

**REPORTS ON COMPRESSION ONLY LIFE SUPPORT (COLS) WORKSHOPS-
Year 2022**

Skill Lab, Karpaga Vinayaga Inst. Of Medical Sciences & Research Centre organized *Compression Only life support workshop* in collaboration with *Indian Resuscitation Council Federation* (IRCF).

Introduction:

CPR week is celebrated every year in Memory of DR. APJ ABDUL KALAM from 21st July to 27th July. During this week we conduct daily workshops and train as many people as we can in accordance with the aims of IRCF- Indian Resuscitation Council Federation. COLS guideline is for every citizen to learn how to resuscitate a victim in cardiac arrest in out of hospital situations.

Rationale: As 90% cardiac arrest occur outside the hospital, it is paramount to train lay persons who may help to the patient in cardiac arrest. We regularly conduct COLS Workshops throughout the year to create awareness about importance of CPR- Cardio Pulmonary Resuscitation for the general public.

Objective: to develop basic skill of CPR so as to help support patient of cardiac arrest in case of out of hospital scenarios.

Event report

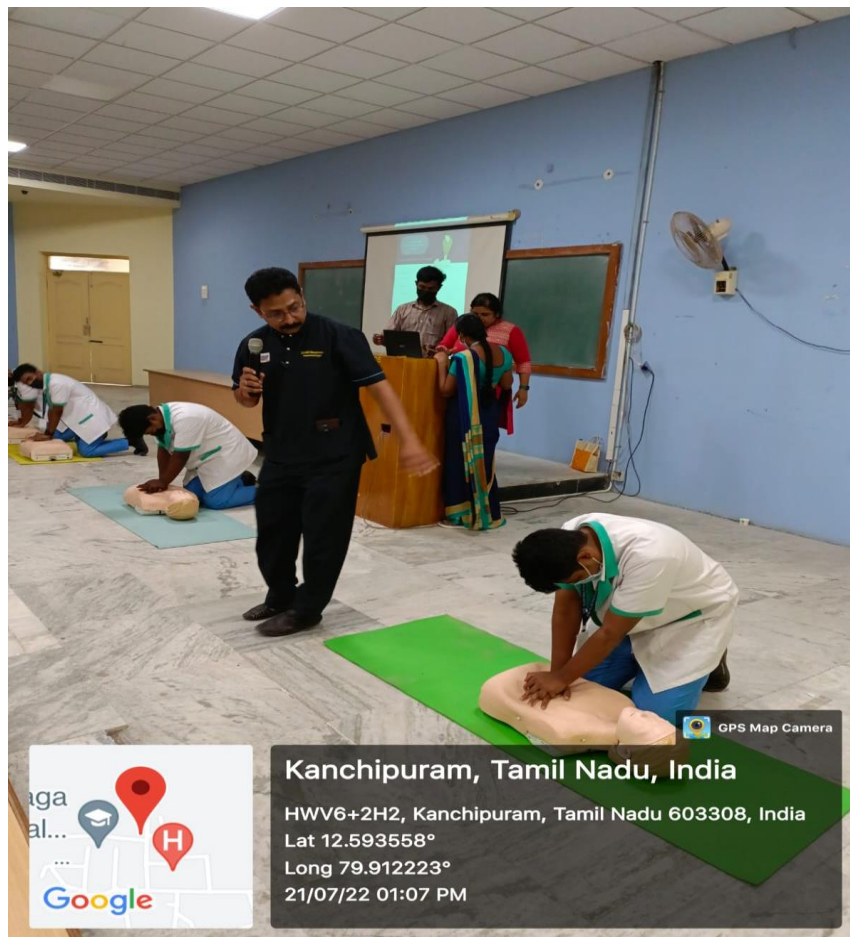
For the year 2022-23, Skill lab organized 11 workshops and trained 483 paramedical and non-medical persons. All the programs conducted in a systematic manner with standard IRCF guidelines. The participants received certificates after completion of course.

Every course started with briefing about cardiopulmonary resuscitation by Skill Lab In-charge Dr. Mu Raajaram. Participants were briefed about maintenance of airway, breathing and chest compressions.

All the sessions were supported with hands on training with individual attention. Feedback was obtained from the participants for further improvement in program implementation. Details of the programs mentioned below.

Workshop 1

Date of the Event	21.07.2022
Venue	CME Hall, KIMS & RC
Total number of participants	60
Targeted Participants	Allied Health Sciences Students
Total number of Resource Persons	5



Dr Mu Raajaram instructing to participants during hands on session

Workshop 2

Date of the Event	22.07.2022
Venue	CME Hall, KIMS & RC
Total number of participants	56
Targeted Participants	Students and staff of Karpaga Vinayaga Institute of Dental Sciences
Total number of Resource Persons	4



Hands on session

Workshop 3

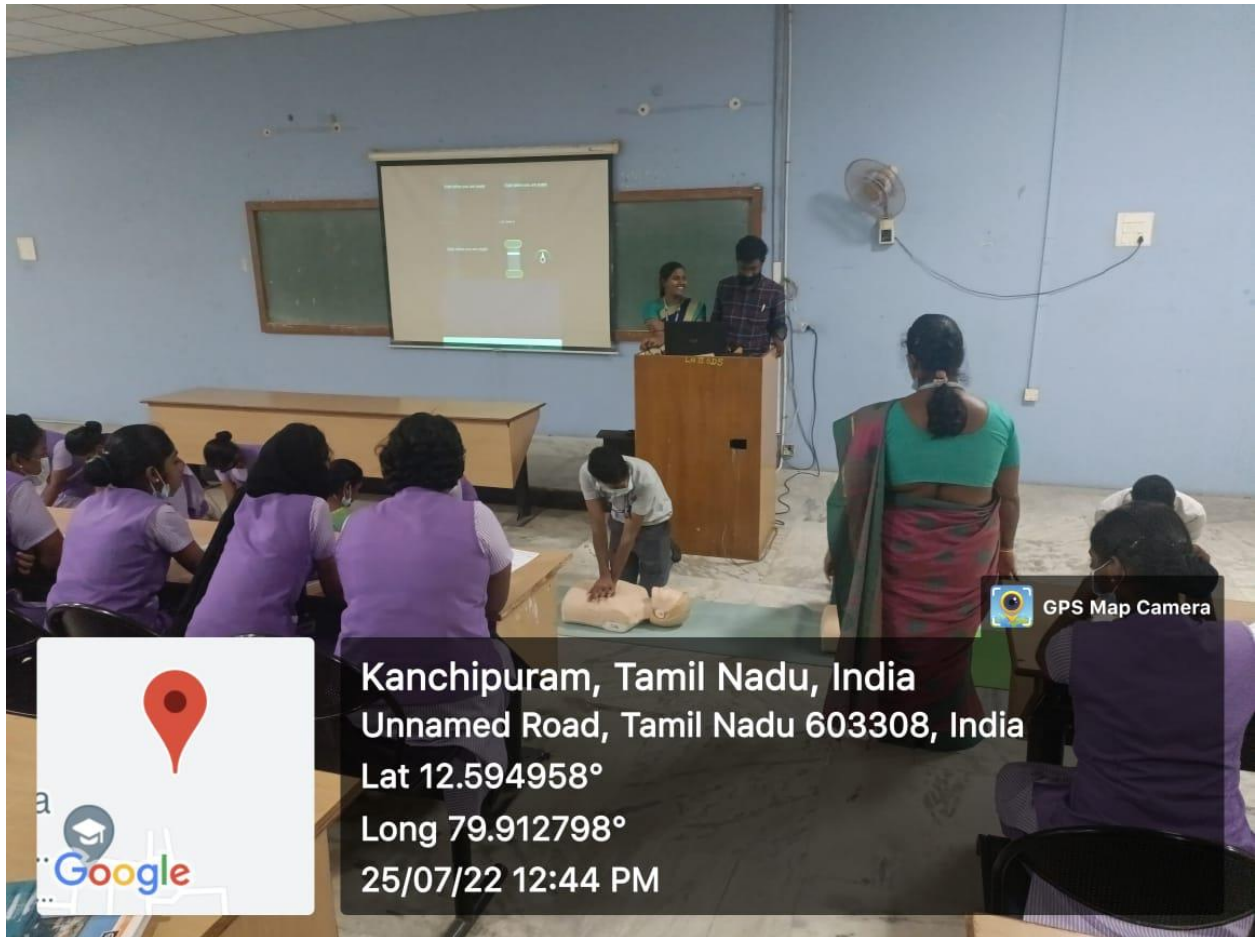
Date of the Event	23.07.2022
Venue	CME Hall, KIMS & RC
Total number of participants	23
Targeted Participants	Drivers and staff of Karpaga Vinayaga Institute of Med Sciences & Research Centre
Total number of Resource Persons	5



Group photo: Skill lab team with Participants (Security guards and drivers)

Workshop 4

Date of the Event	25.07.2022
Venue	CME Hall, KIMS & RC
Total number of participants	46
Targeted Participants	Students of Karpaga Vinayaga College of Nursing
Total number of Resource Persons	5



Students of Karpaga Vinayaga College of Nursing doing hands on-CPR

Workshop 5

Date of the Event	26.07.2022
Venue	CME Hall, KIMS & RC
Total number of participants	23
Targeted Participants	Students of Karpaga Vinayaga Institute of Dental Sciences
Total number of Resource Persons	5



LECTURE on Chest Compression BY DR.MU.RAAJARAM

Workshop 6

Date of the Event	30.08.2022
Venue	PRASAN VIDYA MANDIR, MAMANDUR, CHENGALPATTU
Total number of participants	100
Targeted Participants	Students of Prasan Vidya Mandir
Total number of Resource Persons	6



Hands of session- guided by Dr Mu Raajaram



Review about the program by Prasan Vidya Madir School student

Workshop 7

Date of the Event	3.09.2022
Venue	Lecture Hall, Tanjavur Medical College, Tanjavur
Total number of participants	100
Targeted Participants	Tanjavur Medical College, Tanjavur
Total number of Resource Persons	6

Skill Lab, Karpaga Vinayaga Institute of Medical Sciences and Research Centre in association with American Tamil Medical Association organized workshop on Compression only Life Support at Tanjavur Govt. Medical College.



SKILL LAB TEAM AND AMERICAN TAMIL MEDICAL ASSOCIATION TEAM



HANDS ON PRACTICE

Workshop 8

Date of the Event	16.10.2022
Venue	CME Hall, KIMS
Total number of participants	100
Targeted Participants	Students of Karpaga Vinayaga Engineering College
Total number of Resource Persons	6

Every year 16th October, WORLD RESTART A HEART DAY is celebrated. This year, we trained Students of Karpaga Vinayaga Engineering College about CPR.



Session on Cardiopulmonary Resuscitation

Sisilwamas
Principal
Karpaga Vinayaga Institute of
Medical Sciences
G.S.T. Road, Chinna Kolambakkam,
Palayanoor Post,
Maduranthagam - 603 308