

# Basic life support training imparted

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**SAS NAGAR:** As part of their community service programme, Fortis Hospital organised a free basic life support (BLS) skills training workshop titled, 'Family and Friends CPR (Cardio Pulmonary Resuscitation) Programme,' here on Tuesday.

About 30 residents of SAS Nagar, mostly senior citizens, attended the workshop. The training was imparted by a group of advanced cardiovascular life support (ACLS) instructors comprising Dr Parvinder K Chawla, Dr Arun Kumar, Dr Rahat Brar, Dr Sanchita and

Sister Gloria.

Participants were educated about the initial assessment of the person found collapsed, and when and how to give CPR. The training focused on chest compression, infant CPR and timely identification of heart attack and stroke.

They were also introduced to the role of first aid during such incidents.

"Most of the senior citizens are usually home looking after their grandkids. It's important for them to learn basic life support not only for themselves and their peer group, but also for the young ones," said Dr Parvinder Chawla, consultant, internal medicine, Fortis Hospital.