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MIDWIFERY REGULATORY COUNCIL OF NOVA SCOTIA (MRCNS)

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**POLICY ON CONTINUING COMPETENCE  
IN CARDIOPULMONARY RESUSCITATION (CPR)**

Registered midwives with an active practising (clinical) or provisional (clinical) license must be certified every two years in cardiopulmonary resuscitation. Proof of certification will be required for initial registration and annual license renewal.

**Minimum Required Standard**

The minimum required standard is completion of the Basic Life Support - BLS Provider program of the Heart and Stroke Foundation of Canada, which covers the following:

- adult cardiopulmonary resuscitation
- pediatric cardiopulmonary resuscitation
- two-rescuer scenarios
- use of bag valve mask
- management of foreign-body airway obstruction
- use of Automated External Defibrillator (AED)

**Approved Courses**

Acceptable CPR certification courses include:

- Heart and Stroke Foundation of Canada: BLS Provider (formerly known as BLS for Healthcare Providers)
- Canadian Red Cross: CPR/AED Level HCP
- St. John Ambulance: CPR HCP
- American Heart Association: BLS HCP
- CPR Today: Healthcare Provider Course
- Resuscitation Quality Improvement (RQI): BLS Course endorsed by AHA and Heart and Stroke Foundation of Canada

Midwives who are certified instructors in any of the above programs will be considered to have met this continuing competency requirement when proof is provided of:

- a) a current instructor's certificate; and
- b) teaching and conducting assessments in each of the emergency areas listed above in the preceding 36 months.

Midwives seeking to meet this continuing competence requirement through another course not listed above must obtain pre-approval from the MRCNS Registrar.

**Adopted by the MRCNS on March 18, 2009**

**Amended by the MRCNS on May 31, 2018**

**Amended by the MRCNS on February 10, 2026**