

Best Practice 1

1. Title of the Practice:

Basic Life Support (BLS) and Advanced Cardiac Life Support (ACLS) training for interns and postgraduates.

2. Objectives of the Practice:

Interns:

- a. To identify cardiac arrest and actively participate in reviving by proper Cardio Pulmonary Resuscitation (CPR) technique.
- b. To respond as first responders in case of emergency.

Postgraduates:

- a. To perform life support techniques of CPR effectively.
- b. To participate actively in code blue events as a team.

3. The context:

It is everyone's responsibility to help in case of emergencies especially the most severe form of emergency like cardiac arrest or cardiopulmonary arrest. Being health care personnel, the responsibility is even more. Though CPR is not formally mentioned in undergraduate curriculum, there is no structured program to train the students. After internship, they are called as doctors and they have to do their duties. Hence it is essential that they learn the proper method of basic life support. After all it is not only doing CPR, the quality of CPR also matters.

The postgraduate students need to have a deeper understanding and practice of the system. They need to be well versed with emergency cardiac rhythms which result in cardiac arrest and algorithms to manage them and use defibrillators if need be. They should be able to participate in code blue events (critical medical emergency) also as team members.

Challenges: BLS and ACLS training is not included in the curriculum prescribed by the University. These structured programs had to be sourced from American Heart Association (AHA).

4. The Practice:

The Medical Council of India started encouraging simulation based learning. Father Muller Medical College realized the importance of basic life support, way back in 2014 itself. With the help of external International Training Centre (ITC) started imparting the courses to interns and postgraduates.

The program got real boost when the state of the art Simulation and Skills Centre became recognized as ITC by AHA in 2016. Mention name of the team who has trained

5. Evidence of success:

Feedback is regularly taken after the courses. The students are overwhelmingly satisfied and recommend the course to others. After all it gives them the confidence to deal with any kind of emergencies. The success is also reflected in code blue event analysis where the postgraduates actually participate.

Another advantage of these courses is that they are certified by AHA and valid internationally. This is of great help for the students who want to pursue further studies abroad.

6. Problems encountered and resources required:

Most of the problems have been overcome successfully. Initially the programs had to be co-ordinated with external training centers. Since the inception of AHA-ITC in Father Muller Simulation and Skills Centre, programs are conducted by trained in-house team. Over the years the college has developed a team of certified instructors. At times it becomes difficult for instructors to spare the days/ time along with their regular works. Some postgraduate students especially from departments which rarely deal with emergencies show reluctance in coming prepared by reading the manuals. However, most of them do well, show interest as the courses are very well structured and hands on.