



Basic Life Support Skills

Name of the Course: BASIC LIFE SUPPORT SKILLS

Duration: 30 Hrs.

Offered By: Ramakrishna Sarada Mission Vivekananda Vidyabhavan and Sister Nivedita University

Eligibility: 10+2 Passed (RKSMVV Students only)

Course Fee: Rs 3000/-

Course Overview:

A Basic Life Support Skills course is designed to teach essential skills for responding to emergencies, particularly cardiac and respiratory emergencies.

Course Objectives:

The objective of a Basic Life Support Skills course is to equip participants with the fundamental skills and knowledge required to provide immediate and effective assistance during emergencies involving cardiac arrest, respiratory distress, and choking. These include:

1. Recognize and Respond to Emergencies

- Identify signs of cardiac arrest, respiratory distress, and choking.
- Respond quickly and appropriately to various emergency situations.

2. Perform CPR (Cardiopulmonary Resuscitation)

- Learn the correct techniques for chest compressions and rescue breaths for adults, children, and infants.
- Apply these techniques effectively to increase the chances of survival.

3. Use an AED (Automated External Defibrillator)

- Understand how to operate an AED, including how to attach the pads and follow the device's prompts.
- Integrate AED use into the overall response plan for cardiac arrest.

4. Provide Choking Relief

- Master the techniques for relieving choking in adults, children, and infants.
- Differentiate between various techniques based on the age and size of the person.

5. Offer Rescue Breathing

- Practice providing rescue breaths in conjunction with CPR when indicated.
- Adjust techniques for different age groups as needed.

6. Manage Basic First Aid

- Understand how to control severe bleeding and manage shock until professional help arrives.
- Apply basic first aid principles in various emergency situations.

Syllabus:

1. Introduction to BLS

- Overview of BLS: Understanding the importance of BLS and the Chain of Survival.
- Legal and Ethical Considerations: Good Samaritan laws and consent.

2. CPR (Cardiopulmonary Resuscitation)

- Adult CPR: Techniques for chest compressions and rescue breaths.
- Child CPR: Adjustments for smaller body sizes and techniques for infants.
- Infant CPR: Special considerations and techniques for infants under 1 year old.

3. AED (Automated External Defibrillator)

- How to Use an AED: Steps for attaching and operating an AED.
- AED Protocols: Understanding when and how to use an AED.

4. Choking Relief

- Adult and Child Choking: Techniques for abdominal thrusts (Heimlich maneuver) and back blows.
- Infant Choking: Modified techniques for infants.

5. Rescue Breathing

- Techniques and Indications: When and how to provide rescue breaths.

6. First Aid Basics

- Handling Severe Bleeding: Basic techniques for controlling bleeding.
- Shock Management: Recognizing and managing shock.

7. Practical Skills

- Hands-on Practice: Performing CPR on mannequins, using AED trainers, and practicing choking relief.

- Scenario-Based Training: Responding to simulated emergencies to practice skills in a realistic setting.

8. Assessment and Certification

- Written Test: Evaluating your understanding of BLS concepts.
- Skills Test: Demonstrating proficiency in CPR, AED use, and choking relief.

Resource Person:

Rini Saha, Academic Instructor of Para Medical Course, Sister Nivedita University

Learning Outcomes:

1. Promote Safe and Effective Emergency Response
 - Follow the Chain of Survival, which includes early recognition, early CPR, early defibrillation, and advanced care.
 - Ensure proper scene management and safety for both the rescuer and the victim.
2. Build Confidence and Competence
 - Gain practical experience through hands-on practice and scenario-based training.
 - Develop the confidence to act decisively and effectively in emergency situations.

Overall, the BLS course aims to prepare participants to handle life-threatening emergencies with skill and composure, ultimately improving the chances of survival and recovery for those in need. Completing a BLS course will not only equip the learners with life-saving skills but also boost their confidence in handling emergencies effectively.