

THE CAMPUS

// 2019 CME COURSE 医学继续教育项目

AHA HEARTSAVER FIRST AID TRAINING COURSE 2019

美国心脏协会
AHA HEARTSAVER
2019 急救培训课程

with the clinic

MARCH 24TH 8HRS

3月24日 8小时



THE
CAMPUS



American
Heart
Association



COURSE OVERVIEW | 课程概览

AHA heartsaver® First Aid Training Course

If your relatives and friends suddenly fall down beside you, what should you do? As shown by Report on Cardiovascular Diseases in China 2016, number of SCD incidence cases in China in each year is more than 540,000, which is equivalent to that about 1500 persons die in each day due to SCD and two out of every five persons die of cardiovascular diseases. Among them, more than 60% of the cases occurred outside the medical institutions and the patients can't be treated timely and effectively.

When sudden death occurs:

10s – Losing consciousness and falling to the ground suddenly;

30s – Convulsion of the whole body;

60s – Spontaneous breathing gradually ceased;

3min – “brain edema” starts to appear;

6min – brain cells begin to die;

8min – brain death and vegetative state.

When a person has a sudden cardiac arrest, “4 minutes” are the “golden first-aid time”. If more than 4 minutes to 6 minutes, brain tissues may be damaged irreversibly. If you are only given four minutes by the death, do you know how to save TA around you?

For your beloved TA, you can attend AHA Heartsaver® First Case Training Course sponsored by the clinic and co-organized by Hegrace Training Center in Shanghai.

Through examination, CPR+AED+FIRST AID certificate authorized by AHA will be issued.

美国心脏协会AHA heartsaver® 急救培训课程

如果您的亲人朋友在您身边突然倒下? 您该怎么办?

根据《中国心血管病报告2016》显示，每年我国心源性猝死(SCD)发病人数超过54万，相当于每天约1500人因心源性猝死离世，每5个人中就有2人死于心血管疾病，而其中60%以上发生在医疗机构之外，患者不能够及时有效的抢救治疗。

当患者发生猝死：

10s 丧失意识，突然倒地

30s 全身抽搐

60s 自主呼吸逐渐停止

3min 开始出现“脑水肿”

6min 脑细胞开始死亡

8min 脑死亡，植物人状态

当一个人心脏骤停时，“4分钟”是“黄金急救时间”，大于4分钟到6分钟，脑组织会发生不可逆的损害。如果死神只给你4分钟，你知道怎样才能救身边的TA?

为了爱的TA，您可以在上海参加由the clinic主办的，合恩培训中心协办的美国心脏协会AHA heartsaver®急救培训课程。

考核通过，颁发权威机构美国心脏协会授权 CPR+AED+FIRST AID证书

*The format is engaging and attendees are encouraged to pose questions in sessions and workshops as well as one-on-one with the national and international experts who will be delivering the updates and education at this seminars.*该课程模式提倡随堂提问，你更可以有机会一对一跟随国内外顶尖专家学习到最新的医学更新内容与教育内容。

COURSE OVERVIEW | 课程概览

AMERICAN HEART ASSOCIATION (AHA)

Established in the United States in 1924, AHA is one of the national non-governmental health agencies in the United States. As the most influential and oldest cardiovascular academic group in the world, AHA has a purpose of creating a healthier lifestyle and eliminating cardiovascular disease and stroke, and training worldwide people in how to save life with CPR and first aid. Up to now, AHA has established more than 2000 first-aid training centers in the world.

美国心脏协会 (AMERICAN HEART ASSOCIATION, 简称AHA)

AHA, 1924年成立于美国, 是美国全国性的非政府卫生机构之一, 作为国际学术影响力较大, 历史最悠久的心血管学术团体, AHA以创造更健康的生活方式, 消除心血管疾病和脑卒中为宗旨。培训全世界的人们如何用CPR和初级急救(first aid)挽救生命。至今, AHA已经在世界各地建立了超过2000家急救培训中心。

The format is engaging and attendees are encouraged to pose questions in sessions and workshops as well as one-on-one with the national and international experts who will be delivering the updates and education at this seminars. 该课程模式提倡随堂提问, 你更可以有机会一对一跟随国内外顶尖专家学习到最新的医学更新内容与教育内容。

COURSE OVERVIEW | 课程概览

Course Features

1. Authoritative course and complete contents

Officially authorized by AHA, official courseware is used to teach complete first aid knowledge and skills. It's provided with CPR AED and FirstAid sections.

2. Professional tutor and small-class teaching

The ratio of tutors to trainees is 1:6 and the ratio of simulators to trainees is 1:3. Trainees are assessed by the tutors in a one-to-one way.

3. Scene simulation and repeated drill

Complete simulator teaching aids (adult + infant) are arranged according to teaching contents. Advanced immersive scene experience in the world is used to provide good sense of immediacy and lots of operation drill, so as to achieve the best training effects.

4. Practice what you learnt to benefit the people

Various scenes are provided for the trainees to practice your skills and have opportunities to help people who really need help.

PURPOSE OF AHA CERTIFICATE

- A necessary certificate of medical worker of JCI certified medical institution; skill training and certificate appraisal necessary for qualification of medical workers (a compulsory certificate for doctors and nurses in emergency treatment, ICU and operating room).
- AHA certificate is subject to international certification and universal in the world. Cardiac rescue skill of AHA certificate holder has been recognized by the most authoritative international institution and regarded as the professional first aid personnel, and provided with validity for using AED. It applies to rescue exemption provisions in many countries and regions.
- AHA certificate holder may serve as first aid volunteers of emergency public welfare activities and various competitions.
- It's beneficial to the employment of teachers, leaders, drivers and nurses etc.
- AHA certificate holder can be regarded as have participated in social practice activities during application for studying abroad in partial countries.

课程特色

1.权威课程，完整内容

美国心脏协会正式授权，采用官方教材，教授完整的急救知识和技能。设有心肺复苏（CPR）自动体外除颤器（AED），急救（FirstAid）版块。

2.专业导师，小班教学

导师与学员比 1:6，模拟人与学员比例为1:3，导师学员 一对一考核。

3.实景模拟，反复演练

根据教学内容配备完整的模拟人教具(成人+婴儿)和各类急救用品。采用世界先进的沉浸式场景体验，良好的临场感，大量的操作演练，达到最佳培训效果。

4.学以致用，众人受益

提供各种场景让学员锻炼自己的技能，让学员有机会帮助到真正需要帮助的人。

持有AHA证书用途？

- JCI认证医疗机构医护人员必备证书；医护人员从业必不可少的技能培训和证书鉴定（急诊、ICU、手术室医生护士必考证书）。
- AHA 证书受国际认证，全球通用。
- AHA持证者的心脏救护技能已得到国际最权威机构认可，被视为专业急救技能人员，享有使用体外自动除颤器（AED）的合法性，在许多国家与地区适用于救人免责条款。
- AHA持证者可以参与急救公益活动和各类赛事急救志愿者工作。
- 有利于教师、领队、司机和护工等行业就业。
- AHA持证者在申请部分国家留学时被视为参加过社会实践活动。

Q&A 疑问解答

What's the Difference between HS and BLS? HS 与BLS 有什么不同?

Same as HS, BLS (Basic Life Support) is also a course promoted by AHA.

Difference:

1. HS will be open to people with or without medical background; BLS is specially designed for medical workers.
2. HS, with 8 hours of courses, is composed of CPR-AED and FirstAid sections. Among them, CPR is operated by a single person; Although time required by BLS course is only half of those of HS, it emphasizes on high quality CPR of two persons/team, and is more applicable to medical workers in the hospital, rather than common people.

BLS,全称 Basic Life Support(基础生命支持), 与HS 同为美国心脏协会推出的课程。

区别:

1. HS 将对无论是否有医疗背景的人开放;BLS 专为医护人员设计。
2. HS共8 小时的课程包括了心肺复苏 (CPR) 自动体外除颤器 (AED) , 急救 (FirstAid) 版块, 其中心肺复苏是由单人操作的; BLS课程虽然只需要HS一半的时间, 但其内容强调的是双人/团队的高质量心肺复苏, 更加适合在医院环境中的医护人员, 而非普通民众。

HOW TO REVIEW AFTER THE COURSE? 课程之后想要复习有什么办法?

You can choose to be a volunteer of certain event security team of the clinic and continuously consolidate and accumulate cases in the volunteer service to be an experienced first-aider.

您可以选择成为 the clinic 一些特定赛事保障团队的志愿者, 在志愿者服务中不断巩固, 积累案例, 成为经验丰富的急救员!

SCHEDULE & CONTENT | 日程 & 内容

Course Length: 8 hours (8:00-12:00 // 13:00-17:00) 12:00-13:00 lunch

培训时长：8小时 （8:00-12:00 // 13:00-17:00） 12:00-13:00 午餐

First-aid basics

急救基础

- Prior considerations, responsibilities and obligations of first-aiders;
 - Key first-aid steps;
 - First-aid resources: configuration list of first aid kit
- 急救员的优先考虑事项、职责和义务；
 - 关键的急救步骤；
 - 急救资源：急救箱的配置清单

Internal emergency

内科急症

- Respiratory problems, asphyxia in adults, children and infants, allergic reactions;
 - Heart attack, syncope, diabetes and hypoglycemia, stroke and convulsions
- 呼吸问题，成人、儿童及婴儿窒息，过敏反应；
 - 心脏病发作，晕厥，糖尿病和低血糖，脑卒中，抽搐

Internal emergency

创伤急症

- External hemorrhage, internal hemorrhage, head, neck and spine trauma, burns and electric injuries;
 - Wounds (epistaxis, oral hemorrhage, dental injury, ocular trauma, penetrating and piercing trauma, amputation)
- 外出血，内出血，头部、颈部和脊柱创伤，烧伤和电击伤；
 - 伤口（鼻出血、口腔出血、牙齿损伤、眼外伤、穿透和穿刺性创伤、肢体离断）

Environmental-related emergencies

环境相关急症

- Bites and stings, hyperthermia-related emergencies, hypothermia-related emergencies, poisoning emergencies
- 叮咬和蜇伤，高温相关急症，低温相关急症，中毒急症

Cardiopulmonary resuscitation and automatic external defibrillator

心肺复苏和自动体外除颤器

- Adult cardiopulmonary resuscitation and automatic external defibrillator, child cardiopulmonary resuscitation and automatic external defibrillator, infant cardiopulmonary resuscitation
- 成人心肺复苏及自动体外除颤器、儿童心肺复苏和自动体外除颤器，婴儿心肺复苏

SIGN-UP & TUITION FEES | 报名概况

TUITION FEES 学费

Regular price 常规价: **1200 RMB/ 元**

Early Bird 早鸟价: **1000 RMB/ 元**
(Before Mar.17th 3月17日前)

* Limited 12 spots 单次课程仅限12人参与

WHO SHOULD ATTEND? 报名要求

Heartsaver courses are designed for anyone who wants to be prepared for an emergency in any setting. Students receive a course completion card that is valid for 2 years.

任何想在任何情况下为紧急情况做准备的人都可以参加 Heartsaver 课程。证书有效期为两年。

INQUIRIES 详询:

TEL 致电: **(+8621) 336.888.01**

EMAIL 邮件:
thecampus@theclinic.international

nicole@theclinic.international

WECHAT 微信: **nicole143_xue**

REGISTRATION, PAYMENT, CONFIRMATION AND REFUND POLICY 报名、付费、确认 与退款政策

Registrations for THE CAMPUS | CME programs are made via our online registration system. To register for this course, please scan the QR code below to access our **Courses/ Workshops Registration site**.

THE CAMPUS | CME 医疗继续教育课程项目的报名需通过我们的在线系统注册报名，欢迎扫描以下二维码进入我们的课程或工作坊注册页面。



If you are coming from outside China, please send us an email to:
thecampus@theclinic.international

如果您从中国以外地区请邮件报名:
thecampus@theclinic.international

Note: Refunds, less an administrative fee of CNY500, will be issued for all cancellations received 3 weeks prior to the start of the course. Refund requests must be received by email. No refund will be issued should cancellation occur less than two weeks prior. "No shows" are subject to the full course fee and no refunds will be issued once the seminar has started. 提示: 退款流程会涉及500元人民币的操作费，并需在课程 / 工作坊等开始前三周申请退款。退款申请需通过邮件发送并确认。任何少于课程前两周的退款皆不予以处理与返还。任何情况的缺席都将会按照规定收取全部课程的费用；课程开始之后，不接受任何退款处理。



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MORE INFORMATION 更多详情:
www.theclinic.international/the-campus

ADDRESS 地址:
上海市徐汇区嘉善路118号B座A501室
118 JIASHAN RD. BUILDING B, SUITE A501 - SHANGHAI