

PRAGYA: THE ADVANCED SKILLS & SIMULATION

CENTERPARUL UNIVERSITY

ACTIVITY REPORT

ACTIVITY TYPE:	Clinical Training		
ACTIVITY TITLE	Life support Skill Training		
DATE & TIME	18/01/2024 19/01/2024 9:00 AM to 5:00 PM	Duration	2 days
PROGRAM ATTENDANTS	3rd BHMS students of RHMC		
NO. OF PARTICIPANTS	96		
COURSE DIRECTOR	Dr.Mruges Suthar		
NAME OF EXPERT'S ORGANIZATION	Pragya: The Advanced skills & Simulation Centre		
EXPERT CONTACT DETAILS	6352426934		
COURSE COORDINATOR	<p>Dr.Mruges Suthar (Centre Head and lead Faculty of Pragya & Emergency room consultant at Parul sevashram Hospital)</p> <p>Mr. Vijay Dhanesha (Senior Nursing Superintendent at DIVISIONAL railway hospital & BLS trainer at Pragya)</p> <p>Dr. Krupa Patel (Medical Officer, Instructor and coordinator at Pragya)</p>		
FACULTY CONTACT DETAILS	6352426934		
SPONSORING AUTHORITY	NA	Sponsorship amount:	NA

Report on

LIFE SUPPORTING SKILLS TRAINING

Date of event: 18th and 19th January 2024

Venue: Central auditorium, Rajkot Homoeopathic Medical College

Trainers:

- **Dr.Mrugesh Suthar sir**
(Centre Head and lead Faculty of Pragma & Emergency room consultant at Parul sevashram Hospital)
- **Mr.Vijay Dhanesha sir**
(Senior Nursing Superintendent at DIVISIONAL railway hospital & BLS trainer at Pragma)
- **Dr.Krupa Patel**
(medical Officer, Instructor and coordinator at Pragma)

Report Prepared by:

- **Nishit Makwana**
(Student of 3rd BHMS)

Parul®
University NAAC A++

Faculty of Homoeopathy

RAJKOT HOMOEOPATHIC
MEDICAL COLLEGE

ORGANISES
**LIFE SUPPORT
SKILLS TRAINING**

FOR THE
STUDENTS OF 3RD BHMS

TRAINING BY
PRAGYA
THE ADVANCED SKILLS & SIMULATION CENTRE

18 & 19
JAN 2024 **9 TO 5 PM**

BROAD TOPICS TO BE COVERED

- Cardiac Arrest
- High - Quality CPR
- Use of AED
- Chain of Survival
- Airway Techniques
- Team Based Approach

Introduction

On January 18th and 19th, Rajkot Homoeopathic Medical College, Parul University, organized a 'Life Support Skills Training' for the students of 3rd BHMS. Dr. Mrugesh Suthar, the Center Head and lead Faculty of Pragya, and Emergency Room Consultant at Parul Sevashram Hospital, along with Mr. Vijay Dhanesha, Senior Nursing Superintendent at Divisional Railway Hospital & BLS Trainer at Pragya, and Dr. Krupa Patel, Medical Officer, Instructor, and Coordinator at Pragya, were present. They came from Pragya: The Advanced Skills & Simulation Centre at Parul University.

WELCOME SPEECH

Dr. Vaidehi Bhatt extended a warm welcome & give introduction of the Trainers, followed by the Dr. Hitarth Mehta Principal delivering a speech on occasion and offering best wishes for the training session.



Objective & Activity Details

DAY – 1 & 2

Dr. Mrugesh emphasized the crucial significance of Basic Life Support (BLS) in emergency situations, imparting comprehensive guidance on effectively responding to unforeseen events. His thorough instructions included vital knowledge on discerning when to administer CPR, particularly in conditions such as collapse and cardiac arrest, contributing to a more informed and prepared approach to handling critical situations.



CPR (cardio-pulmonary resuscitation)

Following his emphasis on the significance of Basic Life Support (BLS), Dr. Mrugesh proceeded to provide detailed information about Cardiopulmonary Resuscitation (CPR) and elucidated the critical importance of each step involved in this life-saving procedure. Additionally, Dr. Krupa enhanced the learning experience by delivering a live demonstration of chest compressions during CPR, providing participants with practical insights into the proper techniques and reinforcing the importance of hands-on skills in emergency situations. He shared comprehensive knowledge on the various vital stages of CPR, including recognizing the need for chest compressions, proper hand placement, the significance of rescue breaths, and the pivotal role of early defibrillation, thus ensuring a more thorough understanding among the participants.



AED (Artificial External Defibrillator) Training

Following the informative sessions on BLS and CPR, Mr. Vijay and Dr. Krupa seamlessly transitioned into providing comprehensive training on Automated External Defibrillators (AEDs). They imparted valuable knowledge on the functionality of AEDs, emphasizing their role in administering prompt and effective electrical shocks to restore normal heart rhythms during sudden cardiac arrests.

During the training, students actively participated in hands-on practice sessions with AED devices, gaining practical experience in their operation. This practical component served to enhance their confidence and proficiency in utilizing AEDs in real-life emergency scenarios.

Furthermore, the duo extended the training to cover the use of Ambu bags in cases of respiratory arrest. Dr. Krupa elucidated the significance of Ambu bag ventilation in maintaining oxygenation during respiratory emergencies, underscoring its role as a crucial tool in first aid. Through hands-on practice with Ambu bags, students acquired essential skills in providing artificial ventilation to individuals experiencing respiratory distress.

Incorporating these elements into the training not only broadened the participants' understanding of emergency response but also equipped them with practical skills to intervene effectively in diverse medical emergencies.



Group Training

In the group training sessions led by Dr. Mrugesh, Mr. Vijay, and Dr. Krupa, students actively engaged in hands-on learning experiences tailored to simulate various emergency situations. These scenarios, carefully designed by the trainers, allowed students to collaboratively apply their knowledge.

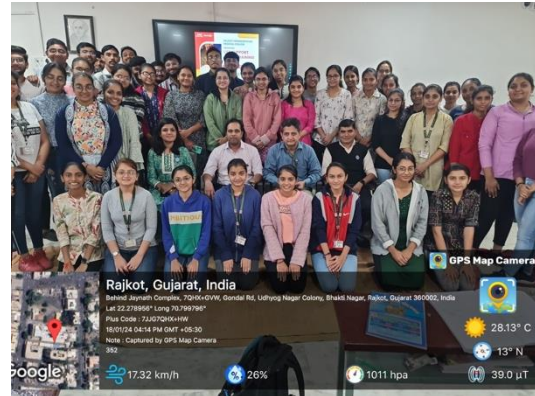
During the CPR and AED training segments, students worked in groups to respond to simulated emergencies, guided by the trainers. The dynamic scenarios promoted teamwork and effective communication, enhancing their practical skills in administering chest compressions, rescue breaths, and utilizing AED devices.

The practical component extended to the use of Ambu bags for respiratory emergencies, with Dr. Krupa guiding students through diverse scenarios. This immersive approach deepened their understanding of respiratory arrest interventions and instilled confidence in applying artificial ventilation techniques.

Through these interactive group exercises, Dr. Mrugesh and the team ensured that students not only grasped theoretical concepts but also acquired practical skills, preparing them to respond confidently and collaboratively in real-life emergency medical situations.



The training concluded with a sense of achievement as students, faculty, and trainers, including Dr. Mrugesh, Mr. Vijay, and Dr. Krupa, gathered for group photos. The shared camaraderie and smiles captured in these pictures served as a tangible celebration of the collective effort put into acquiring life-saving skills during the training.



OUTCOME

Participant feedback was overwhelmingly positive. They appreciated the expertise of the instructors, the practical approach of the training, and the opportunity to practice in realistic simulation scenarios. Suggestions for future training programs included more frequent simulations and advanced case studies.

Gimps Of The Training



Conclusion:

The life support skills training by Pragma, encompassing BLS techniques, is invaluable for students. It equips them with vital skills to respond effectively in emergencies, fostering a sense of accomplishment and enhancing their readiness to contribute positively to real-life situations.

