



## EDITORIAL

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### TRAINING IN LIFE SUPPORT SYSTEMS

Life support training is divided into basic life support and advanced life support like first aid training that is now available widely in schools, colleges and workplaces. Training in life support is essential to all medical personnel at all levels. This is especially at a basic level. All front-line healthcare workers should be trained in basic and advanced life support systems.

Basic life support (BLS) includes recognition of signs of sudden cardiac arrest, heart attack, stroke and foreign body airway obstruction, cardiopulmonary resuscitation and defibrillation with an external defibrillator.

Advance Life Support (ALS) is widely accepted as the standard of prehospital care in patients with cardiac arrest caused by internal diseases. The procedure includes invasive interventions such as endotracheal intubation for airway management and intravenous access for drug and fluid delivery.

Coordination of regular training of in-service refresher courses should be overseen by a body housed in the ministry of health or resuscitation council of Kenya.



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