



مركز طرابلس الدولي  
لتدريب دعم الحياة

**T.I.T.C.L.S**  
Tripoli International  
Training Centre for Life Support

**RE-  
PULSE**



Tripoli International Training Centre For Life Support  
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[www.titcls.com](http://www.titcls.com)



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American  
Heart  
Association®

life is why™

**AUTHORIZED**  
**TRAINING**  
C E N T E R

Our goal is to provide you with the skills to successfully save a life. You will be trained on the importance of knowing what to do when faced with an acute medical emergency or sudden cardiac arrest. The actions we take can make a critical difference in someone's life.

هدفنا هو تدريبكم على المهارات لإنقاذ حياة بنجاح. سوف تتدرب لتدرك أهمية معرفة ما يجب القيام به عندما تواجه حالة طوارئ طبية حادة أو سكتة قلبية مفاجئة. فالإجراءات التي نتخذها يمكن أن تحدث فرقا حاسما في حياة شخص ما.

## Who are we?

Tripoli International Training Centre for Life Support (TITCLS) is proud to be the first and only authorized training center from the American Heart Association (AHA).

## من نحن؟

يفتخر مركز طرابلس الدولي للتدريب على الحياة بأن يكون أول مركز تدريب في شمال لبنان معتمد من جمعية القلب الأمريكية.

## Our Mission

To provide participants with tools and knowledge to enable them to manage patients in critical care condition including sudden cardiac arrest and other medical emergencies through utilizing the best national and international practices, to improve survival and reducing disabilities in Lebanon.

## مهمتنا

تزويد المشاركين بالأدوات والمعرفة لتمكينهم من إنقاذ المرضى في حالة الرعاية الحرجة بما في ذلك السكتة القلبية المفاجئة وغيرها من حالات الطوارئ الطبية من خلال الاستفادة من أفضل البروتوكولات الدولية، لتحسين فرص البقاء على قيد الحياة والحد من الإعاقات في لبنان.

## Our Vision

To be pioneers in providing Emergency Cardiovascular Care (ECC) courses for all health care professionals, to create the best-place-to-work by providing the Lebanese community with life support classes knowledge and skills, through state-of-the-art learning opportunities.

## رؤيتنا

أن نكون رواداً في توفير دورات ECC لجميع العاملين في الرعاية الصحية، لخلق أفضل مكان للعمل من خلال تزويد المجتمع اللبناني بوسائل دعم الحياة و المعرفة والمهارات، من خلال أفضل فرص للتعليم.



## **TITCLS Courses:**

As the world leader in CPR, first aid and emergency cardiovascular care (ECC) training and education, the American Heart Association offers a variety of options for you to learn lifesaving skills.

### **The AHA courses offered by TITCLS are:**

- 1- Heart saver/AED/First Aid.
- 2- Basic life support (BLS).
- 3- Advanced cardiac life support (ACLS)
- 4- Airway management course.
- 5- ECG and pharmacology course.

### **Other courses offered by TITCLS:**

- 1- Emergency first responder.
- 2- Triage in ER.

# AHA Courses:

## **1- Heartsaver CPR and AED**

The HeartSaver AED Course teaches Cardio-Pulmonary Resuscitation (CPR), Automated External Defibrillator (AED) use, relief of choking in adults and children, and infant CPR and relief of choking, and use of barrier devices for all ages.

### ***Modules Available***

Adult CPR and AED use

Optional:

Child CPR, AED use and choking

Infant CPR & Chocking

### ***Target Audience***

For those who have a duty to respond (First Responders, Teachers, Nursery School Teachers, Teachers Aids, Security Guards) to a cardiac emergency because of work related responsibilities or regulatory requirements.

### ***Card Type***

AHA HeartSaver AED Card.

### ***Written Exam / Skills Test***

Optional written exam

### ***Instructors***

LSTC AHA certified BLS instructors

### ***Length***

Adult / Child /Infant: 6 hours approximately

Adult / Child: 5 hours approximately





## – الإنعاش القلبي الرئوي ومزيل الرجفان الخارجي الآلي AED لمنقذ القلب (Heartsaver®)

دورة الإنعاش القلبي الرئوي ومزيل الرجفان لمنقذ القلب هي عبارة عن دورة تدريبية قائمة على نظام الفصل الدراسي وشرح الفيديو تحت إشراف أحد المحاضرين، وهي تعلّم كيفية الإنعاش القلبي الرئوي واستخدام أجهزة إزالة الرجفان الآلية وإزالة الاختناق، وتستخدم تقنية الممارسة أثناء المشاهدة المعتمدة لدى جمعية القلب الأمريكية، والتي تسمح للطلاب بمحاكاة وتطبيق المهارات التي يتم عرضها على الفيديو وتمكن المدربين من إعطاء الملاحظات وتوجيه الطلاب لاكتساب المهارات.

### الجمهور المستهدف

بالنسبة لأولئك الذين لديهم واجب الاستجابة (أول المستجيبين والمعلمين ومعلمي المدارس الحضانة، المعلمين، حراس الأمن...) لحالات الطوارئ القلب بسبب المسؤوليات المتعلقة بالعمل أو المتطلبات التنظيمية.

### نوع البطاقة

منقذ القلب من الجمعية الأمريكية للقلب (AHA)

منقذ القلب وإسعافات أولية (AHA)

امتحان مكتوب / اختبار المهارات

امتحان كتابي اختياري

وجوب اجتياز اختبار المهارات

### المدربين

مدرب مركز طرابلس الدولي لتدريب دعم الحياة مجاز من الجمعية الأمريكية للقلب (AHA)

### المدة

الكبار / الطفل / الرضع: ٦ ساعات تقريبا

الكبار / الطفل: ٥ ساعات تقريبا.

## 2- Basic Life Support (BLS)

The Basic Life Support (BLS) for Healthcare Providers (HCP) Course is a video-based, Instructor-led course that teaches both single-rescuer and team basic life support. The course trains participants to promptly recognize several life-threatening emergencies, give high-quality chest compressions, deliver appropriate ventilations, provides early use of an Automated External Defibrillator (AED) and the treatment of foreign body airway obstruction.



## **Course Covers**

- Key changes in basic life support reflecting the new science from the American Heart Association
- Critical concepts of high-quality CPR
- 1- and 2- rescuer CPR and AED for adult, children and infant
- Adult, Child and Infant Bag-mask techniques and rescue breathing
- Relief of choking for adult, child and infant
- CPR with advanced airway

## **Target Audience**

For healthcare providers such as emergency medical personnel (EMS), physicians, dentists, nurses, respiratory therapists and x-ray technologists who must have a BLS Provider card documenting successful completion of a CPR course.

## **Card Type**

AHA BLS for Healthcare Providers Card

Written Exam/Skills Test

Multiple Choice Written Exam and Skills Test

## **Instructors**

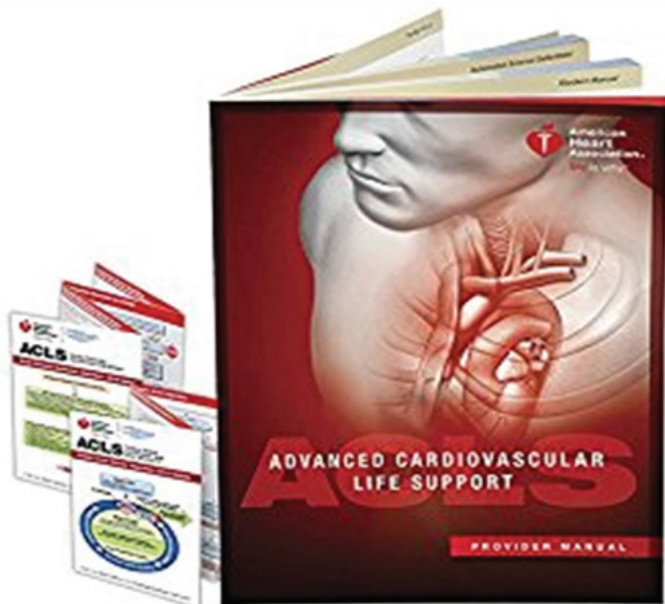
TITCLS AHA certified BLS instructors

## **Length**

Approximately 6 hours (01 Day)

### 3- Advanced Cardiovascular Life Support (ACLS)

The American Heart Association Advanced Cardiovascular Life Support course is totally redesigned to incorporate new scientific evidence from the latest Guidelines. Through the ACLS course, healthcare providers will enhance their skills in the treatment of the adult victim of a cardiac arrest or other cardiopulmonary emergencies. ACLS emphasizes the importance of basic life support to patient survival, the integration of effective basic life support with advanced cardiovascular life support interventions, and the importance of effective team interaction and communication during resuscitation.



## Course Covers

- Key changes in advanced cardiac life support reflecting the new science from AHA.
- Basic life support skills
- Recognition and early management of respiratory and cardiac arrest
- Recognition and early management of peri-arrest conditions
- Airway management
- Related Pharmacology
- Management of acute coronary syndromes and stroke
- Effective communication as a member and leader of a resuscitation team

## Target Audience

For emergency, intensive care and critical care healthcare providers such as physicians, nurses, medical technicians, paramedics and other professionals who may need to respond to cardiovascular or cardiopulmonary emergencies.

## Card Type

AHA ACLS Provider Card

## Written Exam/Skills Test

Multiple Choice Written Exam and Skills Test

## Instructors

TITCLS AHA certified ACLS instructors

## Length

Approximately 13.5 hours (1.5 days).

## 4- ECG and Pharmacology

Specifically designed to address a key knowledge gap in Electrocardiogram (ECG) and Pharmacology, the American Heart Association's Adult ECG and Pharmacology Course is a program focused on specific ECG recognition skills and drug treatment knowledge. This is a pre-course option for ACLS students and other healthcare providers, and is also for ACLS students who need to improve after the ACLS pre-course self-assessment test.

The course is divided into two modules – one for ECG and one for Pharmacology – which can be taught together or separately, depending on the need. Skills taught in the ECG module include heart anatomy, basic electrophysiology, normal ECG measurements and basic arrhythmias. The Pharmacology module covers basic ACLS drugs and usage; drugs, doses and routes of administration during cardiovascular emergencies; and integrating basic drug pharmacology into ACLS algorithms.



## **Target Audience**

For a variety of healthcare providers, including physicians, nurses, paramedics, residents, respiratory therapists, nurse practitioners, physician assistants, clinical pharmacists and ECG technicians.

## **Card Type**

ECG Completion Certificate, Pharmacology Completion Certificate or ECG and Pharmacology Completion Certificates

## **Written Exam/Skills Test**

Multiple ChoiceS Written Exam

## **Instructors**

TITCLS AHA certified instructors

## **Length**

4.5 hours for the ECG module, 2.5 hours for the Pharmacology module, and 7 hours for both modules.

## 5- Airway Management

The American Heart Association Airway Management Course is a unique program specifically designed to give students the opportunity to learn, practice & demonstrate many airway skills used in resuscitation. Healthcare providers whose occupation or volunteer activities require airway management skills, in addition to professionals in the field of resuscitation and airway management such as scientists, educators, researchers, and manufacturers of medical devices, may find the course beneficial.

### Objectives

The learning model for this course includes video-guided instruction, skills practice, and testing. Airway Management includes five modules – one required module and four optional – for facilitators to combine based on student need and scope of practice. The five modules are:

- Bag-Mask Ventilation and Airway Adjuncts (required)
- Laryngeal Mask Airway
- Esophageal-Tracheal Combitube
- Endotracheal Tube
- Impedance Threshold Device
- This course does not provide certification, but instead is designed solely to enhance students' airway management skills.



## **Target Audience**

For currently active healthcare providers whose daily occupation or volunteer activities require the knowledge and skills of airway management.

## **Written/Skills Test**

Pass both the skills and written test for each module taught

## **Instructors**

TITCLS AHA certified instructors

## **Length**

Approximately 5 hours if all five modules are taught



# Other Courses offered by TITCLS

## 1- Emergency first responder course:

An Emergency First Responder (EFR) is a person trained in Cardiac First Response that possesses additional knowledge and skills in the assessment and management of patients in a pre-hospital environment. An EFR may be part of the emergency medical services, a healthcare practitioner or a member of the public who has undertaken a recognized EFR course.

Successful completion of the EFR standard and assessment leads to the award of the joint recognized institution and PHECC award at EFR level. This award ensures that the EFR has fulfilled the educational and training requirements as prescribed by PHECC, thereby possessing the knowledge, skills and professionalism in line with the expectations of the public and the profession.



In addition to basic life support cardiopulmonary resuscitation and automated external defibrillation skills, the emergency first responder possesses defined skills in the further assessment and management of common medical emergencies and trauma, including common pediatric emergencies and in providing assistance during labor childbirth. The EFR possesses appropriate knowledge and skills in assisting with the administration of certain prescribed medication. Emergency first responders are skilled in assisting with the movement of patients and can practice key rescue skills under special authorization according to CPGs. Finally the EFR has basic training in relevant medico-legal issues and in adopting a professional approach to interacting with patients and other emergency medical services in the pre-hospital setting.

Emergency first responders must also be committed to the process of continuous responder competence and will be required to maintain their skill levels in both CFR and EFR at defined time intervals.

Who Should Attend:	Anyone
Prerequisites:	None
Manual:	EFR Student Book
Duration:	3 Days
Certificate:	Certificate and Card Issued To Each Participant
Certificate Valid For:	2 Years

## Course Content:

- Accident Scene Planning & Management
- Patient Assessment
- Assess Pupils
- Breathing & Pulse Rate
- Adult CPR
- Child CPR
- Infant CPR
- Use of Face Mask Devices
- Automated External Defibrillator - AED
- SpO2 Monitoring
- Oxygen Administration
- Head Tilt Chin Lift
- Cervical Spine Stabilization
- Cervical Collar Application
- Helmet Stabilization
- Recovery (safe airway) Position
- Oropharyngeal Airways (OPA)
- Suctioning
- Jaw Thrust
- Nasal Cannula
- Sprain & Strains
- Epilepsy
- Asthma
- Heart Attack
- Blood Pressure
- Stroke
- Diabetes
- Allergic Reactions
- Burns
- Rule Of Nines
- Scalds
- Poisons
- Electrical Injuries
- Extremes of Heat and Cold
- Control of Spinal Injuries
- Fractures
- Dislocations
- Soft Tissue Injuries
- Bleeding
- Capillary Refill

## Course Format:

Our approach to training incorporates both practical and interactive learning, giving participants the confidence and ability to put theory into practice and to cope with real-life situations that may arise in the workplace, home or community. Both the theoretical knowledge and practical skills of the participants are continually assessed by the instructor throughout the course.

## 2- Triage in ER

Description:

This course provides an overview of triage assessment approaches According Canadian Triage and Acuity Scale (CTAS), including various topics that enrich the participant's knowledge and skills. The course will focus on providing comprehensive, evidence based, and practical information for developing the participant's competences that will help in developing their career.



### Target Audience

Health care providers who are working in any ER setting are the target participant (nurses, physicians, ED managers)

Course duration:

3 days for the theory part according to participant needs.

Language

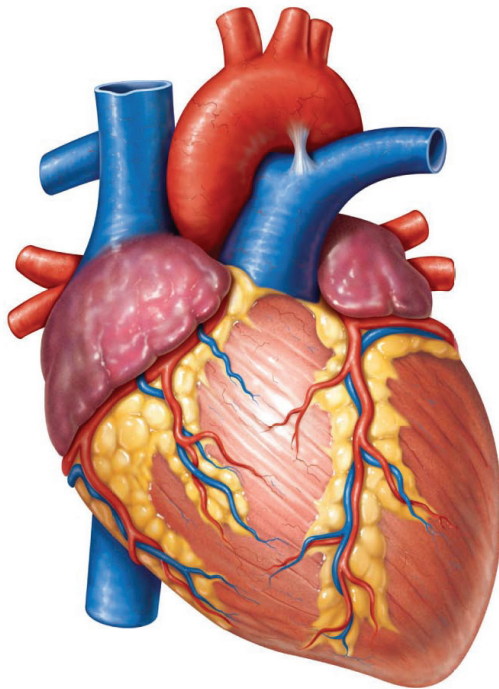
This Course is available in English, French or Arabic.

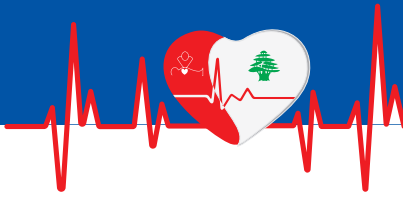
## **Instructor Participant Ratio:**

- The Instructor Participant ratio: 1:10

## **Certificate Accreditation Type**

The certificate will be accredited from The certificate will be accredited from Tripoli international Training Center for life support





# تيرجى ينبض

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