

FCSCC14

BASIC LIFE SUPPORT

SYLLABUS

Credit: 2

Course Duration: 30 hrs.

OBJECTIVES:

1. Understand the general concepts of Basic Life Support for children and adults
2. Demonstrate the correct technique for performing high-quality CPR on adult, child, and infants
3. Explain the use of an automated external defibrillator (AED) and demonstrate its proper application.
4. Demonstrate the proper technique for relieving choking in adults, children, and infants.

COURSE OUTCOME:

CO1 Recognize the signs of a life-threatening emergency and respond promptly and effectively

CO2 Able to perform high-quality CPR on adult, child, and infant manikins.

CO3 Able to use an automated external defibrillator (AED) correctly and confidently in a simulated emergency situation.

CO4 Able to relieve choking in adults, children, and infants using the proper technique.

Unit 1: Introduction to Basic Life Support- Explanation of the importance of BLS in saving lives- Overview of current guidelines and protocols

Unit 2: Recognition of Life-Threatening Emergencies- Signs and symptoms of cardiac arrest, stroke, and choking- Importance of rapid recognition and response

Unit 3: High-Quality Cardiopulmonary Resuscitation (CPR)- Proper technique for performing chest compressions on adult, child, and infant manikins- Integration of CPR with the use of an automated external defibrillator (AED)

Unit 4: Use of Automated External Defibrillator (AED)- Overview of AED functions and features- Demonstration and hands-on practice with AED devices

Unit 5: Relief of Choking- Techniques for relieving choking in adults, children, and infants- Practice



scenarios to simulate real-life choking emergencies

Unit 6: Team Dynamics and Communication- Importance of effective communication and teamwork during a resuscitation situation- Practice scenarios to develop teamwork skills

RELATED EXPERIENCES:

Basic first aid techniques

CPR Training: Hands-on practice of chest compressions and rescue breaths

AED Demonstration

Choking Rescue Drills

REFERENCES:

1. Berg KM, Cheng A, Panchal AR, Topjian AA, Aziz K, Bhanji F, et al. Part 7: Systems of care: 2020 American Heart Association guidelines for cardiopulmonary resuscitation and emergency cardiovascular care. *Circulation*. 2020;142(16 Suppl 2): S580-604.
2. Basic Life Support Working Party of the European Resuscitation Council. Guidelines for basic life support. *Resuscitation* 1992; 24: 103–110.
3. Bobrow BT et al (2008) Minimally interrupted cardiac resuscitation by emergency medical services for out-of-hospital cardiac arrest. *JAMA* 299:1158–1165
4. Kaneko I (2011). "Advanced cardiovascular life support in AHA Guidelines 2010: Key changes from Guidelines 2005". *Nihon Rinsho. Japanese Journal of Clinical Medicine* (in Japanese). 69 (4): 623–9.

SCHEME OF EVALUATION

METHOD OF EVALUATION			
Assessment Methods	Criteria	Marks	Weightage
Formative Assessment (FA)	Attendance	4	25%
	Assignment/Project/Activities/Reports	6	
Summative Assessment (SA)	Test Paper	30	75%
	Total	40	100



ATTENDANCE

Attendance	Marks
90-100%	4
85-89.9%	3
40-84.9%	2
75-79.95	1
<75%	0

GRADING POLICY

Grade	Percentage of total marks (FA+SA)
A	80% & above
B	60-79.9%
C	50-59.9%
D	40-49.9%
Not qualifying	<40%



Model Question Paper
Certificate Course
FCSCC14 Basic Life Support

Time: 1 Hour

Max Marks: 30

1. Define cardiac arrest.
2. What is the primary objective of Basic Life Support (BLS)?
3. Describe the recommended compression-to-ventilation ratio for adult BLS.
4. What is the depth range for chest compressions in adult BLS?
5. Explain the term "AED" in the context of BLS.
6. What is the importance of early defibrillation in BLS?
7. How should rescuers position their hands during chest compressions?
8. Name three common causes of cardiac arrest in adults.
9. Describe the steps to take if a choking victim becomes unresponsive.
10. How often should you reassess a patient's condition during BLS?
11. What actions should be taken if a patient is breathing but unconscious?
12. When should you activate the emergency response system in BLS?
13. Explain the term "chain of survival" in BLS.
14. What precautions should be taken when performing BLS on a pregnant woman?
15. Describe the correct hand placement for chest compressions in infant BLS.



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