ClinicalModelling

Basic Life Support for nursing students – Lesson 3

Lesson Plan

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ClinicalModelling Consortium

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General Information

Unit/Course

Basic Life Support for nursing students

Topic

Lesson 3 – Basic Life Support - Demonstration

Date and Time

[Insert Date]

Venue

[Insert Venue]

Duration

60 minutes

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Learning Objectives and Skill Development

Learning Outcomes

- Recognize cardiac arrest and call for help
- Perform CPR for Adults
- Understand and act in obstructed airways
- Understand team dynamics in resuscitation

Transferable Skills Developed

1. Analytical skills: Evaluating different BLS techiques.
2. Problem-solving: Identifying specific skills.
3. Reflective practice: Reflecting on the effectiveness of BLS techniques.

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Plan of Activities

Time	Teacher Activity	Learner Activity	Hand-outs, Resources & Bookings Needed
15 mins	Recognize cardiac arrest and call for help	Listen and take notes	Video and teacher demonstration
20 mins	CPR for Adults	Listen and take notes	Video and teacher demonstration
15 mins	Obstructed Airways	Listen and take notes	Video and teacher demonstration
10 mins	Recovery Position	Listen and take notes	Video and teacher demonstration

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Session Preparation and Reflection

Prior to Session:

- Students should read ERC Guidelines on Basic Life Support.

- Students should watch Basic Life Support Video (optional).

Spare Activities:

Discussion prompts for students who complete tasks early.

Inclusive Resources:

Printed handouts or digital copies accessible via Moodle.

Post-Lesson Reflection

What learning took place?

Students gained foundational knowledge and competences in basic life support training.

Which aspects of the lesson went well?

Observations on engagement with case studies, response to reflective discussion.

Which aspects could be improved?

Feedback on timing, resources used, clarity of explanation.

Actions for Future Lessons:

Adjust pacing, possibly add interactive video examples.

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