

BASIC LIFE SUPPORT

For Health Care Providers

The course ensures that health care providers are provided with the most current Cardiopulmonary Resuscitation (CPR) guidelines and practice (RCSA, 2016).

Opportunity description:

Rescuers learn to:

- identify a patient who is in need of CPR;
- activate emergency medical services;
- perform high-quality CPR;
- provide effective ventilations using various devices;
- use an Automated External Defibrillator (AED);
- provide rescue breaths;
- assist choking patients; and
- perform the recovery position for semi-conscious or unconscious patients.

The CPR is performed when a patient has collapsed, is not breathing effectively and their heart is not circulating blood. CPR is performed to ensure oxygenated blood circulation, specifically to perfuse the patient's brain and heart. This enables the brain and

heart to remain "alive" until a normal heartbeat is achieved and good perfusion to the brain is restored. In essence, CPR is used to bridge the gap between sudden cardiac arrest and the arrival of advanced medical interventions (RCSA, 2016).

Impact:

Trained health care providers help to increase the chances of survival after cardiac arrest in the community where they are working.

Community partners:

Community Oriented Substance Use Programme (COSUP) is our main community partner. We offer this training to their members, which include amongst others clinical associates, social workers, peers and community health workers.

References:

Resuscitation Council of Southern Africa (2016)
American Heart Association (March, 2011)

Contact person:

Albert Matlheketha
012 420 4068/082 908 3345