



APEX INITIATIVES LTD

QUALIFICATION SPECIFICATION

IMMEDIATE LIFE SUPPORT **(ILS)**

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Approved by:	Matthew Earls / Melanie Earls (Directors)
Author/Contact	Matthew Earls / Melanie Earls



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1.0 Introduction

Apex Initiatives Ltd (APEXi) are a provider of UK Mountaineering and Medical qualifications. This specification provides the key information for users to make an informed decision as to whether the qualification is suitable for their personal and/or business needs and fits the purpose for which they intend to use it.

All APEXi resuscitation instructors are clinically practising RCUK Advanced Life Support instructors, with extensive experience and training in many specialist areas.

2.0 Contact Information

For any queries in relation to this course please contact:

Apex Initiatives Ltd
17 Ingleby Road
Messingham
North Lincolnshire
DN17 3SS

Tel: 0330 043 2420
Email: info@apexi.co.uk
Web: www.apexi.co.uk

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3.0 Document Version

Version	Changes	Date
1.0	First issue.	March 2024

4.0 Industry Recognition

This qualification is aligned to the latest Resuscitation Council UK guidelines and meets the Skills for Health Core Skills Training Framework (CSTF), adopted by many NHS Trusts nationwide for governance of resuscitation training and other mandatory training. A list of the NHS aligned organisations can be viewed here:

https://cstfdirectory.skillsforhealth.org.uk/#tx_org_search=

This course exceeds the criteria for the CSTF Level 3 Immediate Life Support outcomes.

<https://www.skillsforhealth.org.uk/wp-content/uploads/2021/07/StatMand-CSTF-Subject-Guide-UK-v1.6.2.pdf>



5.0 Qualification Objective

This qualification will enhance the Learner's knowledge, understanding, and skills when presented with a deteriorating patient and/or a resuscitation attempt is made. The qualification will build on existing knowledge and skills in patient assessment, recognition of deterioration, treatments for life threatening presentations, teamworking and resuscitation for Learner specific causes and situations.

Although the core subjects remain the same, the course is adaptable to the Learner's specific needs and environments, i.e. in-hospital, private clinics, dentistry, pre-hospital, mountain rescue, etc.

6.0 Recognition of Prior Learning

Due to the content and regulation of this course, APEXi cannot accept requests for recognition of prior learning.

7.0 Qualification Details

Qualification name:	Immediate Life Support (ILS)
Reference number:	AIL-QUAL-ILS
Delivery:	Face to face only
Assessor: Learner ratio	1:6 (maximum)
Guided learning hours:	7
Prior learning hours:	None
Valid for:	1 year
Assessment:	Observation of practice (OBS)
Completion time:	1 day

8.0 Assessment Units

This qualification requires successful completion of the following mandatory units:

1. AIL-UNIT-ILS Immediate Life Support

9.0 Certification

All certificates will be issued within 10 days and reference the CSTF and where appropriate, the associated content relevant to the working environment.

10.0 Combined Qualification

The following may be awarded following successful completion of the associated assessment:

AIL-QUAL-BLS Basic Life Support and AED

11.0 Entry Requirements

Prior knowledge: Basic life support.



Understanding of the standard operating procedures, protocols, or systems of work within their working environment.

Professional: Registered Doctor, Nurse, Paramedic or Allied Healthcare Professional working within a scope of practice appropriate to the learning outcomes **or** successful completion of non-registered occupation specific training i.e. FREC4, with a suitably aligned scope of practice.

Minimum age: Minimum 18 years.

Physical capability: Learners must be able to demonstrate assessment and resuscitation procedures during assessment. The Learner must perform these in a simulated realistic work environment for the learner.

Language: This course will be delivered in English. The learner must have sufficient understanding of the English language to understand the content and undertake the assessments. British Sign Language may be used but it is the sole responsibility of the learner to facilitate this.

12.0 Learner Identification

Prior to release of certificates, all candidates must provide 1 photographic or 2 non-photographic forms of identification that would be accepted by the Disclosure and Barring Service:

<https://www.gov.uk/government/publications/dbs-identity-checking-guidelines/id-checking-guidelines-for-standardenhanced-dbs-check-applications-from-1-july-2021>

13.0 Venue Requirements

The venue may include provision for both indoor and outdoor teaching.

All venues must provide:

- Access to toilets, welfare, and refreshment facilities.
- Suitable seating and writing surfaces.
- Sufficient space for activities.
- Absence of distractions.

Indoor classrooms must be risk assessed prior to delivery and meet the current HSE standards:

<https://www.hse.gov.uk/risk/assets/docs/classroom-checklist.pdf>

Additionally, outdoor teaching areas must be risk assessed prior to delivery and if used in isolation, must also provide:

- Respite from inclement weather.
- Environmental challenges for scenarios such as slopes, and different terrains.

14.0 Equipment Requirements

The following must be available at all venues:

- Presentation materials (flipchart, paper, pens, etc.).
- Audio visual aids (projector, laptop, etc.).
- Learning materials (reference books, handouts, etc.).

Course specific materials required (minimum 1:6 learners):

- Resuscitation manikins with ability to receive airway adjuncts up to and including supraglottic airways.
- Patient monitoring devices to include SpO2, 3-Lead ECG, BP, ETCO2.
- Manual and automated defibrillation simulator.
- Additional examination equipment to include stethoscope, blood glucose, eye torch.
- Suction device.
- OPA.
- NPA.
- I-Gel.
- Laryngoscope.
- Magill's forceps.
- Catheter mount and HMEF.
- ETCO2 monitoring devices.
- BVM and masks.
- NRB mask.
- Venturi masks and nasal Cannula.
- Choking vest (or similar).
- Disinfectant wipes.
- Resuscitation drugs and IV/IO access.
- Medication examples suitable to learning outcomes and environment i.e. inhalers, adrenaline autoinjectors, GTN, sedation, etc.

Courses that include catastrophic bleeding:

- Manufactured tourniquet.
- Equipment to create an improvised tourniquet.
- Replica wound for wound packing.
- Haemostatic dressings and agents (or similar for demonstration purposes, i.e. bandage strips).

Courses that include trauma:

- Pelvic binder.
- Various splinting and traction device appropriate to the environment.
- Spinal immobilisation devices appropriate to the environment.
- Chest seals and decompression devices.
- Emergency trauma and burns dressings.

Other courses scenarios:

- Pre-course discussion to identify course centre needs and specific equipment.



15.0 Recommended Resources

Suitable learning resources include:

- Adult/Paediatric Immediate Life Support – Resuscitation Council UK
- Adult/Paediatric Advanced Life Support Algorithm - Resuscitation Council UK

16.0 Instructors and Assessors

The first trainer/assessor must be a current RCUK ALS instructor. All subsequent instructors must be current RCUK ALS instructors. The maximum Instructor to candidate ratio is 1:6.

Additionally, all instructors, must have additional training and suitable experience in the taught environment i.e. In-Hospital, Pre-hospital, etc.

17.0 Internal Quality Assurance

Internal Quality Assurers (IQAs) must meet the trainer/assessor requirements. Additionally, they should also meet the qualifications required for an IQA outlined in:

<https://www.hse.gov.uk/pubns/geis3.pdf>

and demonstrate current evidence of quality assurance within the industry sector.

All IQA observations are undertaken by an external organisation.

18.0 Observation of Practice (OBS)

Learners are assessed through the following practical assessments:

1. Airway and ventilatory support.
2. Assessment and management of the deteriorating patient.
3. Immediate Life Support.

All assessments are through simulated practice, in accordance with the course learning outcomes, in an environment familiar to the Learner.

Language: English
Duration: N/A
Pass Mark: 100%
Grading: Pass/Fail

If a Learner is unsuccessful with an observed practical assessment, they can be awarded a second attempt providing it is within the timescale of the qualification.

If a Learner fails the second attempt, with or without additional training, they will have failed the qualification and will be required to re-sit a full course.

19.0 Results

The candidate will be informed of their result at the end of the course.

20.0 References

This document is written in accordance with the following latest guidance from:

- Skills for Health - Core Skills Training Framework
- Resuscitation Council UK (RCUK)
- Joint Royal Colleges Ambulance Liaison Committee (JRCALC)
- The Faculty of Pre-Hospital Care (FPHC)





21.0 Assessment Unit 1



LEARNING OUTCOMES			
Unit:	Immediate Life Support		
Reference:	AIL-UNIT-ILS		
Guided Learning Hours	7 hours		
Unit Summary:	The learner will develop the knowledge, understanding and skills to effectively manage a deteriorating patient and/or a resuscitation attempt in accordance with the Skills for Health Core Skills Training Framework, Level 3.		
Learning outcome <i>In the context of ILS, the learner will:</i>	Objective <i>In the context ILS, the learner can:</i>	Evidence	Time
0. Understand the course requirements.	0.1 Register attendance and meet Instructor/Learners. 0.2 Understand the course health and safety requirements. 0.3 Understand the course timings. 0.4 Understand the use of mobile phones and electronic devices. 0.5 Understand the course specifics. 0.6 Understand the assessment process.	Observation of Practice	
1. Be able to assess and manage an incident within their working environment.	1.1 Identify the role and responsibilities of the ILS provider within their working environment. 1.2 Identify resuscitation equipment, its availability, and understand operational checks. 1.3 Demonstrate safe use of patient monitoring and resuscitation equipment. 1.4 Perform a dynamic risk assessment. 1.5 Provide initial incident management. 1.6 Identify how to minimise the risk of infection to self and others. 1.7 Provide post incident procedures and debriefing.	Observation of Practice	
2. Be able to recognise and assess a deteriorating patient.	2.1 Perform a structured assessment. 2.2 Use assessment tools to assess illness severity. 2.3 Manage a patient's signs and symptoms relative to their priority. 2.4 Recognise and manage patients with major illnesses.	Observation of Practice	

3. Be able to assess, manage, maintain, and monitor a patients airway patency.	3.1	Identify when a patient has actual or impending risk to airway patency.	Observation of Practice
	3.2	Demonstrate dynamic airway assessment and monitoring.	
	3.3	Demonstrate a stepwise approach to airway management.	
	3.4	Appropriately select, size, and insert an airway adjunct.	
	3.5	Demonstrate manual ventilation of a patient with absent or reduced respiratory effort.	
	3.6	Identify when a patient is choking and administer treatment.	
4. Be able provide ILS, and care post return of spontaneous circulation (ROSC).	4.1	Recognise signs of cardiac arrest and activate local protocols for help.	Observation of Practice
	4.2	Demonstrate ILS in a simulated environment.	
	4.3	Perform a clinical handover on arrival of Advanced Life Support teams.	
	4.4	Assess and provide post return of spontaneous circulation (ROSC) care.	
5. Understand modifications to resuscitation attempts and decision-making processes.	5.1	Understand when modifications to a standard resuscitation attempt are used.	Observation of Practice
	5.2	Identify when resuscitation attempts may not be attempted or ceased.	
N/A	Targeted clinical training relevant to the working environment.		Not Assessed
N/A	Summary and closure.		