

Advanced Life Support

Running a cardiac arrest from the first minute: rhythm recognition, manual defibrillation, airway, drugs and leading the team. Advanced life support to ALS2 level.

\$650 / person inc. GST

1 day

16 planned learning hours

Who it's for and prerequisites

GPs, nurses and paramedics who would lead or assist at a cardiac arrest: practice nurses, day surgery and recovery nurses, aged care clinical leads, and rural and remote clinicians.

Prerequisite: A clinical role (AHPRA-registered or a paramedic) and current BLS skills. **Preparation:** About 8 hours of online learning, at your own pace, finished before the day.

Learning outcomes

- Recognise the deteriorating adult and act early to prevent cardiac arrest
- Deliver and supervise high-quality CPR with minimal interruptions
- Identify shockable and non-shockable arrest rhythms and common peri-arrest rhythms
- Defibrillate safely in manual mode, and describe when cardioversion and pacing are used
- Manage the airway with a bag-valve-mask, adjuncts and a supraglottic airway
- Give adrenaline and amiodarone at the right points in the algorithm, by IV or IO
- Find and treat reversible causes using the 4 Hs and 4 Ts
- Lead a resuscitation team with clear roles and closed-loop communication
- Begin post-resuscitation care after return of spontaneous circulation

Online preparation

Planned total: 480 minutes. Complete before the practical session.

Module	Minutes	Content
Recognising deterioration	45	Early warning signs, ABCDE assessment, escalation and preventing in-hospital arrest
High-quality CPR	30	BLS refresher, compression quality, ventilation and minimising pauses
ECG and rhythm recognition	60	A structured approach to rhythm strips; VF, pulseless VT, asystole, PEA; bradycardias and tachycardias
The adult ALS algorithm	60	The 2-minute loop, shockable and non-shockable pathways, timing of drugs and rhythm checks
Electrical therapy	45	Manual defibrillation and safety, energy levels, synchronised cardioversion and pacing overview
Airway, breathing and oxygen	60	Bag-valve-mask, adjuncts, supraglottic airways, waveform capnography and targeted oxygen therapy
Medications in cardiac arrest	45	Adrenaline, amiodarone and others; IV and IO access
Reversible causes and special circumstances	45	4 Hs and 4 Ts, anaphylaxis, hyperkalaemia, trauma and other special circumstances
After return of circulation	30	Post-resuscitation priorities, oxygen and blood pressure targets, temperature control and handover
Leading the team	30	Roles, closed-loop communication, situational awareness and debriefing
Pre-course quiz	30	Multiple-choice questions to check readiness; results guide the day

Your training day

Use the timetable as a delivery plan. Adapt scenarios to participants' roles and equipment. 1 educator for every 8 participants.

Start	Session and content	Format
08:00	Welcome and orientation Objectives, team introductions, and a walk through your own resuscitation trolley and defibrillator	Briefing
08:20	High-quality CPR Compression and ventilation check on feedback manikins; rotating compressors every 2 minutes	Skills station
08:50	Rhythm recognition Rapid rhythm identification on the simulator, linked to the algorithm decision	Workshop
09:30	Manual defibrillation Safe charge-and-shock sequence, shockable and non-shockable pathways; cardioversion and pacing overview	Skills station
10:15	Morning tea	
10:30	Airway management Two-person bag-valve-mask, oropharyngeal and nasopharyngeal airways, supraglottic airway, suction, capnography	Skills station
11:15	Access and drugs IO insertion on trainers, drug preparation, timing in the algorithm, 4 Hs and 4 Ts	Workshop
12:00	Demonstration arrest Educators run a full arrest in real time, then the group breaks down what each role did	Demonstration
12:30	Lunch	
13:00	Cardiac arrest scenarios Shockable and non-shockable arrests, peri-arrest bradycardia and tachycardia, anaphylaxis, post-ROSC care. Team leader, defibrillator, airway, drugs and scribe roles rotate	Simulation and debrief
14:45	Afternoon tea	
15:00	Assessment Each participant leads one assessed scenario. Theory exam if not completed online	Assessment
16:15	Debrief, reflection and refresher plan Individual feedback, reflection on team performance, an action plan and certificates. Finish at 17:00	Debrief

Assessment criteria

- Theory exam: multiple-choice, 80% to pass
- Two minutes of effective CPR on a feedback manikin
- Safe manual defibrillation, including correct rhythm identification
- Leading a simulated cardiac arrest independently, following the ANZCOR adult ALS algorithm

Observe skills throughout, coach specifically and record individual outcomes. Use an approved checklist for each practical assessment. The 80% theory threshold, where listed, is our proposed course standard.

Certificate rules

Participants who meet every assessment criterion receive a certificate of competency showing the course, date, CPD hours and guideline version. Anyone who doesn't receives a certificate of attendance with specific feedback, and can be reassessed at a later session at no charge.

Certificate acceptance and refresher intervals depend on the employer and professional body. Contact us before attending if a participation adjustment is needed.

Running the course

Group: On-site minimum 6. Up to 8 with one educator, up to 16 with two. **Educators:** 1 educator for every 8 participants.

Venue: A room big enough for two scenario stations, or your own treatment room or recovery bay for in-situ scenarios. Tables, chairs and power points.

Equipment

- ALS manikin with airway and rhythm simulator
- Training defibrillator with manual mode
- CPR feedback manikins
- Bag-valve-masks, oropharyngeal and nasopharyngeal airways, supraglottic airways, suction
- IO trainer, simulated drug box and cognitive aids (algorithm cards)

Requirements this design supports

- NSQHS Standard 8, Action 8.11: evidence of clinicians' competence in advanced life support, following Australian Resuscitation Council guidelines
- Employer-specific advanced life support refresher requirements, subject to local policy
- RACGP CPR requirement for GPs (an ALS course that includes CPR is accepted)
- ANZCOR Guideline 10.2: blended delivery with 6–8 hours of instructor-led training, feedback devices and team leadership

Training supports skills and records. It does not by itself certify workplace compliance or guarantee employer acceptance.

CPD: 16 planned learning hours. [Accreditation pending] RACGP activity ID: [Activity ID pending] · ACRRM activity ID: [Activity ID pending].

Educator preparation and quality checks

Review current algorithms and local policies, check equipment and hygiene, prepare role-specific scenarios and assessment checklists, and confirm learner prerequisites. Record results, give individual feedback and use learner feedback to improve the next session. This outline is a delivery plan; it must be accompanied by original slides, online modules, scenarios and assessment tools.

Guideline references

- ANZCOR Guideline 11.2 – Protocols for Adult Advanced Life Support
- ANZCOR Guideline 11.4 – Electrical Therapy for Adult Advanced Life Support
- ANZCOR Guideline 11.5 – Medications in Adult Cardiac Arrest
- ANZCOR Guidelines 11.6 and 11.6.1 – Equipment and Techniques; Targeted Oxygen Therapy
- ANZCOR Guidelines 11.7 and 11.8 – Post-resuscitation Therapy; Temperature Control after Cardiac Arrest
- ANZCOR Guideline 11.9 – Managing Acute Dysrhythmias
- ANZCOR Guideline 11.10 – Resuscitation in Special Circumstances
- ANZCOR Guideline 10.2 – Advanced Life Support (ALS) Training
- NSQHS Standard 8 – Recognising and Responding to Acute Deterioration, Action 8.11

[anzcor.org](https://www.anzcor.org/): current guideline library · Training guideline

Design based on ANZCOR guidance checked 7 October 2026. Confirm the current version at [anzcor.org](https://www.anzcor.org/) before every delivery. No drug-dose tables are reproduced in this outline.

Based in Melbourne. Training across Victoria, and interstate for the right group. Travel within metropolitan Melbourne is included. Regional and interstate travel is quoted before you book. Contact: hello@respondlifesupport.com · [Phone TBC].