

# Basic Emergency Life Support

**Autumn Semester 2023-2024**

Course Name : **Basic Emergency Life Support**

Stage : 2 Lecture 1: Introduction

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# Humanitarian International Movements

For more than a century, the red cross has been used as a protective sign for medics in combat. A red crystal will now be used in addition to the cross and crescent.



In 1863, the red cross on a white background was chosen by Swiss humanitarians as the organization's distinctive emblem.



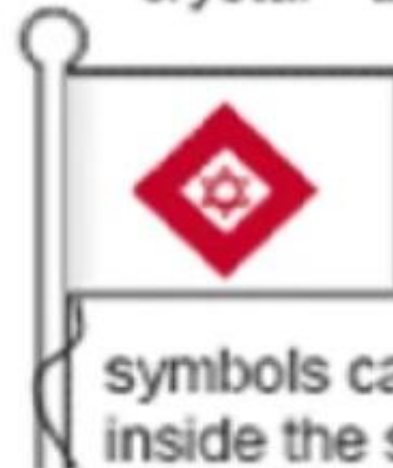
In 1876, the Ottoman Empire began using a red crescent on grounds that the red cross was offensive to Muslim soldiers. The emblem was then accepted, as well as the red lion and sun.



In 1980, Iran discontinued use of the red lion and sun, added in 1929.

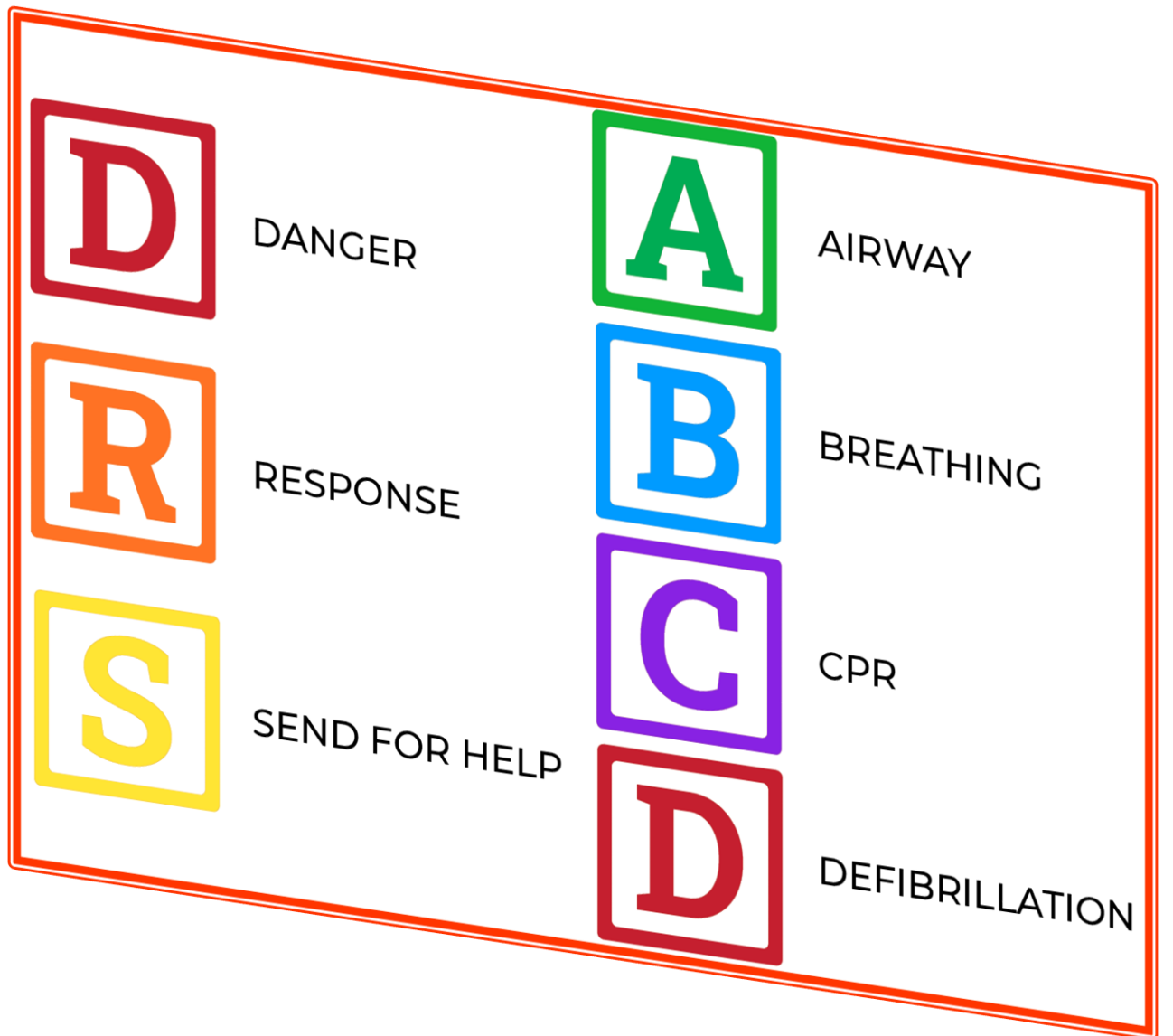


In 1992, research toward the design of a new emblem with no national, political or religious connotation began. The new emblem - known as the red crystal - debuts in 2007.



Outside combat situations, additional symbols can be inserted inside the square.

Learn the first aid  
method of  
**DRSABCD**



- First aid is as easy as **ABC**: **A**irway, **B**reathing, and **C**PR (cardiopulmonary resuscitation).
- In any situation, apply the **DRSABCD** Action Plan.

**DRSABCD** stands for:

**Danger:** Always check the danger to **you**, any **bystanders**, and then the **injured** or **ill person**. Make sure you do not put yourself in danger when going to the assistance of another person.

**Response:** Is the person **conscious**? Do they **respond** when you talk to them, touch their hands, or squeeze their shoulder?

**Send for help:** Call Emergency **FIRST(TM)** Kurdistan (112). Don't forget to answer the questions asked by the operator.

## Airway: (Open and clear)

Check to see if the casualty's airway is clear. If not, examine and clear airway.

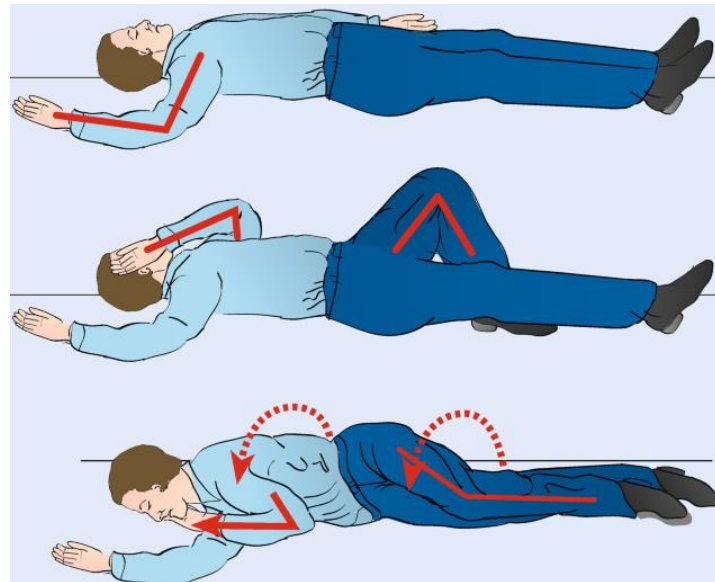
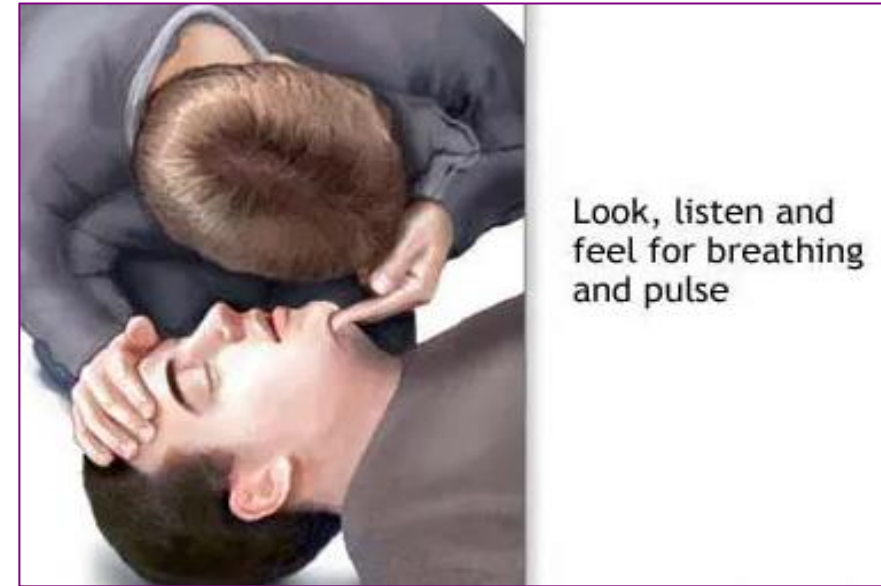
1. Support the casualty in the side position and tilt the head back and a little downward.
2. Open the mouth and clear foreign objects (e.g., broken teeth, food or vomit).
3. Place one hand high on the casualty's forehead to provide support.
4. Support the chin with the other hand.
5. Tilt the head backwards slightly.
6. Lift the jaw and open the casualty's mouth slightly.



**Remember**, there may be spinal injuries. Never roll an unconscious patient onto their back as their tongue may fall to the back of their throat and obstruct their airway.

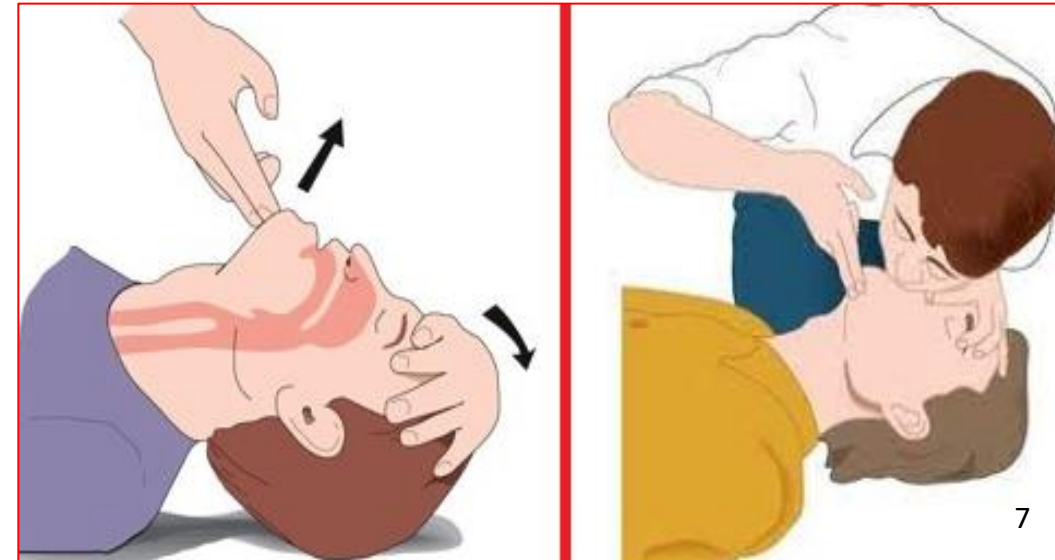
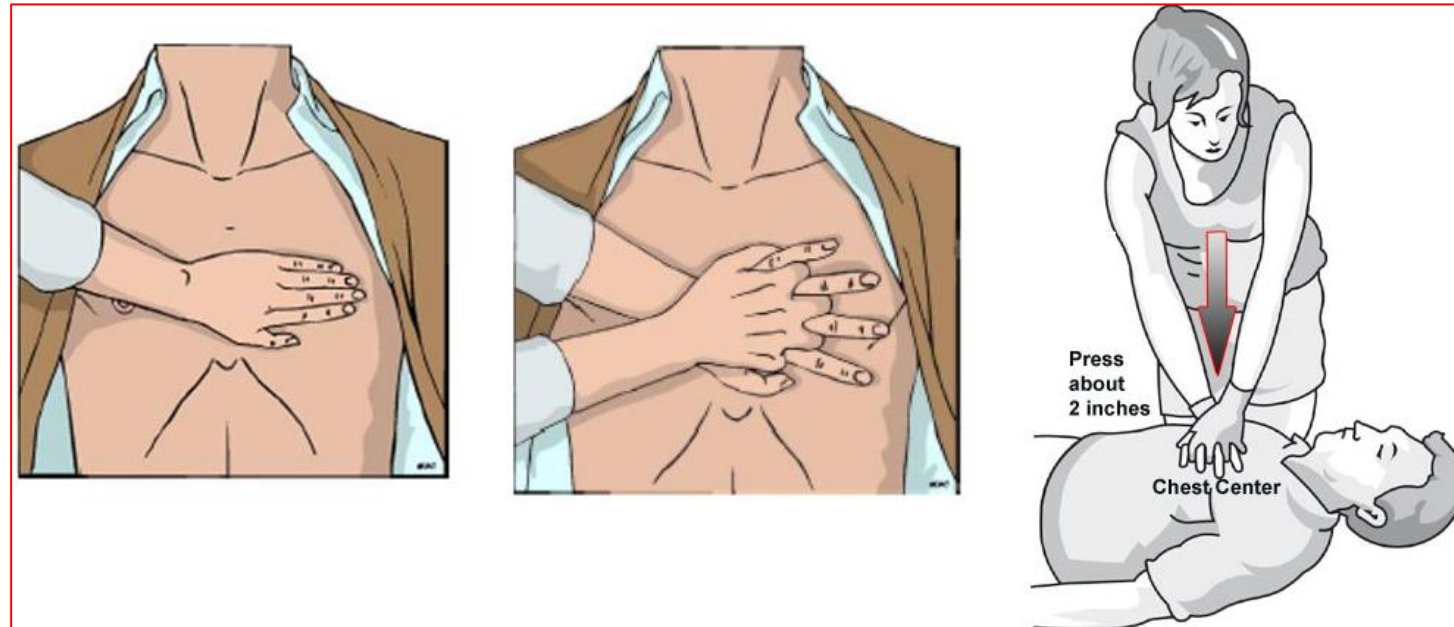
**Breathing:** Check for breathing by **looking** for chest movements (up and down).

- ✓ **Listen** by putting your ear near to their mouth and nose.
- ✓ **Feel** for breathing by putting your hand on the lower part of their chest.
- ✓ If the person is **unconscious** but **breathing**, turn them onto their side, carefully ensuring that you keep their head, neck, and spine in alignment.
- ✓ Monitor their breathing until you hand it over to the ambulance officers.



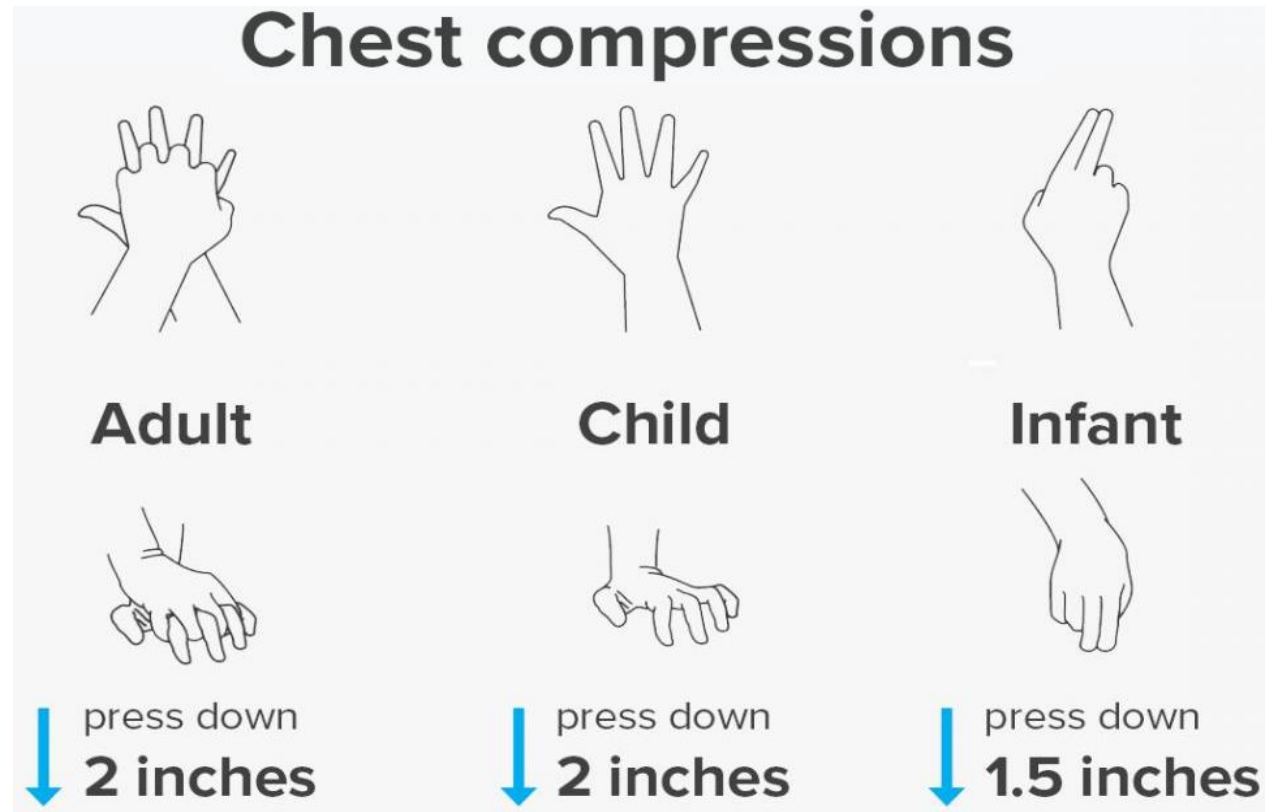
# CPR (Cardio-Pulmonary Resuscitation)

- If an adult is unconscious and not breathing, make sure they are flat on their back and then place the **heel of one hand** in the **center** of their **chest** and your **other hand on top**. Press down firmly and smoothly (compressing to **one-third** of their chest depth, 5 cm for adult) **30 times**.
- Give **two breaths**. To get the breath in, tilt their head back gently by lifting their chin. Pinch their nostrils closed, place your open mouth firmly over their open mouth, and blow firmly into their mouth.



# CPR (Cardio-Pulmonary Resuscitation)

- Keep going with the **30 compressions** and **two breaths** at the speed of approximately five repeats in two minutes until you hand them over to the ambulance officers or another trained person, or until the person you are resuscitating responds.
- The method for CPR for **children under eight** and **babies** is very similar, and you can learn these skills in a CPR course.





# Defibrillator

- Is a machine that delivers an **electrical shock** to cancel any **irregular heartbeat** (arrhythmia), to get the normal heart beating to re-establish itself.
- for unconscious adults who are not breathing, apply an **automated external defibrillator** (AED) if one is available.
- Just follow the instructions and pictures on the machine, and on the package of the pads, as well as the voice prompts. If the person responds to defibrillation, turn them onto their side and tilt their head to maintain their airway.

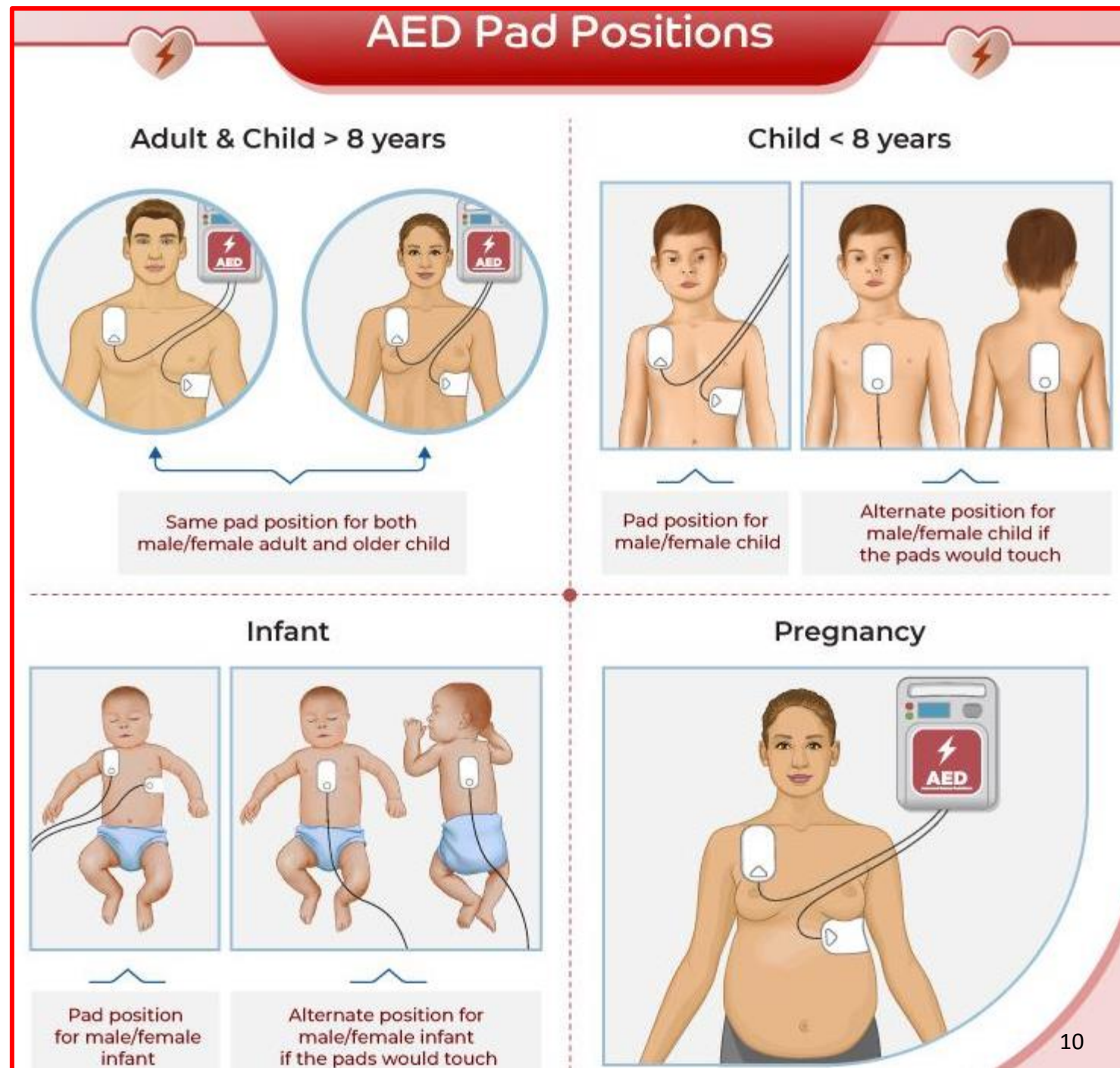


# Defibrillator

➤ Some automated external defibrillators (AEDs) may not be suitable for children.

## ❖ What Changes when Doing CPR on a Victim that is Pregnant?

- When performing CPR on a pregnant woman, one person should begin high-quality CPR with ventilations at a rate of 30 compressions to 2 breaths.
- In cases that don't involve a pregnant woman, hands-only CPR is advised.



# Infection control when performing CPR

- To avoid contact with potentially infectious bodily fluids such as blood or saliva, everyone with training in resuscitation is advised to carry a **resuscitation mask** in their purse, wallet, or first aid kit.
- This helps take the worry of infection out of helping someone in a life-threatening situation.
- These masks are available from first aid providers or from pharmacy.



# Basic Life Support Chart

**D**

## DANGER

Ensure the area is safe for your self, others and the patient.



**R**

## RESPONSE

Check the response-ask name-Squeeze shoulders

No response

Response

- Make comfortable
- Monitor response



**S**

## SEND FOR HELP

Call for an ambulance or ask another person to make the call.



**A**

## AIRWAY

Open mouth-if foreign material present, place in Recovery position, Clear airway with fingers.



**B**

## BREATHING

Check for breathing-look, listen, feel

Not Normal breathing

Start CPR

Normal breathing

- Place in recovery position
- Monitor breathing



**C**

## CPR

Start CPR-30 chest compressions:2 breaths, continue CPR until help arrives or patient recovers.



**D**

## DEFIBRILLATION

Apply defibrillator if available and follow voice prompts.



# REFERENCE



- <https://www.youtube.com/watch?v=Mlp5dRIJk4M>
- [https://www.google.com/search?q=cpr&sc\\_esv=574165402&tbm=vid&source=lnms&sa=X&ved=2ahUKEwiD0qf23P2BAxX1\\_rslHeA0BhgQ\\_AUoAnoECAIQBA&biw=1536&bih=739&dpr=1.25#fpstate=ive&vld=cid:c412f403,vid:DUaxt8OIT3o,st:0](https://www.google.com/search?q=cpr&sc_esv=574165402&tbm=vid&source=lnms&sa=X&ved=2ahUKEwiD0qf23P2BAxX1_rslHeA0BhgQ_AUoAnoECAIQBA&biw=1536&bih=739&dpr=1.25#fpstate=ive&vld=cid:c412f403,vid:DUaxt8OIT3o,st:0)
- Basic Life Support (BLS), Dr. Karl Disque, 2016
- <https://avive.life/reports/cardiac-arrest-in-expecting-mothers/#:~:text=Can%20an%20AED%20be%20Used,shock%E2%80%9D%20is%20required%20or%20not.>



# BLS

## Basic Life Support

**Provider Handbook**

By Dr. Karl Disque

