

# SRI DEVARAJ URS ACADEMY OF HIGHER EDUCATION & RESEARCH

TAMAKA, KOLAR – 563 103.

## CENTRE FOR CLINICAL SKILLS & SIMULATIONS

And

## EMERGENCY MEDICINE

### Event Report

### COMMUNITY OUTREACH PROGRAMME



**Name of Event:** CPR Awareness Program

**Name of Department:** CENTRE FOR CLINICAL SKILLS AND SIMULATIONS AND  
EMERGENCY MEDICINE

**Date:** 19-12-2023

Sl. No	Event Report
1.	Level of Event – Institution/State/National/International Institution
2.	Background / Introduction
<p><b><u>Dealing with an Emergency</u></b></p> <p>Always apply 4 main steps systematically during any emergency situations:</p> <ol style="list-style-type: none"><li>1. Safety first – Make sure there is no danger to you and victim.</li><li>2. Check response - is the person asleep or unresponsive – Call, Shake, Shout</li><li>3. Seek help - Shout or call for help if you are alone but do not leave the person unattended.</li><li>4. Quick assessment of victim's condition – Check consciousness and breathing (look, listen, feel). Look for bleeding and other life threatening conditions and take life-saving measures such as:<ul style="list-style-type: none"><li>• If no breathing, start Chest compression (Cardio Pulmonary Resuscitation (CPR))</li><li>• If breathing present but unconscious, casualty is placed inside recovery position</li><li>• If bleeding present, stop/control bleeding by direct pressure</li><li>• Immobilise bone/joint injuries and take care when handling or moving to prevent any injury to the spine or neck</li><li>• And protecting casualty from heat/cold</li></ul></li><li>5. Take complete assessment and stabilize the person as per available local resources</li></ol>	
<p><b><u>Giving CPR</u></b></p> <hr/> <p>CHECK the scene for safety, form an initial impression and use personal protective equipment (PPE)</p> <p>If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout</p> <p>If the person does not respond and is not breathing or only gasping, CALL <del>911</del> <sup>112</sup> and get equipment, or tell someone to do so</p> <p>4. Kneel beside the person. Place the person on their back on a firm, flat surface</p>	

5. Give 30 chest compressions

Hand position: Two hands centered on the chest

Body position: Shoulders directly over hands; elbows locked

Depth: At least 2 inches

Rate: 100 to 120 per minute

Allow chest to return to normal position after each compression

Give 2 breaths

Open the airway to a past-neutral position using the head-tilt/chin-lift technique

Pinch the nose shut, take a normal breath, and make complete seal over the person's mouth with your mouth.

Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath


Note: If the 1st breath does not cause the chest to rise, retilt the head and ensure a proper seal before giving the 2nd breath. If the 2nd breath does not make the chest rise, an object may be blocking the airway

Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available!

Minimize interruptions to chest compressions to less than 10 seconds.

3.	Venue
Amara Jyothi Institutions Mulbagal, Kolar	
4.	Sponsors:
SDUAHER	
5.	Inauguration
Dr Rajesh.K	
6.	Speaker / Judges / Chairman/ Panel Team
Dr. Rajesh . K (EMD) Mr. Harish Singh L (Skill Lab Technical Officer)	
7.	Participants & Delegates – Number with names
PUC and Degree students 278	
8.	Prize Distribution etc....
Nil	
9.	Valedictory Ceremony
10.	Highlights of Events including Photos :
YES	

**Date/s of conduct of event:**

  
**DIRECTOR**  
Centre For Clinical Skills &  
Simulations, SDUAHER  
Tamaka, KOLAR-563 101.