

CARDIOPULMONARY RESUSCITATION (CPR) AWARENESS PROGRAMME

Date: 06th December, 2023

Programme Conducted by

National Board of Examinations in Medical Sciences (NBEMS)
Pharmacy Council of India (PCI)
Institution's Innovation Council (IIC),
Student Startup Innovation Policy (SSIP),
Rai University

Date: 06th Dec, 2023

Mode of Programme: Offline

Title of Awareness Program: **CARDIOPULMONARY RESUSCITATION (CPR) AWARENESS
PROGRAMME**

No of Students Participated: 73

No of Faculty Participated: 16

Objective:

The primary objective of a CPR (Cardiopulmonary Resuscitation) program is to train individuals in the life-saving techniques of CPR, which involves chest compressions and rescue breaths. The overall goal is to provide immediate assistance to someone experiencing cardiac arrest until professional medical help arrives.

On 06 December, 2023, the School of Pharmacy at Rai University the CPR (Cardiopulmonary Resuscitation) Awareness Programme was organized and educating Students on the importance of CPR and equipping them with basic life-saving skills.

Introduction:

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies in which someone's breathing or heartbeat has stopped. For example, when someone has a heart attack or nearly drowns. The American Heart Association recommends starting CPR with hard and fast chest compressions. This hands-only CPR recommendation applies to both untrained bystanders and first responders.

About the program:

The National Board of Examinations in Medical Sciences (NBEMS), an autonomous body under the Ministry of Health and Family Welfare, has launched a nationwide awareness program on cardiopulmonary resuscitation (CPR) training. The program aims to train more than 10 lakh participants across the country, including students, professionals, and paramedical staff, to give basic knowledge of CPR through an online medium

The announcement by the Health Ministry comes following a recent rise in the number of cases of heart attacks across the country with the latest data from the National Crime Records Bureau (NCRB) stating that deaths due to cardiac arrests saw a 12.5% rise, from 28,413 in 2021 to 32,457 in 2022.

The program will have trained doctors posted at each venue who will explain the technique of CPR and answer the queries of the participants. The NBEMS will also issue a certificate of participation to the participants.

This initiative is a step towards creating a more informed and prepared society that can respond to medical emergencies in a timely and effective manner. By providing basic knowledge of CPR to a

large number of people, the program aims to increase the chances of survival of those who suffer from sudden cardiac arrests.

Programme Highlights:

Early Intervention: Teach individuals to recognize the signs of cardiac arrest and the importance of initiating CPR promptly. Early intervention significantly improves the chances of survival.

Basic Life Support (BLS) Skills: Provide participants with the knowledge and skills to perform effective chest compressions and rescue breaths. BLS is a critical component of CPR and helps maintain blood circulation and oxygenation during cardiac arrest.

AED (Automated External Defibrillator) Training: In many CPR programs, participants learn how to use an AED, which is a device that can deliver an electric shock to restore a normal heart rhythm in cases of sudden cardiac arrest.

Team Coordination: Emphasize the importance of effective communication and coordination when performing CPR in a team setting. This is particularly relevant in settings like healthcare institutions where multiple individuals may be involved in the resuscitation effort.

Awareness of Chain of Survival: Educate participants about the concept of the Chain of Survival, which includes early recognition, early CPR, early defibrillation, and advanced life support. Understanding and following this chain can greatly improve the chances of survival for someone experiencing cardiac arrest.

Legal and Ethical Considerations: Provide information on legal and ethical considerations related to providing CPR, including Good Samaritan laws that protect individuals who provide assistance in emergency situations.

Adaptability to Various Settings: Tailor the CPR program to different settings, such as healthcare institutions, schools, workplaces, and community settings, to ensure that participants can apply their skills in diverse situations.

Regular Refreshers and Updates: Encourage participants to undergo periodic refresher courses to keep their CPR skills up-to-date and to reinforce the importance of continued learning in emergency response.

The Keynote Address:

Dr. Sanjesh Rathi, our esteemed Principal, delivered introduction about the programme & Importance of CPR During Heart Attack. His words resonated deeply with the audience as he emphasized the importance of Cardiopulmonary Resuscitation in patient care.

Benefits of Attending the Training Program:

By attending CPR workshop offers several benefits, both for individuals and the community. Here are some key advantages:

1. Lifesaving Skills
2. Immediate Response
3. Confidence in Emergency Situations
4. Community Resilience
5. Team Coordination
6. Understanding of AED Usage
7. Child and Infant CPR Skills
8. Legal and Ethical Awareness
9. Certification