



What is the ALSO course?

The ALSO (Advanced Life Support in Obstetrics) Course is a theoretical and practical course designed to assist health professionals develop and maintain the knowledge and practical skills to manage emergencies that may arise in maternity care.

The course originated in the USA in 1991, and is owned by the American Academy of Family Physicians (AAFP). The ALSO course has been adapted to meet the needs of thousands of practitioners across the world, from the UK to Haiti, Canada to Nepal. In January 2001 the first group of ALSO instructors for the region were trained in Canberra. Since then over 50 courses have been held in Australia & New Zealand, teaching over 2000 maternity care professionals.

The philosophy behind ALSO is that women and their families will benefit from the standardised, multidisciplinary approach to maternity care demonstrated during the course. The ALSO course is not aligned with any one professional institution, and is run locally by a not-for-profit organisation.

All maternity practitioners know that there are many safe and acceptable ways of dealing with different emergency situations. The procedures and approaches covered in the ALSO course are reasonable, consistent and evidence-based which enable everyone to not only identify those at risk of obstetric emergencies but also to manage emergencies when they arise.

Who benefits from the ALSO course?

The course benefits not only midwives, general practitioners and obstetricians but everyone who provides maternity care. One of the great strengths of ALSO is its multidisciplinary nature – networking and socialising are viewed as key components in promoting the collaboration, good communication and inter-professional trust required to improve outcomes for women and their babies.

Advanced Life Support in Obstetrics

What are the ALSO course objectives?

Participants who successfully complete the course will be able to

- Manage emergencies during pregnancy in an evidence-based manner.
- Recognise the value of multidisciplinary working in maternity care.
- Pass the written and practical examinations at the end of the course.

What is the ALSO course like?

The ALSO course lasts for two days, with a mixture of lectures and hands-on workstations with life-like mannequins. Mnemonics are used to prompt appropriate responses in emergency situations. The ratio of participants to instructors is never greater than 4:1. The course ends with a written and practical examination, and a certificate is awarded if the examinations are passed.

What does the ALSO course cover?

The material covered by the course manual is updated regularly as new (evidence-based) practice information becomes available. Topics currently included are:

- Bleeding during pregnancy
- Pre-term labour
- Fetal monitoring
- Post-partum haemorrhage
- Forceps & vacuum delivery
- Shoulder dystocia
- Malpresentations
- Neonatal resuscitation

What is included in the course fee?

The fee includes:

- the current extensive Manual
- 2 days of training on the course
- Lunch on both days, with tea and coffee breaks

It does not include accommodation or breakfast.

Contact

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