

Report of Ear Centre nurse Sr. Surakshya Kunwar's attendance at life support courses in Kathmandu, funded by EAN.



Sister Surakshya Kunwar assisting in the operating theatre at the Ear Centre

2 Oct 2019

Dear Dr. Mike,

The three day training courses on BLS (Basic Life Support) and ACLS (Advanced Cardiovascular Life Support) were held on 17th ,18th and 19th September, 2019 at Kamladi Complex, Kathmandu.

The BLS course was one day duration and there were about 12 participants. The BLS course focused on immediate recognition of sudden cardiac arrest and activation of the emergency response system, early cardiopulmonary resuscitation (CPR), and rapid defibrillation with an automated external defibrillator, for both adults and children. We were made aware of the importance of the 'chain of survival' in both community and hospital scenarios. At the end of the course, choking relief (for airway obstruction) for adults, children and infants were demonstrated.

Regarding the ACLS course, there were only 4 participants. The ACLS course was in more depth as it put emphasis on high quality CPR and the early recognition of arrhythmias, followed by their emergency management. It also highlighted the importance of team dynamics and communication, systems of care and the precipitation of post-cardiac-arrest care. Early recognition and early management of different ACLS cases such as respiratory arrest, acute coronary syndrome, acute stroke, cardiac arrest, bradycardia, tachycardia. The basic airway management and pharmacology were also included as part of the course.

Both the courses had practical and theory sessions and pre and post tests were conducted.

I am immensely thankful towards Dr Mike and Ear Aid Nepal for allowing me to be part of this course. Undoubtedly, it was a wonderful learning experience and the course was an effective one. I shall apply my gained skills and knowledge in emergency situation for the survival of life.

Thank you,

Nursing Sister Surakshya Kunwar