

## BASIC LIFE SUPPORT TRAINING BY A LEAGUE OF MEDICAL STUDENTS FOR THE COMMUNITY: AN EXPERIENCE REPORT

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**Keywords:** Basic life support; Cardiorespiratory Arrest; Medical Students.

## **HISTORY AND ORGANIZATION OF THE LEAGUE**

The UNICENTRO Medical Clinical Academic League (LACMUC) is an interest group founded in 2019 April, in Guarapuava, Paraná, Brazil, with the purposes of teaching, research, and extension. The league has 20 annual renewed binders and 1 professor coordinator. It promotes meetings to discuss cases and is responsible for the basic life support (BLS) course for the community. LACMUC also participates in various scientific activities at the university and organizes the Medical Octagon, a large annual *game-class*.

## **INTRODUCTION**

In Brazil, there are 200,000 cardiorespiratory arrests (CPA) per year; half of them outside the hospital. Early and qualified care for the victim is essential for survival and BLS training for the community is essential. Therefore, it is necessary that individuals from all areas and educational levels have access to BLS training.

## **OBJECTIVES**

Report LACMUC's experience in the SBV project to the community.

## **METHODOLOGY**

The BLS extension action started in 2022. The target audience is the community. The supervised instructors are the 20 members of LACMUC, with professor and the internal medicine residents' supervision. Training lasts two hours, with eight participants per class, in the multipurpose room of the Department of Medicine, using specialized simulators for

BLS. Two tests are applied, one before and one after training, and participants provide authorization for the confidential use of data. The training consists of reception, pre-training test, current explanation of survival, practical approach to the victim and communication, practical basic ventilation, practical compressions, practical defibrillator, practical airway clearance, post-training test and a final experience report by the attendants.

## **REPORT**

There have been 60 participants in the last two years, despite health restrictions of COVID19 pandemic. There is a waiting list of 40 applicants. The proposed sequence happens naturally and students are able to master the training dynamics, reporting greater gains in self-confidence and consolidation of learning in the BLS discipline. In the experience report, comments were recorded such as: "I had no idea what do in a situation like that"; "I thought I would just call SAMU"; "We become less nervous when we know what to do"; "Amazing"; "I had already done first aid training, but this is different"; "I thought handling the AED was only for doctors." Callers reported experiences with real PCR: cases in the condominium, on public roads and reports of safely participating in care during internships. Accuracy, when comparing responses to the pre- and post-training questionnaire, increased by 55.74%. The project remains active.

## **CONCLUSION**

The action carried out promotes training for the population and consolidation of content for students, bringing the chain of survival to society.