



## Comparison Between the Traditional way of BLS Online Course

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### Abstract

Cardio Pulmonary Resuscitation (CPR) it's the way to save someone life after he suffers from cardiopulmonary arrest, this needs good knowledge from many aspects like Anatomy of the human body, heart electrophysiology, and breathing needs. Also it required physical and critical thinking skills like chest compression, managing the airway, and defibrillator awareness. Basic Life Support (BLS) course becomes essential to get the DOH license and to start work as a nurse in Abu Dhabi regardless of the working area, field, and specialty. Basic Life Support (BLS) is an essential course for all nurses. it contains knowledge and practice to guide the nurses how to deal with cardio-pulmonary resuscitation and managing the victim till advance team arrived.

**Objective:** This study debate the difference between the traditional ways of BLS (Class course) and the update way (Online course).

**Methods:** I start by interview the nurses and ask about BLS knowledge. Followed up with a schedule training was conducted frequently for nurses who's employee in hospitals, clinics, education facilities and who attend outside camps and big community events. Monitor the participant during theory part and practice part, then evaluate their knowledge with written test. Following by start to observe their performance in real CPR in their respective unit as primary nurses. The assessment used is workplace-based assessment (WPBA) because of the advantages and implementation way, which have many benefits for the study to use workplace-based assessment in clinical areas. My tool will be using direct observation in procedural skills (DOPS), research method was qualitative and the questions used in the interview reflect the depth of the nurses concept of BLS knowledge and skills. All tools and assessment guarantee the validity and reliability of research.

**Results:** The result show that online version have more advantages than class course, from perspective of time, efforts, and using in real situation. With emphasize to use the refresher mock drills in between, nurse who receive online training of BLS and followed with practice session was performing good in CPR comparing to the nurses who receive class course every two years without refreshing mock drills. Nurses who receive online training feel more confident and able to deal immediately with life threatening situation. Which can be improve post cardiac arrest neurological outcome and discharge planning. In the same time it's decrease of mortality and morbidity rate.

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