



AMALA COLLEGE OF NURSING AQAR (2022-2023)



CRITERION 2 – TEACHING- LEARNING AND EVALUATION

Key Indicator 2.3 – Teaching- Learning Process

Metric No. 2.3.1. - Student-centric methods are used for enhancing learning experiences by:

SUBMITTED TO



National Assessment and Accreditation Council

Cross over learning

AMALA COLLEGE OF NURSING, THRISSUR
THIRD SEMESTER BSC NURSING 2021 BATCH
ADULT HEALTH NURSING-I

DATE: 04 May 2023

TIME: 3.00-4.00PM

INNOVATIVE TEACHING METHODOLOGY ADOPTED: CROSS-OVER TEACHING

TOPIC COVERED: CPR

FACULTY RESPONSIBLE: MR. DON JOSE

OUTCOME EVALUATION: GOOGLE FORM

CARDIO PULMONARY RESUSCITATION

DEFINITION

Cardiopulmonary resuscitation (CPR) is a combination of oral resuscitation (mouth-to-mouth breathing or use of a mask), which supplies oxygen to the lungs, and external cardiac massage (chest compression), which is intended to re-establish cardiac function and blood circulation. (Berman A)

High-quality CPR is key and consists of:

- Keep compression rate of at least 100 minutes for all persons.
- Keep compression depth of between 2-2.4 inches for adults and children, and about 1.5 inches for infants.
- Allow complete chest recoil after each compression.
- Minimize interruptions in CPR, except to use an AED or to change rescuer positions.
- Do not over ventilate.
- Provide CPR as a team when possible
- Pulse checks are shorter. Feel for a pulse for 10 seconds; If a pulse is absent or if you are not sure you feel a pulse, then begin compressions. Even trained clinicians cannot always reliably tell if they can feel a pulse.
- For infants, use a manual defibrillator if available. If not available, an AED with paediatric dose attenuator should be used for an infant. If an AED with dose attenuator is not available, then use an adult AED, even for an infant.

WEBSITE LINK:

<https://www.youtube.com/watch?v=-Yqk5cHXsko>

<https://www.youtube.com/watch?v=VKGzXUB9FQS>




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