

ACADEMY OF PHYSICAL EDUCATION AND MASS SPORTS

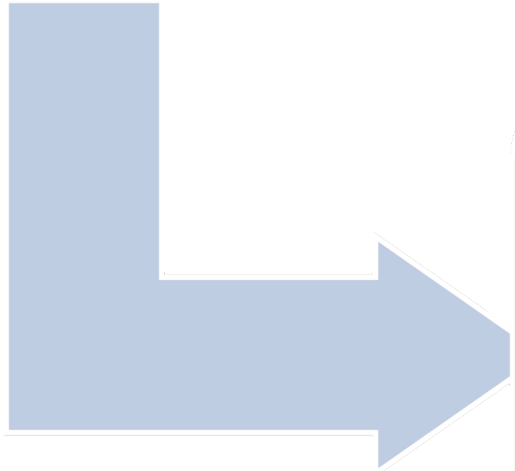
*Basic resuscitation measures
using AND*

(ECR Recommendations since 2015)





Within the framework of strategic cooperation with WSG University (Bydgoszcz, Poland), APEMS is implementing the RITA international project aimed at developing the system of pre-medical care in Kazakhstan.



The Polish-Kazakh Scientific Center for Safety and Rescue 2.0 was established as part of the project.



Main implementer:
Academy of Physical Education and Mass Sports



Region in Transition

The purpose of the project

Training of teachers and researchers in pre-medical care using modern simulation equipment

WSG University (Bydgoszcz,
Poland)

a company producing equipment
for first aid training and medical
simulations, Norway)

European Resuscitation
Council (ERC)

WOPR (Water Rescue Service,
Poland)

Embassy of Poland in
Kazakhstan



Region in Transition

Course plan:

THE THEORETICAL PART:

Introduction

First aid demonstration, demonstration with comments

Providing first aid using the ANDES demonstration , demo with comments

THE PRACTICAL PART OF BLS

Practicing the BLS skill without using ANDES in pairs

Practicing the BLS skill without using ANDES on mannequins

Practicing the BLS skill without using ANDES on dummies 1 scenario

Practicing the BLS skill BLS using andes on dummies 2 scenarios in pairs

PRACTICAL PART : SAFE POSITION AND SUFFOCATION

Safe position demonstration by instructors

Demonstration of a safe position with comments from the instructor speaker

Practicing skills to ensure a safe position in pairs Demonstration of suffocation action

Demonstration of the choking action with comments from the speaker's instructor

Practice skills in choking in pairs



Basic Resuscitation Skills Training (BRM) using an automatic external defibrillator (AED)

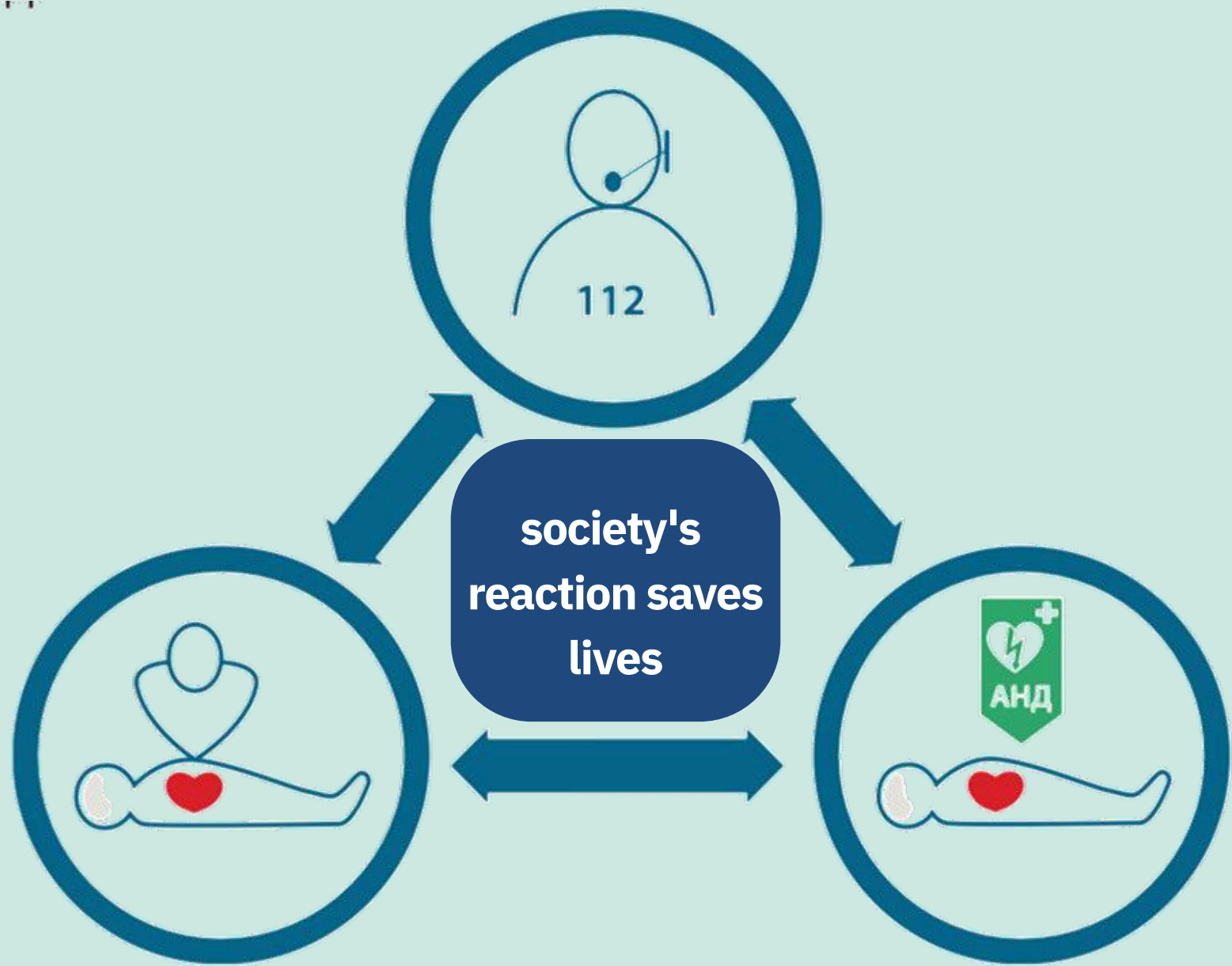
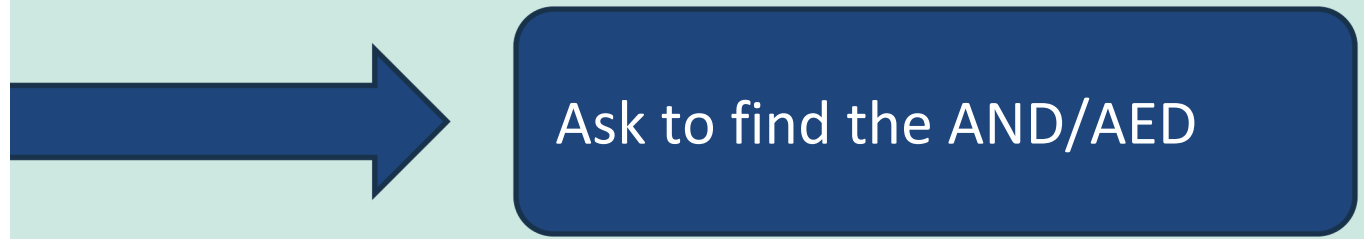
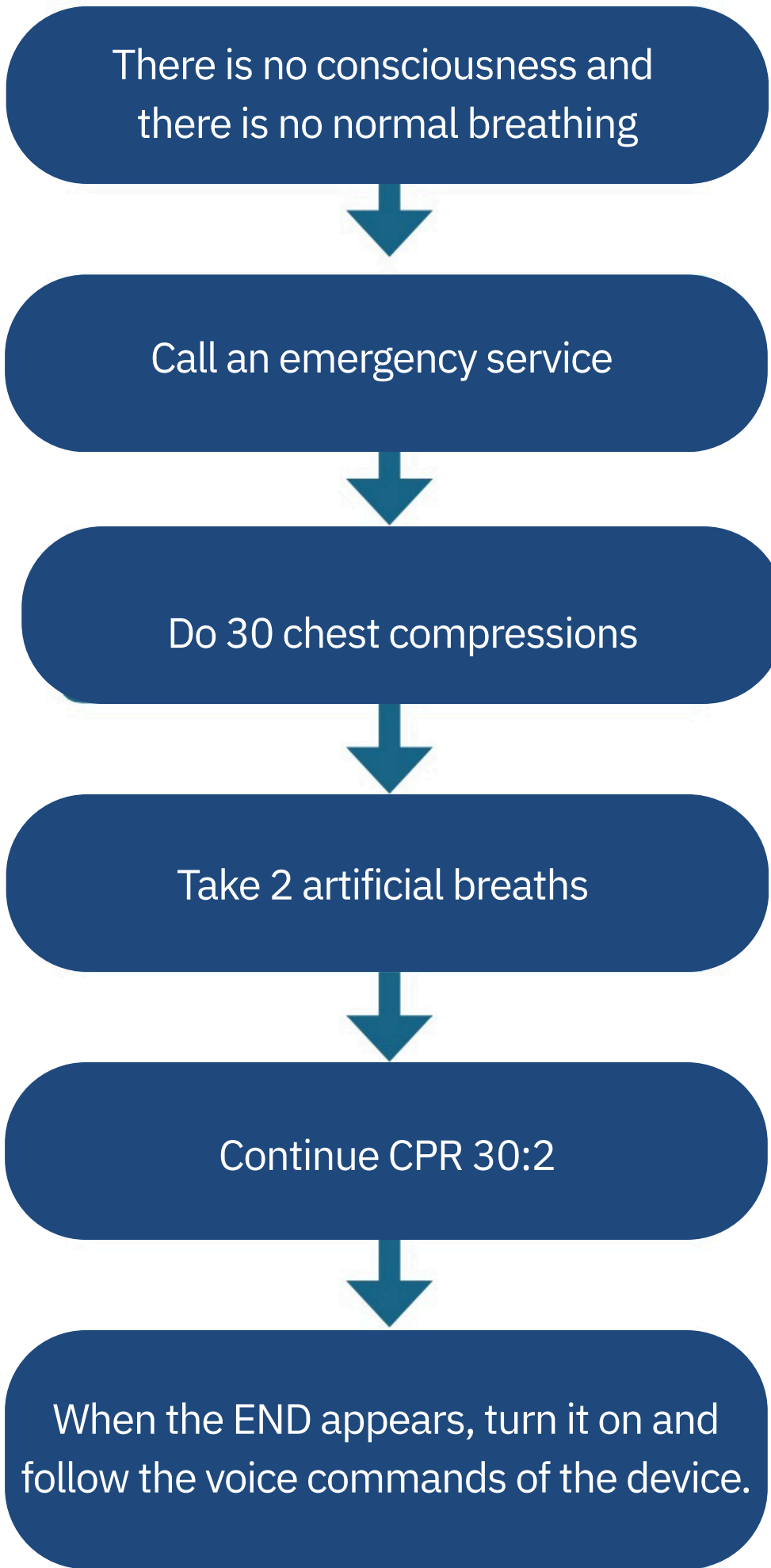
Basic resuscitation (BRM) using an automatic external defibrillator (AED) is one of the first levels of care for sudden cardiac arrest



According to the Ministry of Health, over the past year and a half, 21,991 people have died from heart disease in Kazakhstan. As practice shows, the main organ can stop anytime and anywhere



**DEMONSTRATION OF THE BLS
ALGORITHM without using the
ANDES IN REAL TIME:**



**THE PRACTICAL PART on pairs
without using the ANDES:**

When they bring the END

Defibrillation for 3-5 minutes. from the development of cardiac arrest, it allows to achieve a survival rate of 50-70%. Early defibrillation can be performed by using ANDS placed in the public domain at the scene.

Figure 5.1
International END Mark

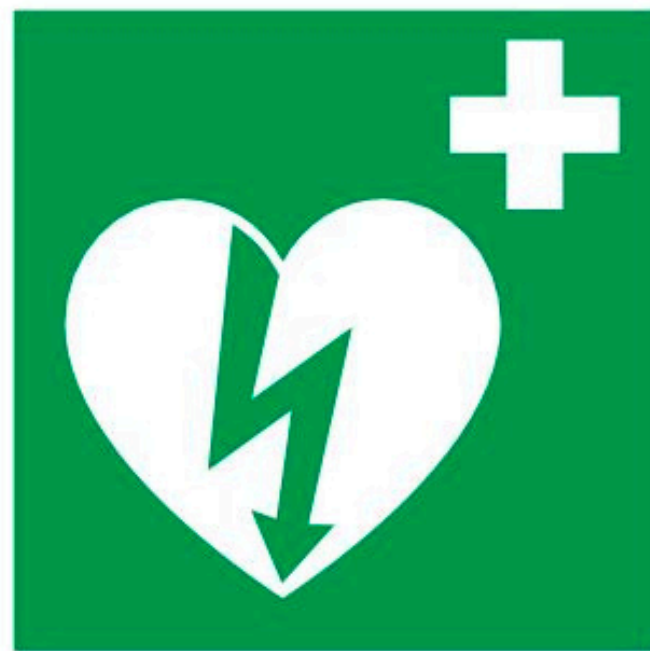


Figure 5.2
The END in the wall box



REAL-TIME DEMONSTRATION OF THE BLS ALGORITHM using the ANDES:



IMPORTANT ASPECTS OF USING THE ANDES



Wet chest

Excessive chest hair

Stickers

Pacemakers

Decorating



PRACTICAL PART: BLS using the ANDES:

SAFE POSITION:

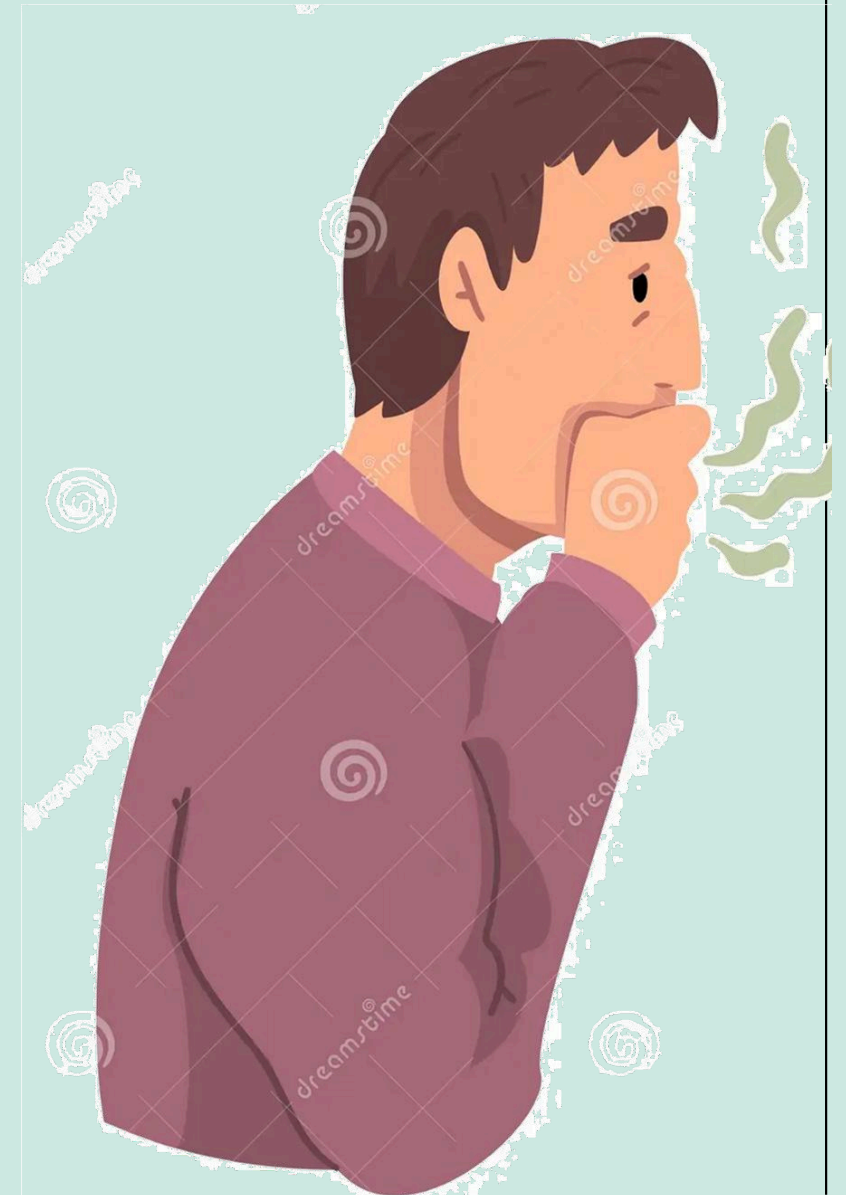
If you assess the condition of the victim and

He's reacting:

- Leave him/her in the same position, find out what happened, and regularly assess the victim's condition.

He's unconscious, but he's breathing normally:

- move the victim to a safe position



DEMONSTRATION OF A SAFE POSITION



SAFE POSITION:

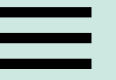


Figure 8.1

Place the hand closest to you at a right angle



Figure 8.2

Place the back of the hand against the cheek of the victim, which is closer to you.



Figure 8.3

Grab the victim's leg at knee joint level and pull it up



Figure 8.4

Pull the victim's farthest leg towards you in order to turn him over on his side



PRACTICAL PART: SAFE POSITION

OBSTRUCTION OF THE RESPIRATORY TRACT BY A FOREIGN BODY:



Since most episodes of choking are associated with eating, they develop in front of witnesses. A typical sign of OTRP is when a person holds his hand to his throat and coughs at the same time, trying to remove a foreign body.



Demonstration of the algorithm for obstruction of the respiratory tract by a foreign body



PRACTICAL PART:
**Algorithm for Foreign
Body Airway Obstruction**

CHILDREN: the algorithm



Figure 10.1

Head extension and chin lift in children



Figure 10.2

In children, start CPR with rescue breaths



CHILDREN: the algorithm



- Standard ANDS can be used in children over 8 years of age.
- In children from 1 to 8 years of age, it is necessary, if possible, to use special children's self-adhesive electrodes or children's AND settings, if available;
if not, - you can use the adult END
- For children under 1 year of age, the ANDA can only be used if it is authorized by the manufacturer. AND should be used in accordance with the manufacturer's instructions; in this situation, special baby electrodes will undoubtedly be required.

