

Medical Professionals' CPD Refresher BLS Lesson Plan

DJM/2020

Your participants will be trainer assessed in:

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| <ul style="list-style-type: none"> • Resuscitation Council And GDC responsibilities • Incident Management • Emergency protocol, (DR ABCDE) • Unconscious recovery position for adults | <ul style="list-style-type: none"> • Adult CPR • Safety around oxygen cylinders • Using an AED and Oxygen in resuscitation • Emergency drugs |
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As this is an annual course, each year L2R will introduce other topics of your choice, after discussion with the dentists or doctors as to which is the most appropriate for that year. Below is a suggested list of subjects that ideally should be covered over a five year period. Make sure you note on the back of the register the subjects covered for future reference.

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| <ul style="list-style-type: none"> • Choking adult, child and baby • Tooth emergencies • Bleeding control • Heart attack and conditions • Seizures • Anaphylaxis • Hypovolemic shock control • Bleeding wound bandages • Burns | <ul style="list-style-type: none"> • Broken bones, including jaws, clavicle and pelvis • Spinal injuries • Sprain, joint support, bandages • Abdominal injuries • Amputations • Dislocations • Faint • Imbalance of heat | <ul style="list-style-type: none"> • Head Injuries • Hypovolemic shock • Poison • Eye injuries • Splinters • Stings • Bites |
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Suggested timings given, but not absolute. Games and activities highly recommended.

Topics in red are trainer assessed. P = practical session, T = theory or test only, A = Activity

Time	Minutes	Topic	Additional Equipment
1400	5	Welcome introduction and house rules T	PowerPoint if desired
1405	5	First Aider's basic responsibilities and RCUK guidelines T	
1415	10	Emergency Protocol outline (DR ABCDE) T	
1420	5	Assessing levels of consciousness (AVPU) T	
1430	10	Casualty Diagnosis (SAMPLE) P	Folded hand out
1440	20	Unconscious person recovery position for adult P	
1450	10	AED and Oxygen demonstration T	AED and Oxygen
1500	10	Break	
1510	20	CPR competence (knowledge check / subtle CPR assessment) P	
1530	20	Collapsed person CPR and Oxygen scenario T	
1550	10	Understanding the emergency drugs T	Client's drug kit
1600	30	Topics of your or the clients choice T P A	
1630	10	Open forum or over time buffer zone time	
1645	15	Evaluations day 1 A	Evaluation sheets
1700		End	