

Monday. Session 1. (2 hours)

17:00-19:00. Welcome to the course. Logistics & Contents. Personal motivation & background. Skills on / Response to Resuscitation & other life-threatening situations: How? What? Why? Where? When? (To) Whom?.

Tuesday. Session 2. (7.5 hours)

8.30-11.00 The Stats: epidemiology of individual & collective emergencies in Europe. The Chain of Survival.

11:00-11:30. Pause.

11:30am-2:30pm. Basic Life Support: adults. Training. Foreign Body Upper Airway Obstruction: Choke. Adults. Training.

Tuesday. Session 2. (cont)

16.00 -18.00 . The Stats: epidemiology of individual pediatric emergencies in Europe. The Chain of Survival. Basic Life Support: pediatrics. Training. Foreign Body Upper Airway Obstruction: Choke. Pediatrics. Training.

Wednesday. Session 3. (5 hours)

9.30-10.30. Stop the bleed campaign & Hartford Consensus.

10:30-11:30. A. Mass Casualty Incidents (MCI) decision making & BLS+AED in sudden death in sports (half participants) + B. Lund University Lecture: Session 1 (half participants). 11:30am-12:30pm. A. Mass Casualty Incidents (MCI) decision making & BLS+AED in sudden death in sports (half participants) + B. Lund University Lecture: Session 1 (half participants).

11:30-13:00. Pause.

12:30-14:30. Lund University Lecture: Session 2 (all participants).

Thursday. Session 4. (5.5 hours)

9.30-11.30. Gymkhana of several scenarios: Logistics for individual & Mass Casualty Incidents (MCI): briefing.
The bleeding control: 'Stop the bleed' Campaign.
Sudden Cardiac Arrest in sports and other scenarios...

11:30-12:00 Pause.

12:00-14:30. Gymkhana with evaluation: debriefing.
Hartford Consensus: 'Threat' protocol: Run-Hide-Fight & basic Triage in MCI (mass casualty incidents)

15:00-16:00. Lunch time (not funded) at the campus.

16:00-17:00. Wrap-up session & farewell. (USB personal device upload time).
Feedback from participants.

Friday Session 5. GOING BACK HOME – TRAVEL DAY with homework (files & protocols uploaded in your personal USB device)

