



ESCOLA
SUPERIOR
DE SAÚDE
CRUZ
VERMELHA
PORTUGUESA

ERASMUS+
Blended Intensive
Programme

Advanced
Critical Care

June/July 2026

HEI PARTNERS

Escola Universitària
d'Infermeria i Teràpia Ocupacional
de Terrassa

adscrita a la **UAB**
Universitat Autònoma
de Barcelona

OULU UNIVERSITY OF
APPLIED SCIENCES



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ERASMUS+ Blended Intensive Programme

Advanced Critical Care

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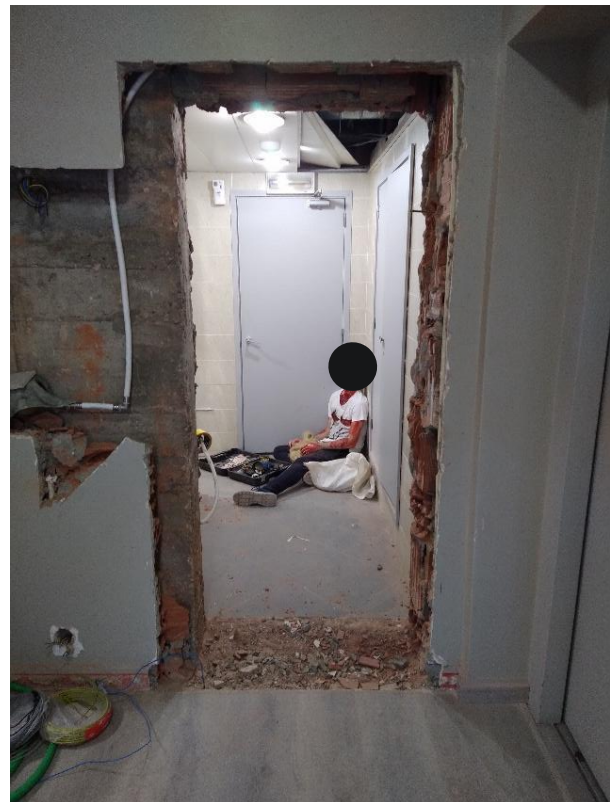
ERASMUS+ Blended Intensive Programme

Advanced Critical Care

ID: 2024 -1-PT01-KA131-HED-000211724-2

1. Introduction | Main Goal

This BIP is a comprehensive program integrating trauma based on International Trauma Life Support (ITLS) provider course, covering the skills necessary for rapid assessment, resuscitation, stabilization and transport of a trauma victim. ITLS was founded in the early 1980s by John E. Campbell, MD, FACEP, of the Alabama Chapter of the American College of Emergency Physicians, aimed at health/medical and nursing students.





2. Duration and credits

- + The international module is validated with **3 ECTS**.
- + **Module 1:** Distance-learning online component is 12 hours of workload (hosted on GoogleMeets platform) and will be held in **June**.
- + **Module 2:** The intensive in-person programme is 40 hours of contact and will be held in **June-June**, 5 full days (from 9h00 to 17h00).

This Module will include the Theoretical-Practical approaches, with skill station and real case scenarios at school facilities. The completion of this module includes 1 day external action at a designated location related to Chemical Biological Radiological and Nuclear emergency response (CBRN).

Participants will receive a 'transcript of records' at the end of the course. The certificate will provide ECTS-credits, grades and description of the modules. Students can transfer the credits to their curriculum or can add this to their portfolio.

Participants are expected to follow all educational activities and to participate in practical activities. The participation in all lectures, skills stations and practical sessions or workshops is required for full BIP certification.

3. Number of places available

A minimum number of 10 international participants and a maximum of 20 is required, to guarantee the success of the educational strategies considering the capacity of the facilities and human resources. Students should undergo a selection procedure at their home institutions according to predefined criteria.





4. Learning Outcomes

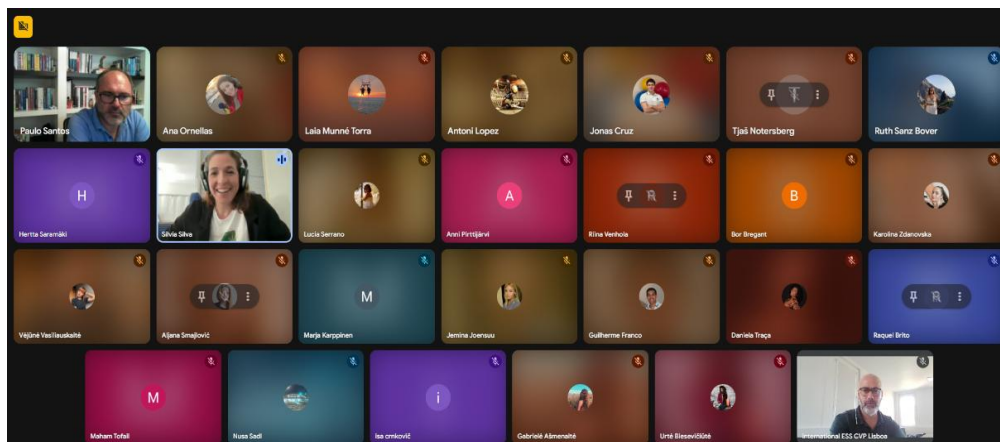
At the end of the course the student should demonstrate:

- + Knowledge and understanding of the key concepts identified.
- + Ability to create innovative and adequate responses to specific situations
- + Ability to plan and act based in a human centred approach
- + In-depth reflection of one's own learning experience, as well as the groups' learning experience
- + Ability to transfer the international learning experience, into ones' own national reality

5. Educational structure

5.1. The Pre-online part will cover the following topics (12h):

- + Standard Precautions and Transmission-Based Precautions
- + Hypothermia in trauma
- + Emergency Medical Imaging
- + Scene Size-up
- + Paediatric Trauma
- + Geriatric Trauma
- + Trauma in Pregnancy
- + Traumatic disease and Trauma triage
- + Leadership and Responsibilities



5.2. The Intensive part will address the following topics (40h):

- + Trauma assessment and management
- + Traumatic cardiorespiratory arrest
- + Airway Management and Capnography
- + Shock and haemorrhage control
- + Head and Spinal Trauma
- + Thoracic and Abdominal Trauma
- + Extremity trauma
- + Burns
- + Trauma Arrest
- + The Impaired Patient
- + Focused Assessment with Sonography in Trauma
- + Chemical Biological Radiological and Nuclear response
- + Leadership and task allocation within a trauma team
 - o Responsibilities of a trauma team member
 - o Communication Skills within the team and non-team members
 - o Prioritizing in the multi-trauma patient
- + Decision-making under pressure





For the practical setting, it will be provided the following Skill stations:

- + Thoracic trauma skills
- + Airway approach skills
- + Shock and haemorrhage control skills (IO access/fluid therapy)
- + Spine management skills
- + Patient assessment demonstration
- + FAST and eFAST
- + Patient Assessment Practice Scenarios





6. Teaching & Learning Strategies

This Advanced Critical Care programme emphasizes the integration of diverse teaching and learning strategies to ensure the development of competent and reflective practitioners. Contemporary approaches combine theoretical instruction with structured practical experiences, including the use of skills stations and simulation-based activities.

The incorporation of demonstrative teaching, alongside active participation, supports knowledge transfer while reinforcing best practice. The station rotation models allow exposure to a broad range of clinical scenarios, optimizing time and resources while promoting adaptability and experiential learning.

The integration of clinical reasoning exercises across both theoretical and practical sessions strengthens decision-making skills and the ability to apply knowledge in complex situations. Collectively, these strategies will contribute to an educational framework that aligns with current demands in health professions education, fostering not only technical proficiency but also critical thinking, adaptability and lifelong learning.

7. Competence Development

Intellectual skills

- + Problem solving skills
- + Critical thinking
- + Evidence-based practice
- + Learning from experience
- + Decision making

Self-management skills

- + Adaptability
- + Personal growth
- + Initiative
- + Stress management (stability and self-control)

Oral and writing communicating skills

- + Leadership, team management
- + Collaborative and co-created intervention
- + Effective communication
- + Networking skills
- + Multicultural skills





8. Assessment and Outcomes

Students will be assessed at the end of the theoretical component, individually by a written test. At the end of the BIP, Students do individual and group reflection about learning outcomes and learning impact which will be summarised and discussed. At the last day, students and STAFF are invited to reflect and discuss the outcomes of this BIP, as part of individual growth on knowledge, skills and competencies.

9. Venue and practical sessions

- + ESS CVP Lisboa facilities (Free Wi-Fi available)
- + CrossSIM Health Centre - Simulation Laboratories (6th floor)

10. Food and Beverages

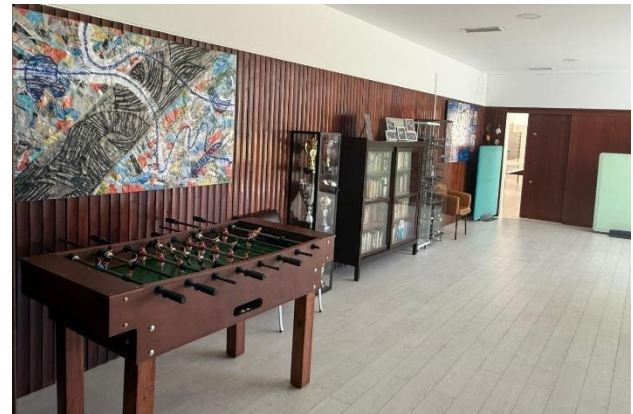
During the course, lunch/snacks and beverages can be purchased at **ESSCVP Lisboa** cafeteria/restaurant (1st floor).





11. Accommodation

ESS CVP Lisboa provides accommodation at Red Cross Military House (RCMH) under request. The RCMH has a total capacity for 20 BIP students. Accommodation at the RCMH will cost 35 euros per day. Free Wi-Fi available.





12. Social Activities and Networking



International and Mobility Office

Escola Superior de Saúde da Cruz Vermelha Portuguesa Lisboa

Avenida de Ceuta, nº 1, Piso 2 | 1300-125 Lisboa | Tel: (+351) 213 616 790

international.lisboa@esscvp.eu



13. Application

Students should apply via their HEI International Office until 30 April 2026.

It is advisable that external STAFF can apply to support educational activities. Remaining issues related to application should be addressed to BIP and International Office Coordinators.

14. Quality Assurance and Continuous Improvement

The quality assurance of the course will be provided using following mechanisms:

1. Survey regarding the course content, teaching methodologies & assessment approaches.
2. Impact of the course towards the development of new skills and intercultural competences.
3. Renewal and strengthening of partnerships, networking.

A report will be written with the analysis of these results and made available for partners and management structures. Each year this report will be discussed amongst the teachers' team, to introduce the necessary changes for continuous quality improvement.

15. Contacts

For more details regarding the program please contact:

BIP Coordinator: Prof. Paulo Santos (psantos@esscvp.eu)

International Coordinator: Prof. Filipe Moura (international.lisboa@esscvp.eu)

WELCOME TO ESSCVP LISBOA!



