

A Brief Report on Continuing Pharmacotherapy Education (CPHE) Programme on “Basic Life Support (BLS) training – Effective management of cardiac and respiratory patients”

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Organized by: Dept. of Pharmacy Practice, JSS College of Pharmacy, Ooty

Venue: Auditorium, JSS College of Pharmacy, Ooty

Date: 27th September 2023

Speaker: Dr Jayaganesh Moorthy, Senior Consultant, Dept. of Orthopedics, Govt. Medical College & Hospital, Ooty
Dr Logharaj, Senior Consultant, Dept. of Orthopedics, Govt. Medical College & Hospital, Ooty
Dr Arunjith, Asst. Professor, Dept. of Emergency Medicine, Govt. Medical College & Hospital, Ooty

The first Continuing Pharmacotherapy Education (CPHE) Programme (Academic year 2023-24) on **“Basic Life Support” training – Effective management of cardiac and respiratory patients**” was organized on September 27, 2023 between 2 to 4 PM at Auditorium, JSS College of Pharmacy, Ooty. The CPE programme was jointly organized by Dept. of Pharmacy Practice.

Dr Jayaganesh Moorthy, Dr Logharaj and Dr Arunjith, Govt. Medical College & Hospital, Ooty was invited as a resource person for this programme to deliver the lecture on the emergency management of cardiac and respiratory patients and demonstration using the mannequins. Totally 70 participants from IV, V & VI PharmD, and M.Pharm (Pharmacy Practice) specializations were participated in the CPHE programme. Dr. S. Ponnusankar, Head, Dept. of Pharmacy Practice welcomed the gathering and introduced the speaker to the students. Dr Jayaganesh Moorthy has commenced his talk with Basic Life Support, or BLS, generally refers to the type of care that first-responders, healthcare providers and public safety professionals provide to anyone who is experiencing cardiac arrest, respiratory distress, or an obstructed airway. It requires knowledge and skills in cardiopulmonary resuscitation (CPR), and relieving airway obstructions in patients of every age. All the three speakers explained the process of CPR as per 2020 American Heart Association (AHA) Guidelines by using the mannequin. Recognize the emergency by activating the emergency response system — If witnessed a collapse followed by a loss of consciousness.

- Immediately begin performing high-quality CPR — Begin chest compressions at a rate of 100–120 compressions per minute and at a depth of 2–2.4 inches.
- Provide rapid defibrillation — When the AED arrives, attach the pads to the victim's bare chest, turn the device on, and follow the prompts.

At the end of the session students were given hands-on training using the mannequin to perform CPR. After the theory content and steps involved in the basic life support was explained utilizing the mannequins and students learned the same by practical experience. Around 70 students participated and benefited from this BLS training program.

