

**A REPORT ON
COMMUNITY HANDS- ON CPR SESSION: CARDIOPULMONARY
RESUSCITATION**

VENUE : GMC - Alumni Education Center
Gandhi Medical College & Hospital Campus. Hyderabad, Telangana.

Date: 9th February, 2024

We have received an invitation from Gandhi Medical College Alumni Association to attend training on Cardiopulmonary Resuscitation (CPR) which was held on 9th & 10th February 2024 at Gandhi Medical College –Alumni Education center. Cardiopulmonary resuscitation (CPR) meant for improving bystander response. The idea is to equip the public to perform a CPR on any person who suddenly suffers a cardiac arrest in front of them. Sudden cardiac arrest can happen to anyone regardless of time, situation & age.

63 students from B Pharmacy IV year and 91 students from Pharm D III –VI year of SNVPMV were attended this training program.



Modalities of the this training program

It is an Exclusive Free Two-Day Event In Hyderabad Promoting Bystander Help In "Saving Lives" During Out-Of-Hospital Sudden Cardiac Arrests

- CPR stands for Cardio-pulmonary resuscitation. CPR is a life saving procedure to revive the person from sudden stoppiing of heart (Sudden Cardiac Arrest).
- Community CPR aims to create awareness among general public about bystander help in cases of sudden collapse.
- The event will train comman public about Hands only CPR i.e how to do Chest Compressions.
- Hands only CPR is simple but effective to revive eart beat in cases of sudden cardiac arrests.
- Timely emergency help with hands-only CPR may save the life of a family member, friend or a stranger on the street.
- Helps in assisting revival till medical help arrives.
- Intoduction to Automated External Defibrillator (AED).
- AED is a portable computerized instrument provieds a "shock" and restores normal heart rhythm.

Cardiopulmonary resuscitation (CPR) is a lifesaving technique that's useful in many emergencies in which someone's breathing or heartbeat has stopped. For example, when someone has a heart attack or nearly drowns. The American Heart Association recommends starting CPR with hard and fast chest compressions



Finally, the hands only CPR session was explored, 1540 students (B. Pharmacy IV Years. Pharm.D III-VI Years) from "Sarojini Naidu Vanita Pharmacy Maha Vidyalaya" actively participated and gained basic knowledge about the hands only CPR.

Conclusively the faculty members Dr.T.Venu, Ms.S.Divya, Dr.Hadiya Iram, Dr.K.Jithender, Mr.M.Sreekanth and all the students who attended it are very grateful to the management of SNVPMV especially our chairman Dr.B.Prabha Shankar for giving an opportunity to participate in this session,

We thank the Telangana State Medical Council (TSMC) for conducting a community hands-on training for Cardiopulmonary resuscitation and allowing us to participate in this session. We also thank the Director Dr.N.Srinivas, Principal Dr.T.Saritha Jyostna and Vice Principal Dr.T.Mamatha for permitting to attend a good educational visit.