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# BASIC LIFE SUPPORT (BLS) TRAINING: KEY ASPECTS OF CARDIOPULMONARY RESUSCITATION

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Cardiac arrest remains one of the most time-critical medical emergencies, in which early recognition and immediate initiation of high-quality cardiopulmonary resuscitation (CPR) are essential for improving patient outcomes. Basic Life Support (BLS) training provides healthcare professionals with the knowledge and practical skills required to recognize cardiac arrest rapidly, initiate effective CPR, and perform early defibrillation. Maintaining these competencies is particularly important for professionals working in emergency and prehospital care, where the first minutes of resuscitation are critical.

A structured BLS training program should integrate essential theoretical knowledge with repetitive hands-on practice. Key components include assessment of responsiveness and breathing, recognition of cardiac arrest, activation of the emergency response system, performance of high-quality chest compressions, appropriate ventilation, and early use of an automated external defibrillator (AED). Particular attention should be given to maintaining an adequate compression rate and depth, minimizing interruptions, ensuring effective ventilation, and following a standardized sequence of resuscitation interventions.

An important aspect of BLS education is the development of effective teamwork and communication during resuscitation. Cardiac arrest management frequently requires coordinated actions by several healthcare professionals, with clearly defined roles and continuous communication. Team-based simulation allows participants to practice decision-making, role allocation, AED use, and coordination of CPR in conditions that reproduce clinically relevant emergency scenarios.

Simulation-based education also provides an opportunity to identify technical and organizational errors and correct them through immediate instructor feedback. Repeated practical training can improve psychomotor skills, reinforce adherence to standardized resuscitation algorithms, and increase participants' confidence in managing cardiac arrest.

Regular assessment and retraining are essential because CPR skills may deteriorate over time without continued practice. Integration of simulation, structured feedback, and periodic competency assessment can support the maintenance of BLS skills and improve preparedness for real-life emergencies.

Therefore, BLS training should be considered an essential component of continuing professional education for emergency medical personnel. A structured and practice-oriented approach may contribute to faster recognition of cardiac arrest, higher-quality CPR, earlier defibrillation, and more effective team performance, ultimately supporting improved outcomes in patients experiencing cardiac arrest.

**Keywords:** Basic Life Support, Cardiopulmonary Resuscitation, Cardiac Arrest, Emergency Medicine, Resuscitation Training.