

FDP on Basic Cardiac life Support

Date: 12/04/2023

Venue: ASM's Institute of Professional Studies Auditorium Hall 2

Introduction

Cardiopulmonary resuscitation is an emergency procedure consisting of chest compressions often combined with artificial ventilation in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest.

Objective

to restore and maintain breathing and circulation and to provide oxygen and blood flow to the heart, brain, and other vital organs.

Speaker /Guest: Dr. Ujwala Indurkar & Dr. Manisha Suryawanshi from YCM Hospital Pimpri Chinchwad Pune.

Report

ASM's Institute of professional studies Pimpri-Chinchwad Pune and YCM hospital (Semi government) hospital conducted program on 12/04/2023 in ASM's institute of professional studies Auditorium Hall.

Cardiopulmonary Resuscitation (CPR) - CPR alone is unlikely to restart the heart. Its main purpose is to restore partial flow of oxygenated blood to the brain and heart.

Dr. Ujwala Indurkar YCM hospital Pimpri Pune transform the knowledge and demo to the Students, Teaching and Non-Teaching Faculty Members. She explained how CPR can save someone's life. CPR is called as "Sanjeevani" as it gives life to the person. Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies, such as a heart attack or near drowning, in which someone's breathing or heartbeat has stopped. If you become well-trained and confident in your ability, check to see if there is a pulse and breathing. If there is no pulse or breathing within 10 seconds, begin chest compressions. Start CPR with 30 chest

compressions before giving two rescue breaths. CPR can keep oxygen-rich blood flowing to the brain and other organs until emergency medical treatment can restore a typical heart rhythm. When the heart stops, the body no longer gets oxygen-rich blood. The lack of oxygen-rich blood can cause brain damage in only a few minutes. If the person doesn't respond and you're with another person who can help, have one person call 911 or the local emergency number 108 and get the AED, if one is available. Have the other person begin CPR. Doctor shared the step wise procedure of CPR.

The letters C-A-B to help people remember the order to perform the steps of CPR.

- **C:** compressions
- **A:** airway
- **B:** breathing

Compressions: Restore blood flow

Compressions means you'll use your hands to push down hard and fast in a specific way on the person's chest. Compressions are the most important step in CPR. Follow these steps for performing CPR compressions:

1. Put the person on his or her back on a firm surface.
2. Kneel next to the person's neck and shoulders.
3. Place the lower palm (heel) of your hand over the center of the person's chest, between the nipples.
4. Place your other hand on top of the first hand. Keep your elbows straight and position your shoulders directly above your hands.
5. Push straight down on (compress) the chest at least 2 inches (5 centimeters) but no more than 2.4 inches (6 centimeters). Use your entire body weight (not just your arms) when doing compressions.
6. Push hard at a rate of 100 to 120 compressions a minute. The American Heart Association suggests performing compressions to the beat of the song "Stayin' Alive." Allow the chest to spring back (recoil) after each push.
7. If you haven't been trained in CPR, continue chest compressions until there are signs of movement or until emergency medical personnel take over. If you have been trained in CPR, go on to opening the airway and rescue breathing.

Airway: Open the airway

If you're trained in CPR and you've performed 30 chest compressions, open the person's airway using the head-tilt, chin-lift maneuver. Put your palm on the person's forehead and gently tilt the head back. Then with the other hand, gently lift the chin forward to open the airway.

Breathing: Breathe for the person

Rescue breathing can be mouth-to-mouth breathing or mouth-to-nose breathing if the mouth is seriously injured or can't be opened. Current recommendations suggest performing rescue breathing using a bag-mask device with a high-efficiency particulate air (HEPA) filter.

1. After opening the airway (using the head-tilt, chin-lift maneuver), pinch the nostrils shut for mouth-to-mouth breathing and cover the person's mouth with yours, making a seal.
2. Prepare to give two rescue breaths. Give the first rescue breath — lasting one second — and watch to see if the chest rises.
3. If the chest rises, give a second breath.
4. If the chest doesn't rise, repeat the head-tilt, chin-lift maneuver and then give a second breath. Thirty chest compressions followed by two rescue breaths is considered one cycle. Be careful not to provide too many breaths or to breathe with too much force.
5. Resume chest compressions to restore blood flow.
6. As soon as an automated external defibrillator (AED) is available, apply it and follow the prompts. Give one shock, then resume chest compressions for two more minutes before giving a second shock. If you're not trained to use an AED, a 911 operator or another emergency medical operator may be able to give you instructions. If an AED isn't available, go to step 5 below.
7. Continue CPR until there are signs of movement or emergency medical personnel take over.

Each one tried to give CPR on demo body. Dr. Indurkar showed one informative video in her workshop. Session was very important and informative for each one.

We thankful to Dr. S.J. Bokephode (Director), Dr. Lalit Kanore (Dean), Mr. Justin Mathew, Dr. Ujwala Indurkar and Dr. Manisha Suryawanshi and other Members to provide such an important training session.

Photos



Dr. Ujwala Indurkar taking FDP Session on Basic Cardiac Life Support



Students and Faculty of ASM IPS during training program



Video shown by Doctor



Demo session by doctor



Practice on demo body by ASM IPS faculty



Practice on demo body by ASM IPS Student

Outcomes

ASM students and faculty got information on CPR skills.