

NIRMALA COLLEGE OF PHARMACY
Muvattupuzha P.O., Ernakulam Dist., Kerala-686661
Established in 2004, under Nirmala College Society
(Reg.No.ER 928/2001)



FIRST AID AWARENESS

HANDS ON TRAINING SESSION - COMPRESSION ONLY LIVESUPPORT FOR LULU SHOPPING MALL STAFF

Date & Time	16/10/2019, 10 am
Venue	Lulu Shopping mall, Ernakulam
Collaborating agency	Indian Society of Anaesthesiologists &NSS unit/ISPOR student chapter of Nirmala College of Pharmacy
Events	Hands on training- Compression only life support
No of students participated	5 students with 3 doctors
No. of participants benefitted	45

A hands-on training session about compression-only life support was organized by the NSS/ISPOR student chapter of Nirmala College of Pharmacy, in association with the Indian Society of Anesthesiologists on 16/10/2019 for the staff members of Lulu shopping mall. The program started at 10 am with a welcome speech by the HR in charge Mr. Hari and highlighted the importance of knowing basic lifesaving skills while working in public locations. Physicians Dr. Manjesh and Dr. Vigish discussed about the growing burden of cardiac arrest globally. He described that early recognition and prompt and effective compression-only life support can really make a difference in this scenario if the victim is outside the hospital. The Lulu staff were initially educated on the step-wise algorithmic approach for providing the compression-only life support. They were also motivated to learn the skill of providing compression-only life support which may even help them to save life of people in their day-to-day activities. Later they were divided in groups which were lead by a physician, and then they were trained to effectively implement compression only life support by a team of physicians from the Indian society of anesthesiologist. They were trained individually with the help of dummies. The session was made more interactive when the participants were given some imaginary real-life situations for them to act and provide compression only life support. Stelvin Sebastian, Sanjo Saijan , Basil John (ISPOR KUHS student chapter members) were actively

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involved in the training session. Participant Ms. Latha expressed their gratitude that, it was a great opportunity for them to learn the skill of compression-only life support from trained medical professionals. They felt confident to provide compression-only life support to people in need of that as an emergency step to save their lives. The program ended at 12.30 pm by a vote of thanks by the coordinator Mr. Ebby George.



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