

Hands on workshop - BLS

The event took place for 3 days from 1 – 3/8/23. The session commenced with a welcome address delivered by Dr. Ajit Kumar, Assistant Professor (VMCH) of Physiology Department to the B batch of MBBS First Year Students. Following this, a pre-test was administered by Dr. Renu Meena, Assistant Professor of Physiology Department. Dr. Saleem Malik, a second-year Emergency Medicine Resident, conducted an engaging session that focused on the significance of Basic Life Support (BLS). Dr. Malik employed an interactive approach to emphasize the importance of having knowledge about basic life support, underscoring its relevance in various situations and settings. He elaborated on fundamental aspects such as ensuring scene safety, situation assessment, and Cardio-Pulmonary Resuscitation (CPR). The session effectively conveyed the vital role of uninterrupted chest compressions and the implications of interruptions in blood supply to the heart and brain. The use of Automated External Defibrillator (AED) devices was explored, with informative PowerPoint slides illustrating their impact on survival rates. Participants were educated about shockable and non-shockable rhythms to enhance their awareness regarding AED utilization. Noteworthy instructions were given for cases involving pregnant women, advising compression only on the upper half of the sternum to prevent Inferior Vena Cava (IVC) obstruction and potential fetal complications. Additionally, adaptations such as mouth-to-mouth resuscitation in the context of the Covid era were addressed. The skill of Heimlich's maneuver was taught as well and it can be vital and lifesaving in resuscitating a person who had choked in a restaurant. Dr. Saleem Malik encouraged active participation by fostering an open discussion where students could seek clarifications for immediate doubts.

After the discussion of the topic, the students were exposed to a hands-on training of CPR technique on a mannequin. Dr. Malik evaluated the students based on their skill. There was a parallel post-test for the other half of the students who were not part of the first part of the hands-on training. Then the roles were exchanged between the two sets of students. The knowledge about BLS post this workshop was splendid, as evident by the scores in the post test. The session for the day concluded with a vote of thanks presented by Dr. Durai Arasan, Senior Resident (VMCH) of Physiology Department.



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