

## ADVANCED LIFE SUPPORT IN OBSTETRICS

Advanced Life Support in Obstetrics (ALSO®) is an evidence-based, interprofessional and multidisciplinary training program that equips the entire pregnancy care team with skills to effectively manage obstetric emergencies.

PROVIDER COURSE- 20.08.2026

INSTRUCTOR COURSE- 21.08.2026

Only limited to 40 registrations .

Course fee. ALSO Provider Rs 10000 , ALSO Instructor Rs15000 , Both 23000( till June 15th, 2026)

Course Duration (Provider) - 9 AM - 5 PM

Course Duration (Provider) - 9 AM - 2 PM

### Provider course

|                  |                                           |
|------------------|-------------------------------------------|
| 08.30- 09.00 AM  | Registration and Welcome                  |
| 09.00- 09.15AM   | Introduction to ALSO                      |
| 09.15- 10.00 AM  | Safety on Pregnancy Care                  |
| 10.00 - 01.15 PM | Rotation to 5 stations- Groups of 8.      |
| Station 1        | Shoulder dystocia                         |
| Station 2        | Breech                                    |
| Station 3        | Assisted Vaginal delivery                 |
| Station 4        | Postpartum hemorrhage                     |
| Station 5        | Maternal Resuscitation                    |
| 01.15 - 02.00PM  | Lunch                                     |
| 02.00- 02.45PM   | Fetal surveillance                        |
| 02.45- 03.15 PM  | Pre eclampsia - Case discussion           |
| 03.15- 03.45 PM  | Labor dystocia- Case discussion           |
| 03.45 - 04.45 PM | Group testing                             |
| 04.45- 05.15 PM  | Closing slides, Certificates and Feedback |

### **Instructor Course**

|                 |                                                                                   |
|-----------------|-----------------------------------------------------------------------------------|
| 09.00- 09.30 AM | Adult learning theory and effective feedback                                      |
| 09.30- 10.15 AM | Facilitation of constructive group discussion                                     |
| 10.15- 10.30 AM | Tea Break                                                                         |
| 10.30- 12.30 PM | Hands on role-play via fetal maternal manikins ( 3+1 conflict resolution station) |
| 12.30- 1.30 PM  | Evaluating course participants                                                    |
| 1.30 PM         | Lunch and Disperse                                                                |

## **BASIC LIFE SUPPORT IN OBSTETRICS**

BLSO Provider course- 22.08.2026

Course fee - Rs 4000

Course Duration - 8 AM - 4 PM

Registration and pretest - 8.00- 8.30AM

|                 |                                             |
|-----------------|---------------------------------------------|
| 08.30 - 09.15AM | Communication and Team work                 |
| 09.15 - 10.00AM | Normal Labour and Prenatal assessment       |
| 10.00 -10.15 AM | Tea Break                                   |
| 10.15 -11.00 AM | NRP- Lecture                                |
| 11.00 - 1.15 PM | Rotation to Three stations= 45 minutes each |
| Station 1       | Normal Labour and prenatal assessment       |
| Station 2       | NRP                                         |
| Station 3       | Shoulder dystocia                           |
| 1.15 - 1.45 PM  | Lunch                                       |
| 1.45 - 2.30 PM  | Malpresentation                             |
| 2.30 - 3.15 PM  | PPH                                         |
| 3.15 - 4.00 PM  | Maternal Resuscitation                      |
| 4.00 - 4.15 PM  | Tea Break                                   |
| 4.15 - 4.30 PM  | Hypertension - case discussion              |
| 4.30 - 4.45 PM  | Preterm labor - case discussion             |
| 4.45 - 5.45 PM  | Group Testing                               |
| 5.45 - 6.15 PM  | Post test                                   |
| 6.15 - 6.30 PM  | Certificate distribution and Feedback       |