

# RESUSCITATION

Fellows and registrars are to attend a resuscitation course each year that meets the [minimum requirements for resuscitation](#), or (once per triennium) an approved alternative\*.

A course that meets the [minimum requirements](#) will be at least four hours in duration. However, RNZCUC strongly *recommends* one eight-hour course per triennium, and that doctors substitute one of the four-hour courses for an alternative resuscitation course as their particular practice might require – e.g. APLS for those who work in a paediatric emergency department.

Registrars and Fellows may choose an ALS provider themselves as long as the minimum requirements are met. RNZCUC recommends an **NZRC CORE Skills** course as a four-hour refresher, and **CORE Advanced** as an eight-hour course. The CORE immediate does NOT meet RNZCUC requirements.

An ALS provider does not have accreditation with NZRC would have to [apply to RNZCUC for approval as an urgent care resuscitation course provider](#).

Visit the [NZRC website for a list of accredited providers](#).

\*The courses listed below or similar are usually accepted as an alternative to ACLS for one year of the three-year cycle.

- ATLS (Advanced Trauma Life Support)
- APLS (Advanced Paediatric Life Support)
- EMST (Early Management of Severe Trauma)
- ELS (Emergency Life Support)
- EMSB (Emergency Management of Severe Burns)
- PALS (Paediatric Advanced Life Support)