



## INTERNATIONAL TRAUMA LIFE SUPPORT

### BACKGROUND SUMMARY

ITLS is a not-for-profit organization dedicated to comprehensive trauma training and education. Its training programs are aimed at the emergency (or out-of-hospital) providers. Founded in 1982 as Basic Trauma Life Support International, ITLS now has 91 chapters and 21 training centres in 45 countries. Through ITLS, more than 775,000 trauma care professionals have learned proven techniques endorsed by the American College of Emergency Physicians (ACEP).

ITLS has become accepted internationally as the standard training course for pre-hospital trauma care, and is not only taught as continuing education course, but is also used as a course book in many EMT and paramedic training programs.

ITLS courses give the student the knowledge and hands-on skills to take better care of trauma patients. ITLS stresses rapid assessment, appropriate intervention and identification of immediate life threats. The ITLS framework for rapid, appropriate and effective trauma care is a global standard that works in any situation.

ITLS courses combine classroom learning and hands-on skills stations. They also challenge the student with scenario assessment stations where you put your learning to work in simulated trauma situations. ITLS courses are designed, managed and delivered by course directors, coordinators and instructors experienced in EMS, pre-hospital care and the ITLS approach.

Each ITLS course includes a comprehensive course manual sent to the student in advance. The manual enhances learning experience with in-depth content, photos and illustrations. ITLS manuals are written by trauma care experts and reviewed by the ITLS Editorial Board. After the course, the manual serves as a valuable recap of what has been learned.

ITLS is an approved provider by Commission on Accreditation of Pre-Hospital Continuing Education (CAPCE) [formerly CECBEMS] and all ITLS courses are CAPCE certified.

ITLS offers several courses designed to meet the educational needs of providers:

#### ITLS Courses

- **ITLS Advanced** - Advanced ITLS is a comprehensive course for advanced EMTs, paramedics, nurses, physicians and other advanced EMS personnel. ITLS Advanced covers the skills necessary for rapid assessment, resuscitation, stabilization and transportation of trauma patients. The 16-hour course emphasizes evaluation steps and sequencing and techniques for resuscitation and packaging a patient. Hands-on stations include: basic and advanced airway, chest decompression and fluid resuscitation, spinal motion restriction - rapid extrication, short back board, helmet management, log roll and long back board, traction splints, patient assessment and management.

- **ITLS Basic** - Basic ITLS give basic EMS personnel complete training in the skills they need for rapid assessment, resuscitation, stabilization and transportation of trauma patients. The 16-hour course is designed for providers who are first to evaluate and stabilize the trauma patient. Hands-on stations include: basic airway, spinal motion restriction - rapid extrication, short back board, helmet management, log roll and long back board, traction splints, patient assessment and management.
- **ITLS Military** - Combines the fundamentals of ITLS trauma assessment and treatment with recent military innovations utilized in the world's current war zones. The course adapts proven techniques taught in the civilian ITLS course to the military environment where limited resources are the rule, not the exception.
- **ITLS eTrauma** - ITLS eTrauma covers the 8 hours of ITLS Basic or Advanced Provider classroom instruction providing online training on the core principles of rapid assessment, resuscitation, stabilization and transportation of trauma patients. Because of the program's comprehensive approach, ITLS eTrauma is available for both Basic and Advanced level learners.
- **ITLS Completer Course** – Learners who successfully complete ITLS eTrauma may take an 8 hour Completer course to earn ITLS Provider certification. The Completer course provides skills training, patient assessment and testing.
- **ITLS Access** – ITLS Access give EMS crews and first responders the training they need to reach, stabilize and extricate trapped patients. The 8-hour course focuses on using hand tools commonly carried on an ambulance or first responder unit.
- **ITLS Pediatric** - ITLS Pediatric continues the learning of the Basic and Advanced courses - with an emphasis on understanding and responding to trauma in children. The 8-hour course teaches the proper assessment, stabilization and packaging of pediatric trauma patients. It also highlights techniques for communicating with young patients and their parents. Hands-on stations include: airway management and chest decompression, fluid resuscitation, spinal motion restriction, and patient assessment and management.
- **ITLS Instructor Courses** – ITLS Instructor training is a hybrid program of an online component, classroom component and monitoring.

### **ITLS Programs**

ITLS provides its courses through its chapters and training centres. ITLS mandates essential policies and procedures for its courses; however, each chapter and training centre has the flexibility to adapt the educational content for their individual program.

ITLS encourages persons interested in establishing an ITLS chapter to seek sponsorship from a larger organization such as a hospital or EMS agency.

### **Applying to Become an ITLS Chapter**

ITLS will consider applications for chapter status from non-for-profit (voluntary) organizations, non-governmental organizations (NGO) and governmental agencies, including branches of the military. An

ITLS chapter is responsible for administration of the ITLS programs, including issuance of cards and certificates, collection and remittance of fees, reporting to ITLS International and representation at the annual ITLS International Congress (delegate organization). ITLS chapters are also responsible for promoting and encouraging development of new ITLS courses and course coordinators in their area. Each chapter is required to have a Chapter Coordinator and Chapter Medical Director.

### **Applying to Become an ITLS Training Centre**

ITLS International will consider applications for training centre status from organizations that wish to train their own personnel or clients in ITLS but do not want to take on the responsibility for administration of ITLS programs in their geographic area. Becoming a training centre may be a good option for proprietary organizations or other organizations that want to gradually become involved in ITLS. Each training centre is required to have a Coordinator and Medical Director.

### **How to Get Started**

A program interested in becoming an ITLS Chapter or Training Centre will need to have a core group of trained ITLS instructors. ITLS requires a student to faculty ratio of 6:1 so an adequate number of instructors must be trained.

- **Sending potential ITLS students to an ITLS course**  
ITLS can help interested persons or organizations locate ITLS courses that are convenient to their location. This is a good alternative for individuals or small groups. Students are responsible for their own travel and course expenses.
  
- **Inviting ITLS faculty to conduct courses on site**  
ITLS can arrange for International faculty to come to a location and conduct ITLS provider and/or instructor courses. This option is chosen most often by organizations looking to become an ITLS chapter or training centre in the future and wanting to train a core group of potential ITLS instructors. The inviting organization is responsible for the faculty and course expenses for conducting the course(s).
  
- **Conducting a Course Outside a Chapter**  
ITLS will work with requesting organizations who apply for an ITLS "Course Outside of a Chapter." If the necessary personnel are available, including the Medical Director, Course Coordinator, Instructors and the necessary equipment, there should not be difficulty in applying for a course. An application for such a course must be submitted to ITLS International at least 90 days before the start of the course.

ITLS charges an assessment fee of \$17 USD per student taught pass or fail. All Instructor recertification is conducted online through the International office at the cost of \$35 USD per student. ITLS chapters usually also assess a fee which includes the ITLS International fee. Course fees are set by the individual ITLS chapters, training centres or course coordinators.

Please feel free to contact ITLS at [info@itrauma.org](mailto:info@itrauma.org) for further information about establishing ITLS training for your students.