

AMC DENTAL COLLEGE AND HOSPITAL

ACADEMIC YEAR 2021-22

Value added course on BASIC LIFE SUPPORT AND CPR

Nomenclature of the Course

Value added course on **BASIC LIFE SUPPORT AND CPR**

1. Background

Basic life support (BLS) includes recognition of signs of sudden cardiac arrest, heart attack, stroke, and foreign body airway obstruction, and the performance of cardiopulmonary resuscitation (CPR) and defibrillation with an automated external defibrillator. Cardiac arrests and accidents are the most common type of emergencies with grave consequences, but simple maneuvers and skills can improve the outcome, and immediate CPR can double or triple the chances of survival. The majority of patients who experience an out-of-hospital cardiac arrest do not receive adequate resuscitation by health care professionals within the critical time, 3–5 min after onset, thus reducing the chance of survival.

2. Objectives of program

This comprehensive three-day BLS workshop aims to equip participants with fundamental and advanced life-saving skills, providing hands-on practice, scenario-based learning, and simulation exercises for effective response in emergency situations

3. Offering Institute and Faculty:

The Course is offered by AMC Dental College

4. Duration of the Course

The total duration of the course is 24 hours.

5. Who Can Participate in the Course

Any interested student at AMC Dental College and Hospital can participate in the course.

6. Admission Process of the Course

All students at AMC dental college are eligible to the course.

7. **Course Fee:** There will be no fee for the course

8. **Award of Certificate**

The students completing 80 % attendance will be awarded the course completion certificates.

9. Course Content

Day 1: 8 Hours

Fundamentals of Basic Life Support (BLS)

Session 1: Introduction to Basic Life Support

- **Purpose and Importance:** Understanding the significance of BLS in emergency situations.
- **Chain of Survival:** Explaining the critical steps in the chain of survival for effective BLS.

Session 2: BLS Techniques and Procedures

- **CPR Fundamentals:** Explaining the basic principles and techniques of Cardiopulmonary Resuscitation (CPR).
- **Adult and Pediatric BLS:** Understanding the differences and adaptations in BLS for adults and children.

Day 2: 8 hours

Session 3: Airway Management and Breathing Techniques

- **Airway Assessment:** Identifying and managing blocked airways in unconscious patients.
- **Rescue Breathing:** Practicing techniques for providing rescue breaths during BLS.

Session 4: Hands-on Workshop: CPR Practice

- **CPR Demonstration:** Live demonstration of CPR techniques on manikins.
- **Participant Practice:** Hands-on practice for attendees to perform CPR under guidance.

Day 3: 4 Hours

Advanced BLS Techniques and Scenarios

Session 5: BLS in Special Situations

- **Choking Emergencies:** Techniques for handling choking emergencies in adults and infants.
- **BLS for Drowning Victims:** Understanding BLS procedures for drowning victims.

Session 6: Team Dynamics and Communication in BLS

- **Team-Based Response:** Emphasizing effective teamwork during BLS procedures.
- **Communication Strategies:** Improving communication skills during emergencies.
- **Case-Based Learning:** Analyzing different cases and applying BLS techniques accordingly.

Day 4: 4 hours

Session 7: Scenario-Based Drills

- **Practical Drills:** Conducting scenario-based drills to simulate real-life emergencies.
- **Problem-Solving Exercises:** Engaging participants in problem-solving exercises based on simulated scenarios.

Session 8: Certificates

- **Certificates of Completion:** Providing certificates to participants who successfully complete the BLS workshop.



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