

Report on Basic Life Support (BLS)

Kalyan College of Nursing Rajura

Date: 1/04/2024

Venue: Datta Meghe Institute of Science & Research

Introduction

Basic Life Support (BLS) refers to the immediate medical care provided to a person experiencing life-threatening conditions such as cardiac arrest, respiratory arrest, choking, or unconsciousness. It is a vital emergency procedure performed until advanced medical care becomes available.

BLS training is essential for healthcare professionals, especially nurses, as early intervention significantly increases survival rates.

Objectives of BLS

To maintain airway patency

To support breathing and circulation

To prevent brain damage due to lack of oxygen

To sustain life until advanced medical help arrives

To improve survival outcomes in emergencies

Components of Basic Life Support

BLS mainly includes:

Recognition of emergency

Activation of emergency response system

Cardiopulmonary Resuscitation (CPR)

Use of Automated External Defibrillator (AED)

Relief of airway obstruction (choking management)

Steps of BLS (Adult CPR Sequence)

1. Check Responsiveness

Tap and shout: “Are you okay?”

Observe breathing and movement.

2. Call for Help

Activate emergency medical services.

Ask someone to bring an AED.

3. Check Breathing and Pulse

Check carotid pulse for ≤ 10 seconds.

If absent → start CPR immediately.

4. Chest Compressions

Position hands at the center of chest.

Compression depth: 5–6 cm

Rate: 100–120 compressions/min

Allow complete chest recoil.

5. Airway

Use Head tilt–chin lift technique.

6. Breathing

Give 2 rescue breaths after 30 compressions.

Compression–Ventilation Ratio

Adult: 30 : 2

7. Use AED

Attach pads.

Follow voice instructions.

Deliver shock if advised.

Importance of BLS in Nursing Practice

First response during hospital emergencies

Prevents irreversible brain damage

Enhances patient survival chances

Builds confidence in emergency handling

Essential competency for nursing professionals

Guidelines are widely standardized by organizations such as the American Heart Association, which regularly updates CPR and BLS protocols based on research evidence.

Indications for BLS

BLS is required in:

Cardiac arrest

Respiratory arrest

Drowning

Electric shock

Trauma or accidents

Drug overdose

Choking incidents

Role of Nurse in BLS

Rapid assessment of patient condition

Initiating CPR immediately

Maintaining airway and ventilation

Coordinating emergency response team

Monitoring patient response

Documentation of procedures

Precautions During BLS

Ensure scene safety first

Avoid excessive ventilation

Maintain correct compression depth and rate

Minimize interruptions in compressions

Use PPE when available



