

2026 Advanced Cardiovascular Life Support Renewal & Basic Life Support Renewal Course

Purpose and Intended Audience

To enable physicians, nurses, and paramedic personnel to improve outcomes for adult patients of cardiac arrest and other cardiopulmonary emergencies through early recognition and interventions by high-performance teams.

Objectives/Learner Outcomes

Upon completion of the course, the participant will be able to:

1. Define systems of care.
2. Apply the BLS, Primary and Secondary Assessments sequence for a systematic evaluation of adult patients.
3. Discuss how the use of a rapid response team (RRT) may improve patient outcomes.
4. Recognize and manage patients experiencing Acute Coronary Syndrome and Acute Stroke, including disposition.
5. Demonstrate proficiency in providing BLS care, including prioritizing chest compressions and integrating automated external defibrillator (AED) use for both adult and children.
6. Recognize and manage respiratory and/or cardiac arrest until termination of resuscitation or transfer of care, including immediate post-cardiac arrest care.
7. Demonstrate effective communication as a member or leader of a resuscitation team.
8. Complete the BLS and ACLS written exams with a score of 84% or higher.

Prerequisites

Completion of AHA ACLS Provider course.

Successful completion of the Precourse Self-Assessment with a score of 70% or higher.

[ACLS Precourse Assessment](#)

Email completion certificate to DM_CTC@unitypoint.org at least two weeks prior to course.

Faculty

Certified AHA ACLS Instructors

Course Textbook

[2025 ACLS Provider Manual](#)

Dates

January 23, 2026

February 23, 2026

March 30, 2026

April 27, 2026

May 18, 2026

June 8, 2026

July 13, 2026

August 17, 2026

September 25, 2026

October 26, 2026

November 16, 2026

December 18, 2026

Agenda (includes two 10-minute breaks)

8:00 ACLS Course Overview and Organization

8:10 Infant CPR

9:20 High Quality Adult CPR

10:10 Airway Management

10:50 Systems of Care

11:00 The Science of Resuscitation

11:15 Systematic Approach

11:30 CPR Coach

11:40 High Performance Teams

12:10 Lunch

12:50 Technology Review

1:00 Megacode Practice

3:10 Megacode Testing

4:30 Written Exam (BLS and ACLS)

6:00 Course Evaluation/Remediation/Dismissal

Questions: Email DM_CTC@unitypoint.org

2026 Advanced Cardiovascular Life Support Renewal & Basic Life Support Renewal Course

Dress Code

Dress code: Business casual. NO blue jeans, shorts, or flip flops. MUST wear closed-toe shoes.

Location

Iowa Methodist Medical Center

Education Research Center

Driving directions will be included in the confirmation email.

Continuing Education Credit

No Nursing CE credit will be awarded.

CEH: Approved for 5.25 credit hours by Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS). An email notice will be sent after the course to claim credits online.

CME: UnityPoint Health – Des Moines is accredited by the Iowa Medical Society to provide continuing medical education for physicians.

UnityPoint Health – Des Moines designates this live activity for maximum of 6.25 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Fees (do not include textbook or lunch)

Outside UPHDM Registration \$225

UPHDM Region Clinic Employees \$175

How to Register

Please click and complete registration at this link: [2026 ACLS Course Registration](#)

Payment

Please call the Training Center at 515-241-6811 to provide credit card information.

Cancellation Policy

- The registration fee, minus \$60.00, is refundable up to three business days prior to the program. After that time, no refund is available.
- UnityPoint Health – Des Moines reserves the right to cancel the program due to insufficient enrollment. If this occurs, registration fees will be refunded.
- Courses cancelled due to adverse weather conditions will be rescheduled. Participants will be granted a refund if there is a conflict with the new date.

Questions: Email DM_CTC@unitypoint.org

The American Heart Association strongly promotes knowledge and proficiency in all AHA courses and has developed instructional materials for this purpose. Use of these materials in an educational course does not represent course sponsorship by the AHA. Any fees charged for such a course, except for a portion of fees needed for AHA course materials, do not represent income to the AHA.



Community Training Center
1200 Pleasant St
Des Moines, IA 50309
Fax: 515.241.5038
DM_CTC@unitypoint.org