: Fr. 2000.- incl. course documents and course certificate

### Refresher

Duration: 4 hours

Costs: Fr. 1000.- incl. course documents and course certificate

## Course leader



**Dr. Fadil Çitaku, PhD, MME, Teacher in Health Care**

- Expert in anesthetic care
- Experience in rescue service
- Multiple resuscitations guided
- Founder and director of a training center for anesthesia and rescue service
- Teacher for health professionals
- Developed and led emergency concepts for health professionals
- Developed and facilitated the course "Competently responding in emergency situations for corporates in Switzerland"
- Quality expert for Emergency Courses at SRK and ResQ
- Course leader, Rescue School San Arena Zurich
- Book author «Competent reacting in emergency situations»
- Master of Medical Education, University of Bern
- Dr. in Medical Education, PhD