



SHRI BALAJI INSTITUTE OF MEDICAL SCIENCE
MEDICAL EDUCATION UNIT



In association with
skill lab
conducts

BASIC LIFE SUPPORT PROVIDER TRAINING (BLS)

DATE - 18 JUNE 2022 TIME 9.00 AM to 1 PM

VENUE - MEU HALL 4th floor College block SBIMS

RESOURCE FACULTY -

1. Dr Reema Wadhwa -Certified BLS/ACLS trainer- Asso. Prof Anaesthesia SBIMS
2. Dr Rashmi Kispotta - Certified BLS/ACLS trainer- Asso. Prof Paediatrics SBIMS.
3. Dr Hemali Doshi -- Certified BLS/ACLS trainer- Dept of Anaesthesia SBIMS.

Program Co Ordinator -

1. Dr. Anil K. Dubey – Skill Lab Chairperson –Prof & HOD G. Surgery
2. Dr Neerja Agarwal –MEU Co- Ordinator - Prof & HOD Obst&Gynaec
3. Mrs Salomi Amrosa - Certified BLS/ACLS trainer Nursing Superintendent. SBIMS

BASIC LIFE SUPPORT (BLS) PROVIDER TRAINING COURSE

BASIC LIFE SUPPORT (BLS) is the care which the first responders, health care professionals, and public safety professionals provide to anyone who is experiencing cardiac arrest respiratory distress or an obstructed airway. It requires knowledge and skills in cardiopulmonary resuscitation (CPR) for adult child and infant.

With this a training in BLS Course was conducted by **Medical Education Unit** of Shri Balaji Institute of Medical Science in association with **Skill lab** on **18 /6/ 2022**

- The program started with Saraswathi pooja & opening remarks by Dean.
- Pre-test was conducted for total of **20 participants** registered for the **BLS**
- Didactic lecture on Concepts of Adult CPR by **Dr Reema Wadhwa** – Associate Professor dept of Anaesthesia. Concepts of Paediatric / Infant CPR by **Dr Rashmi Kispotta**.
- Video demonstration of the adult and Paediatric CPR.
- **Hands on training** on adult and paediatric manikin provided to promptly recognize several life-threatening emergencies, give proper chest compressions, deliver appropriate ventilation by resource faculty **Dr Reema Wadhwa, Dr Rashmi Kispotta, Dr Hemali Doshi** in batches so each participant was given equal opportunity to be trained.
- Post- test taken and feed back on the program were collected.
- Program was with Certification as a **BASIC LIFE SUPPORT PROVIDER**.

PROGRAM SCHEDULE

S.No	SCHEDULE	TIME
1	Registration, Pre test	9:00am-9:15am
2	Dr. Reema Wadhwa- Concepts of Adult CPR	9:15am-9:35am
3	Dr. Rashmi kispotta- Concepts of Paediatric CPR	9:35am-9:55am
4	Mrs. Salomi Amrose NABH	9:55am-10:15am
5	Video Presentation	10:15am-10:30am
6	TEA BREAK	10:30AM-10:45AM
7	Practical Session-Dr. Reema Wadhwa Dr. Rashmi kispotta Dr Hemali Doshi	10:45am-12:15pm
8	Question & Answer Session	12:15am-12:30pm
9	Post Test	12:30pm-12:45pm
10	Concluding Remarks	12:45pm-1:00pm

Supporting Staff : Mrs Khushboo Rajput, Mr. Manish Thakur
Mr. Ashish and Staff Mr. Alekh Patel Mr. Tamesh

SHRI BALAJI INSTITUTE OF MEDICAL SCIENCES, MOWA RAIPUR (C.G.)					
BASIC LIFE SUPPORT TRAINING					
Co-ordinator - Mrs. Salomi Amrose (Nursing Superintendent SBIMS)					
S.N.	PARTICIPANT LIST	DESIGNATION	MOBILE NO.	SIGNATURE	CERTIFICATE RECEIVED
1	ABHASHANI NAND	SUPERVISOR	913180186	[Signature]	[Signature]
2	ANGTA RATRE	SURGERY OPD NURSING STAFF	7722908926	[Signature]	[Signature]
3	ANJALI MASHI	CCU NURSING STAFF	925717790	[Signature]	[Signature]
4	ASHISH KAMAL REED	DEPUTY NURSING SUPERINTENDENT			ABSENT
5	GUNJA KANSH	OPHTHAL- NURSING STAFF	8269611564	[Signature]	[Signature]
6	HIMANSHU JAMES	ORTHOPAEDIC NURSING INCHARGE	9630700966	[Signature]	MIMMICKY
7	ILISHIBA SAMUEL	EMERGENCY MEDICINE INCHARGE	7771476728	[Signature]	[Signature]
8	JYOTI KIRAN DAS	PEDIATRIC NURSING INCHARGE	916502075	[Signature]	[Signature]
9	MADHURI SAHU	GENERAL FEMALE MEDICINE NURSING INCHARGE	8267551117	[Signature]	[Signature]
10	MONIKA SONWANI	P.I.C.U NURSING STAFF	9963400328	[Signature]	[Signature]
11	NIMA HARIAN	N.I.C.U NURSING STAFF	7888902850	[Signature]	[Signature]
12	PRIYANKA DAS	OPHTHALMIC NURSING INCHARGE	9980552807	[Signature]	[Signature]
13	RITU XALZO	ICU NURSING STAFF	015152077	[Signature]	[Signature]
14	SABOJINI PATEL	DEPUTY NURSING SUPERINTENDENT	7470692300	[Signature]	[Signature]
15	SHELPI DAS	MEDICINE OPD NURSING STAFF	898247900	[Signature]	[Signature]
16	SINGSHA BAG	SUPERVISOR	820028770	[Signature]	[Signature]
17	TAPU GUPTA	ICU NURSING STAFF	8253026785	[Signature]	[Signature]
18	TUKESH VERMA	SUPERVISOR	7969929840	[Signature]	[Signature]
19	TWINKLE SAHU	CCU NURSING STAFF	7470939800	[Signature]	[Signature]
20	TASHOYA NISHAD	PAEDIATRIC OPD NURSING STAFF	8482803554	[Signature]	[Signature]

Co-ordinator
 Medical Education Unit
 Shri Balaji Institute of Medical Sciences
 Mowla, Raipur (C.G.)
 18.6.2022

Pre-test -

SHRI BALAJI INSTITUTE OF MEDICAL SCIENCES , MOWA, RAIPUR , C.G.

QUESTION PAPER

1. What is the compression to ventilation ratio you should use when giving CPR to any individual?*
- a 10:1
 - b 30:2
 - c 15:1
 - d 15:2
2. When performing two-rescuer CPR, how often should you switch roles?*
- a After every cycle of CPR
 - b After every two cycles of CPR
 - c After every five cycles of CPR
 - d After every 10 cycles of CPR
3. When operating an AED, what are the correct steps to follow?*
- a Power on the AED, attach electrode pads, shock the individual, and analyze the rhythm
 - b Power on the AED, attach electrode pads, analyze the rhythm, clear the individual, and deliver shock
 - c Attach electrode pads, check pulse, shock individual, and analyze rhythm
 - d Check pulse, attach electrode pads, analyze rhythm, shock patient
4. When looking for a pulse on a child from one year to puberty, where should you check?*
- a Brachial artery
 - b Ulnar artery
 - c Temporal artery
 - d Carotid or femoral artery

5. What are the BLS (Basic Life Support) steps used for adults?*

- Assess the individual, give two rescue breaths, defibrillate, and start CPR
- Assess the individual, activate EMS and get AED, check pulse, and start CPR
- Check pulse, give rescue breaths, assess the individual, and defibrillate
- Assess the individual, start CPR, give two rescue breaths, and defibrillate

6. What are the vital characteristics of first-rate CPR?*

- Starting chest compressions within 10 seconds of recognition of cardiac arrest
- Pushing hard and fast
- Minimizing interruptions
- All of the above

7. Which step is NOT a part of the five steps in the Adult Chain of Survival?*

- Early CPR
- Rapid defibrillation
- Advanced airway placement
- Integrated post-cardiac arrest care

8. What is the recommended BLS sequence for the 2020 ILCOR guidelines?*

- Chest compressions, Airway, Breathing
- None of the above
- Airway, Breathing, Check pulse
- Airway, Breathing, Chest compressions

9. What are the signs of an obstruction of the airway?*

- Poor air exchange
- High-pitched noise while inhaling

- Inability to speak
 - All of the above
10. How many breaths should be given during a two-rescuer CPR on an adult with an advanced airway in place?*
- Every 2 to 3 seconds (20 to 30 breaths per minute)
 - Every 4 to 5 seconds (12 to 15 breaths per minute)
 - Every 6 to 8 seconds (8 to 10 breaths per minute)
 - Every 10 to 12 seconds (5 to 6 breaths per minute)
-

POST TEST

SHRI BALAJI INSTITUTE OF MEDICAL SCIENCES MOWA, RAIPUR, C.G.
QUESTION PAPER

1. What is the recommended BLS sequence for the 2020 ILCOFF guidelines?*

 - Airway, Breathing, Check Pulse
 - Compressions, Airway, Breathing
 - Airway, Breathing, Compressions
 - Airway, Check Pulse, Breathing

2. What ventilation rate should be used when CPR has been used to bring back a person's pulse yet they are not breathing?*

 - 6-8 breaths per minute
 - 10-12 breaths per minute
 - 18-20 breaths per minute
 - Depends on his color

3. BLS considers an infant to be the following age:*

 - Under one year
 - 2 years
 - 3 years
 - 4 years

4. Which step is NOT a part of the five steps in the Adult Chain of Survival?*

 - Early CPR
 - Rapid defibrillation
 - Use of cardiovascular medications
 - Integrated post-cardiac arrest care

5. How would you use the AED if you had a 49-year-old female suffers a witnessed cardiac arrest, has a history of cardiac issues and you notice a healed incision covering a bulge that is under her skin in the upper left side of her chest?*

- AED cannot be used in this person.
- You should put a magnet over the bulge before using the AED.
- You should place pads over the bulge.
- You should avoid placing pads over the bulge.

6. What do you do after immediately after delivering a shock to a person with the AED?*

- Reassess for a pulse.
- Do chest compressions only.
- Resume CPR.
- Do ventilation only.

7. Before seeking assistance in single-rescuer scenarios ventilations are delivered to a pediatric arrest person for this reason:*

- 911 response times are generally slow.
- The parents are often nearby.
- Most pediatric cardiac arrests are due to respiratory arrest.
- The use of an AED is contraindicated in pediatrics.

8. A 21-year-old intoxicated college student turns blue and appears to be struggling to breathe while eating a hot dog at a bar. You are concerned that this student may have choked. What is the best method to clear the obstruction from the airway?*

- Start CPR
- Abdominal thrust (Heimlich maneuver)
- Back blow/ chest thrust
- Blind finger sweep

9. Check for danger, _____, and send for help are the first three steps you should take when alone to stabilize a person who appears to be having a cardiac or respiratory arrest.*

- Establish IV access
- Insert an advanced airway
- Check for response
- Start CPR

10. What are the correct steps for AED operation?*

- Power on the AED, attach electrode pads, shock the person, and analyze the rhythm.
- Power on the AED, attach electrode pads, analyze the rhythm, and shock the person.
- Power on the AED, analyze the rhythm, attach electrode pads, and shock the person.
- Power on the AED, shock the person, attach electrode pads, and analyze the rhythm.

FEEDBACK FORM

BLS Instructor Course Evaluation

Please answer the following questions about the **course content**.

1. The course learning objectives were clear .
 - a. Yes
 - b. No
2. The over all level of difficulty of the course was .
 - a. Too hard
 - b. Too easy
 - c. Appropriate
3. The content was presented clearly.
 - a. Yes
 - b. No
4. The quality of videos and written material was .
 - a. Excellent
 - b. Good
 - c. Fair
 - d. Poor

Please answer the following questions about your **skill mastery**.

1. I am confident I can use the skills the course taught me.
 - a. Yes
 - b. No
 - c. Not Sure

2. I feel confident I can assess students skills performance & manage a class effectively

- a. Yes
- b. No
- c. Not sure

3. I took this course to obtain professional education credit or continuing education credit.

- a. Yes
- b. No
- c. Not Applicable

Optional questions :

Were there any strengths or weakness of the course that you would like to comment on ?

.....
.....
.....
.....

What would you like to see in future courses developed by the AHA ?

.....
.....
.....
.....

After Completing This Evaluation :

Please return this evaluation to your faculty member before you leave the class.

Alternatively , you can send the evaluation to your Training Centre .Ask your Faculty member for the contact information .

If you have significant problems or concerns with your course, please contact the SBIMS Training Centre.

Participant Name :

Signature & Date :

Mobile No. :



SHRI BALAJI INSTITUTE OF MEDICAL SCIENCE, RAIPUR

MEDICAL EDUCATION UNIT (MEU)

in association with
SKILL LAB

CERTIFICATE

BLS PROVIDER BASIC LIFE SUPPORT

This is to certify that _____
has participated as delegate in Basic Life Support Provider Training held on the 18/06/2022 at Shri Balaji Institute of Medical Science Raipur and has successfully completed the cognitive and skill evaluation of Basic Life Support CPR program

Dr. Manik Chatterjee
Dean
SBIMS

Dr. Reema Wadhwa
Resource Faculty
BLS

Dr. Rashmi Kispotta
Resource Faculty
BLS

Dr. Hemali Doshi
Resource Faculty
BLS



INAUGURATION



CONCEPTS OF ADULT CPR



NABH AND EMERGENCY CODES



CONCEPTS OF PEADIATRIC CPR



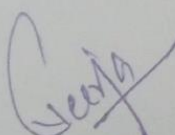
HANDS – ON ADULT CPR



HANDS – ON PEDIATRIC CPR



CERTIFICATE – BASIC LIFE SUPPORT – PROVIDER (BLS TRAINED)


Coordinator
Medical Education Unit
Shri Balaji Institute of Medical Science
Mowa, Raipur (C.G.)