



Index MEDICAL COLLEGE, HOSPITAL &
RESEARCH CENTRE, INDORE
(Unit of Mayank's Welfare Society)
(Constituent Unit of Malwanchal University)
ACCREDITED BY NABH & NABL



NABL Certificate No. MC-3448
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Date:-15/7/2023

CIRCULAR

Department of Paediatrics ,Index Medical College Hospital & Research Centre is Celebrating CPR Day. All Interns, Nursing Staff,Driver,Ayabais,Floor coordinator are requested to be present in lecture hall 4 on 21/7/2023 at 10 am for the programme.


H.O.D

Dept of paediatrics
H.O.D. Department of Paediatrics
Index Medical College
Hospital & Research Centre
Khudel, Indore (M.P.)

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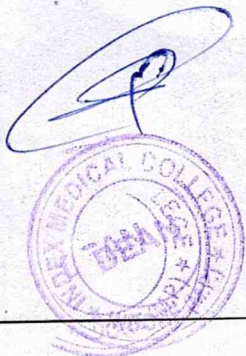


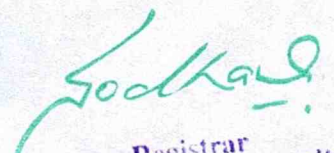

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**INDEX MEDICAL COLLEGE HOSPITAL & RESRACH CENTRE
DEPARTMENT OF PAEDIATRICS
NATIONAL CPR DAY REPORT**

DATE:- 21/7/23

Department of Paediatrics of Index Medical College Hospital & Research Centre under Malwanchal University, In collaboration with INDIAN Academy of Paediatrics, Indore Branch organized National BLS & CPR day on 21st July 2023. The National BLS & CPR day is observed on 21st July of every year to commemorate the birth anniversary. The Programme was attended by medical interns, nursing staff, clerical staff, bus drivers and ayabai of the Hospital, who were encouraged to learn the skills of CPR. Good participation was seen by the attendees. Dr Swati Prashant (Medical Superintendent and H.O.D Dept of Paediatrics) beautifully highlighted the need for wide spread knowledge of CPR. Dr Sharad Thora (Professor & H.O.D Dept of Paediatrics Amaltas Medical College) was invited for the programme who shared with the participants his experience of how timely CPR has saved countless lives and highlighted the basic physiology behind CPR. Dr.G.S Patel, Dean, Index Medical College Hospital & Research Centre graced the occasion and shared words of encouragement. Steps of Basic life support (BLS) were explained & supplemented by powerpoint presentation by Dr Nikita Singh (Assistant Professor, Dept of Paediatrics). Among India's population, less than 2% are aware of CPR. Every minute 112 people are succumbing to cardiac arrest and thus awareness regarding CPR in the population is of utmost importance. All the steps in the sequence of C-A-B were explained. Live demonstration were done on CPR dummies for adults and infants. Few volunteers were invited from the audience for hands on demonstration and due corrections were made by Dr Saurabh Piparsania (Associate Professor, Dept of Paediatrics). Dr Anuradha Jain (Professor, Dept of Paediatrics) concluded the event and thanked everyone for active participation.




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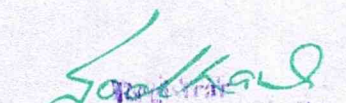
Dr. Department of Paediatrics
Index Medical College
Hospital & Research Centre
Indore

Cardiopulmonary resuscitation (CPR) is an emergency procedure consisting of chest compressions often combined with artificial ventilation, or mouth to mouth in an effort to manually preserve intact brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. It is recommended for those who are unresponsive with no breathing or abnormal breathing, for example, agonal respirations.

CPR involves chest compressions for adults between 5 cm (2.0 in) and 6 cm (2.4 in) deep and at a rate of at least 100 to 120 per minute. The rescuer may also provide artificial ventilation by either exhaling air into the subject's mouth or nose (mouth-to-mouth resuscitation) or using a device that pushes air into the subject's lungs (mechanical ventilation). Current recommendations place emphasis on early and high-quality chest compressions over artificial ventilation; a simplified CPR method involving only chest compressions is recommended for untrained rescuers. With children, however, 2015 American Heart Association guidelines indicate that doing only compressions may actually result in worse outcomes, because such problems in children normally arise from respiratory issues rather than from cardiac ones, given their young age. Chest compression to breathing ratios is set at 30 to 2 in adults.

CPR alone is unlikely to restart the heart. Its main purpose is to restore the partial flow of oxygenated blood to the brain and heart. The objective is to delay tissue death and to extend the brief window of opportunity for a successful resuscitation without permanent brain damage. Administration of an electric shock to the subject's heart, termed defibrillation, is usually needed to restore a viable, or "perfusing", heart rhythm. Defibrillation is effective only for certain heart rhythms, namely ventricular fibrillation or pulseless ventricular tachycardia, rather than asystole or pulseless electrical activity, which usually requires the treatment of underlying conditions to restore cardiac function. Early shock, when appropriate, is recommended. CPR may succeed in inducing a heart rhythm that may be shockable. In general, CPR is continued until the person has a return of spontaneous circulation (ROSC) or is declared dead.




Malwanchal University
Indore (M.P.)



(O) Department of Paediatrics
Indore Medical College
Indore (M.P.)

National CPR Day Celebration Participants List

Date:- 21/7/23

- **Faculty**

- 1) Dr.Swati Prashant
- 2) Dr.Anuradha Jain
- 3) Dr..Saurabh Piparsania
- 4) Dr.Bharti Dubey
- 5) Dr.Stuti Gagrani
- 6) Dr.Nikita Singh

- **PG'S**

- 1) Dr.Suyash Singh
- 2) Dr.Greeshma Malviya
- 3) Dr.Sakshi Singh
- 4) Dr.Ankit Tiwari
- 5) Dr.Alok Chaturvedi
- 6) Dr,Meenal Gupta

- **Nursing Incharge**

- 1) Dinesh
- 2) Anil
- 3) Sangeeta
- 4) Jeevan
- 5) Sunil

- **Nursing Student**

- 1) Monika Goyal
- 2) Monika Vaske
- 3) Abhishek
- 4) Vandana
- 5) Kriti
- 6) Abhishek
- 7) Sonu-
- 8) Urmila
- 9) Jeetendra
- 10) Ankit

- * **Driver's**


- 1) Ashok
- 2)Rahul
- 3) Pappu
- 4) Shantilal
- 5) Naushad

- * **Aaya Bai**

- 1) Pankhuri
- 2) Shanta
- 3) Raju
- 4) Deepti
- 5)Mona
- 6) Sevanti
- 7) Gurya
- 8) Kali Bai

- * **Intern's**

- 1)Archika Singh 2) Palak Saksena 3) Jagadish
- 4) Swarna Bhagoriya 5) Efa Qureshi 6) Damini
- 7) Rohit Saini 8) Surbhi Choudhary 9) Nidhi
- 10) Prince Shokeen 11) Sunaina Thakur
- 12) Roshni Rawat 13) Prachi Mishra 14) Pragya


Dr.Swati Prashant

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