



# AMALA COLLEGE OF NURSING

(An undertaking of Amala Cancer Hospital Society)

Amala Nagar P.O., Thrissur-680 555, Kerala, India.

Website : [www.amalanursingcollege.org](http://www.amalanursingcollege.org)

**FIRST CYCLE NAAC ACCREDITATION 2022**

## CRITERION 1

## CURRICULAR ASPECTS

### 1.3 Curriculum Enrichment

#### *1.3.3 Syllabus of Value Added*

*Submitted to*



**THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL**

# **SYLLABUS**

## **BASIC LIFE SUPPORT & ADVANCED CARDIAC**

### **LIFE SUPPORT**



**AMALA COLLEGE OF NURSING**

**AMALA NAGAR, THRISSUR - 680555**

# AMALA COLLEGE OF NURSING

## AMALA NAGAR P. O, THRISSUR - 680555



### PREFACE

*Amala Institute of Medical Sciences, named after Mary Immaculate, is a Minority Christian Institution, which is open to all irrespective of religion, caste or creed. It aims at giving effective training to the youth to become nursing professionals devoted to the healing ministry, especially in the rural areas. It also strives to strengthen the quality of service offered in the large number of medical institutions run by the community. AIMS is a Unit of Amala Cancer Hospital Society managed by the Devamatha Province of the Carmelites of Mary Immaculate (CMI), founded by St. Kuriakose Elias Chavara, a sage-cum-savant. Amala, at present, offers an MBBS, Medical PG courses, Ph.D. Nursing, M.Sc. Nursing and B.Sc. Nursing courses and is affiliated to the Kerala University of Health Sciences. Students are admitted to this institute as per the admission procedure stipulated by the concerned authorities and in the tenor of the admission policy of the management.*

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## **CONTRIBUTORS**

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**PLACEMENT: SECOND, THIRD, FOURTH YEAR B. Sc NURSING**

**THEORY: 6 HOURS**

**TITLE: BASIC LIFE SUPPORT**

**COURSE DESCRIPTION:**

Basic Life Support, or BLS, generally refers to the type of care that first -responders, healthcare providers, and public safety professionals provide to anyone who is experiencing cardiac arrest, respiratory distress, or an obstructed airway. It requires knowledge and skills in cardiopulmonary resuscitation (CPR), using automated external defibrillators (AED) and relieving airway obstructions in patients of every age.

**AIMS AND**

**OBJECTIVES AIMS**

The Aim of BLS Basic Life Support (BLS) is performed to support the patient's circulation and respiration through the use of cardiopulmonary resuscitation (CPR) until advanced life support arrives.

**OBJECTIVES**

At the end of this course the participants will be able to;

- Describe the importance of high quality of CPR and its impact on survival
- Perform high-quality CPR for adults, infancy and childhood
- Demonstrate appropriate use of an AED for adults, children and infants

**COURSE OUTLINE:**

Sl.No	Time Allotted	Learning Objectives	Content	Teaching-Learning Activity	Assessment
1	1	Describe the importance of high quality of CPR and its impact on survival	Introduction High-quality CPR <ul style="list-style-type: none"> <li>• Chain of survival</li> <li>• Cardiac arrest and heart attack</li> </ul>	Lecture cum discussion	Short answer
2	3	Perform high- quality CPR for adults, infancy and childhood.	BLS for adults <ul style="list-style-type: none"> <li>• Adult cardiac arrest algorithm</li> <li>• Adult 1-rescuer BLS sequence</li> <li>• Adult 2-rescuer BLS sequence</li> </ul> BLS for infants and children <ul style="list-style-type: none"> <li>• pediatric cardiac arrest algorithm-1 rescuer</li> <li>• pediatric cardiac arrest algorithm-2 rescuer</li> </ul>	Lecture cum discussion Demonstration	Re-demonstration
3	2	Demonstrate appropriate use of an AED for adults, children and infants	Automated AED for adults and children,8 years age and older <ul style="list-style-type: none"> <li>• General concepts</li> <li>• Use of AED</li> </ul> AED for infants and children less than 8 years of age	Lecture cum discussion Demonstration	Re-demonstration

**PLACEMENT : SECOND, THIRD, FOURTH YEAR B. Sc NURSING**

**THEORY : 10 HOURS**

**TITLE : ADVANCED CARDIAC LIFE SUPPORT**

### **COURSE DESCRIPTION:**

Advanced cardiac life support, or advanced cardiovascular life support, often referred to by its acronym, " ACLS ", refers to a set of clinical guidelines for the urgent and emergent treatment of life-threatening cardiovascular conditions that will cause or have caused cardiac arrest, using advanced medical procedures, medications, and techniques.

### **AIMS AND OBJECTIVES**

#### **AIM**

ACLS aims to reach the best possible outcome for individuals who are going through a life- threatening event. ACLS is a set of evidence-based responses that are easy enough to be memorized in stressful moments.

#### **OBJECTIVES**

- Describe the importance of ACLS
- Recognize the impact of team dynamics on overall team performance
- Apply the basic life support, primary, secondary assessment sequence for a systematic evaluation of patients
- Discuss early recognition and management of ACLS cases

**COURSE OUTLINE:**

SI.NO	TIM E ALL OTTED	LEARNING OBJECTIVES	CONTENT	TEACHING-LEARNING ACTIVITY	ASSESSMENT
1	1	Describe the importance of ACLS	Introduction	Lecture cum discussion	Short answer type questions
2	3	Recognize the impact of team dynamics on overall team performance	Effective high-performance team dynamics <ul style="list-style-type: none"> <li>• Elements</li> <li>• Positions for six-person high-performance team</li> </ul>	Lecture cum discussion and demonstration	Redemonstration
3	3	Apply the basic life support, primary, secondary assessment sequence for a systematic evaluation of patients	Systemic approach <ul style="list-style-type: none"> <li>• Overview</li> <li>• BLS assessment</li> </ul>	Lecture cum discussion Demonstration	Redemonstration
4	3	Discuss early recognition and management of ACLS cases	ACLS Cases <ul style="list-style-type: none"> <li>• Respiratory arrest</li> <li>• Acute coronary syndrome</li> <li>• Cardiac arrest</li> <li>• Immediate post-cardiac arrest care</li> <li>• Bradycardia</li> <li>• Tachycardia (stable, unstable)</li> <li>• Acute stroke</li> </ul>	Lecture cum discussion	Short answer type questions and demonstration



**Method of teaching:**

The core module for the BLS is lecturing cum discussion and Demonstration

**Method of evaluation:**

The method of evaluation is return demonstration.

**Credentialing:**

The students who attended the course hours and acquired 50% of marks in the assessment will be awarded one credit.

## **References:**

1. Matt Goldstein, DHSc, PA-C Paperback Basic Life Support, Advanced Cardiac Life Support & Pediatric Advanced Life Support Primer
2. M. Mastenbjörk M.D. (Author) , S. Meloni M.D. (Author) , Basic Life Support (BLS) Provider Manual - A Comprehensive Guide Covering the Latest Guidelines (BLS, ACLS and PALS)