

2026 Basic Life Support Update Course

Purpose and Intended Audience

To enable healthcare providers in the lifesaving skills of cardiopulmonary resuscitation (CPR) for all ages (including ventilation with a barrier device, a bag-mask device, and oxygen), use of an automated external defibrillator (AED), and relief of foreign-body airway obstruction (FBAO), as defined by the American Heart Association (AHA). This course is for students with active BLS Provider cards that are due for renewal. Must provide current BLS Provider card.

Objectives/Learner Outcomes

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

1. Describe the importance of high-quality CPR and early defibrillation.
2. Describe the steps in the chain of survival.
3. Complete BLS skills on an Adult, Child, and Infant as well as choking and AED use.
4. Demonstrate effective use of a barrier device and a bag-mask device.
5. Complete the written exam with a score of 84% or higher.

Faculty

Certified AHA BLS Instructors

Fees

Registration \$80

Registration

Click to register at this link: [2026 BLS Course Registration](#)

Payment

Provide payment by calling in your credit card number to the Training Center at 515-241-6811

Course Manual

[BLS Provider Manual | AHA \(heart.org\)](#)

Location

Iowa Methodist Medical Center – Des Moines
Education and Research Building
Directions will be sent in confirmation email.

CE Credit

None provided.

Cancellation Policy

- The registration fee, minus \$30.00 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.

2026 Dates

January 14 PM	July 1 PM
January 28 AM/PM	July 15 AM/PM
February 11 PM	July 29 AM/PM
February 25 AM/PM	August 12 PM
March 11 PM	August 26 AM/PM
March 25 AM/PM	September 9 PM
April 8 PM	September 23 AM/PM
April 22 AM/PM	October 7 PM
May 6 PM	October 21 AM/PM
May 20 AM/PM	November 4 PM
June 3 PM	November 18 AM/PM
June 17 AM/PM	December 2 PM
	December 16 AM/PM

AM: 8:00am – 12:00pm

or

PM: 1:00pm – 5:00pm

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.