INTRODUCTION:

“Excellence is never an accident;
It’s always the result of high intention,
Sincere effort, intelligent direction and skillful execution”

- Willa.A.Foster.

The human heart is a muscular organ that provide a continuous blood circulation through the cardiac cycle and is one of the most vital organs in the human body.

Smeltzer C Suzanne et al. (2007) Cardio means “of the heart” and pulmonary means “of the lungs.” Resuscitation is a medical word that means “to revive” or bring back to life. Sometimes CPR can help a person who has stopped breathing, and whose heart may have stopped beating, to stay alive. People who handle emergencies such as police officers, firefighters, paramedics, doctors and nurses are all trained to do CPR. Many other teens and adults like lifeguards, teachers, child care workers, and may be even your mom or dad know how to do CPR too.

Basic life support is one of the important procedure in which each individual from different field should be trained. These types of procedure can be taught to the student nurses before they join nursing as a profession or before they actually practice it in their clinical field. For that, different methods can be adopt by the teacher as well as by the student nurses for self-practice. Self-assessment is an important aspect in the development of lifelong learning skills for student nurses, crucial to maintaining a high level of competence in practice. Basic Life Support (BLS) is a skill that all health professionals must acquire and maintain competence in it. Various methods, including simulation, have been used in improving the acquisition of basic life support skills.

“Our role is to develop techniques that allow us to provide emergency life saving procedures to injured patients in an extreme, remote environment without the presence of a physician”

Chris Hadfield, 2001
Ramly Roshan, Fadhli Yusoff, (2005), About 30% of deaths due to acute myocardial infarction occur within the first hour of the onset and about two-thirds of deaths occur before the victim reaches the hospital (American Heart Association). It was also stated that most of early deaths are due to ventricular fibrillation which is treatable.

Marco CA, Larkin GL (2003) In 1960, CPR is a simple but effective procedure that allows almost anyone to sustain life in the first critical minutes of cardiac arrest. CPR provides oxygenated blood to the brain and the heart, long enough to keep vital organs alive until the victim is transferred. Statistics suggest that sudden cardiac arrest is rapidly becoming the leading cause of death. Once the heart ceases to function, a healthy human brain may survive without oxygen for up to 4 minutes without any permanent damage. Unfortunately, a typical emergency medical service response may take 6, 8 or even 10 minutes.

NEED FOR THE STUDY

Need for the study Researcher personally felt that whenever there is any life-threatening situations like cardiac & respiratory arrest, nurses usually call doctors rather than meeting the emergencies, themselves. It probably may project there, inadequacy in skill or hesitation in handling the life saving emergencies. There is need to conduct studies on basic life support. Therefore, there is need to conduct some researches based on different teaching method so that best method can be applied for the practice of emergency management procedures.

Cardiovascular disease is the world’s leading killer. According to world Health Organization (WHO) estimates, 16.7 million people around the globe, die of cardiovascular disease each year. This is over 29 percent of all deaths globally. Cardiovascular diseases now more prevalent in India and China than all economically developing countries in the world combined. Cardiovascular disease in India quadrupled in the last 40 years. WHO estimates that by 2020 close to 60% of cardiac patients worldwide will be Indian.