



2025
CARDIAC FIRST
RESPONSE /BASIC
LIFE SUPPORT
(CFR/BLS)
STUDENT
HANDOUT

Cardiac First Response /Basic Life Support (CFR/BLS)

STUDENTS' HANDOUT (2025 Curriculum)



UNIVERSITY OF HEALTH SCIENCES LAHORE

CARDIAC FIRST RESPONSE/ BASIC LIFE SUPPORT

Definition:

Cardiac first Response/ Basic Life Support is the foundational level of emergency medical care used to sustain in situations of cardiac arrest, respiratory failure, or airway obstruction before advanced medical help arrives.

Course Outcomes

1. Recognize signs of cardiac arrest and initiate immediate CPR
2. Perform Airway management in cardiac arrest
3. Perform high-quality CPR in various ages (adult, child and infant)
4. Use an Automated External Defibrillator (AED) effectively.
5. Integrate CFR skills into early cardiac arrest management.
6. Communicate effectively during resuscitation scenarios.
7. Manage Foreign Body Air Way Obstruction (FBAO) in various age groups
8. Provide post-resuscitation support and handover

Learning Objectives:

Students will be able to:

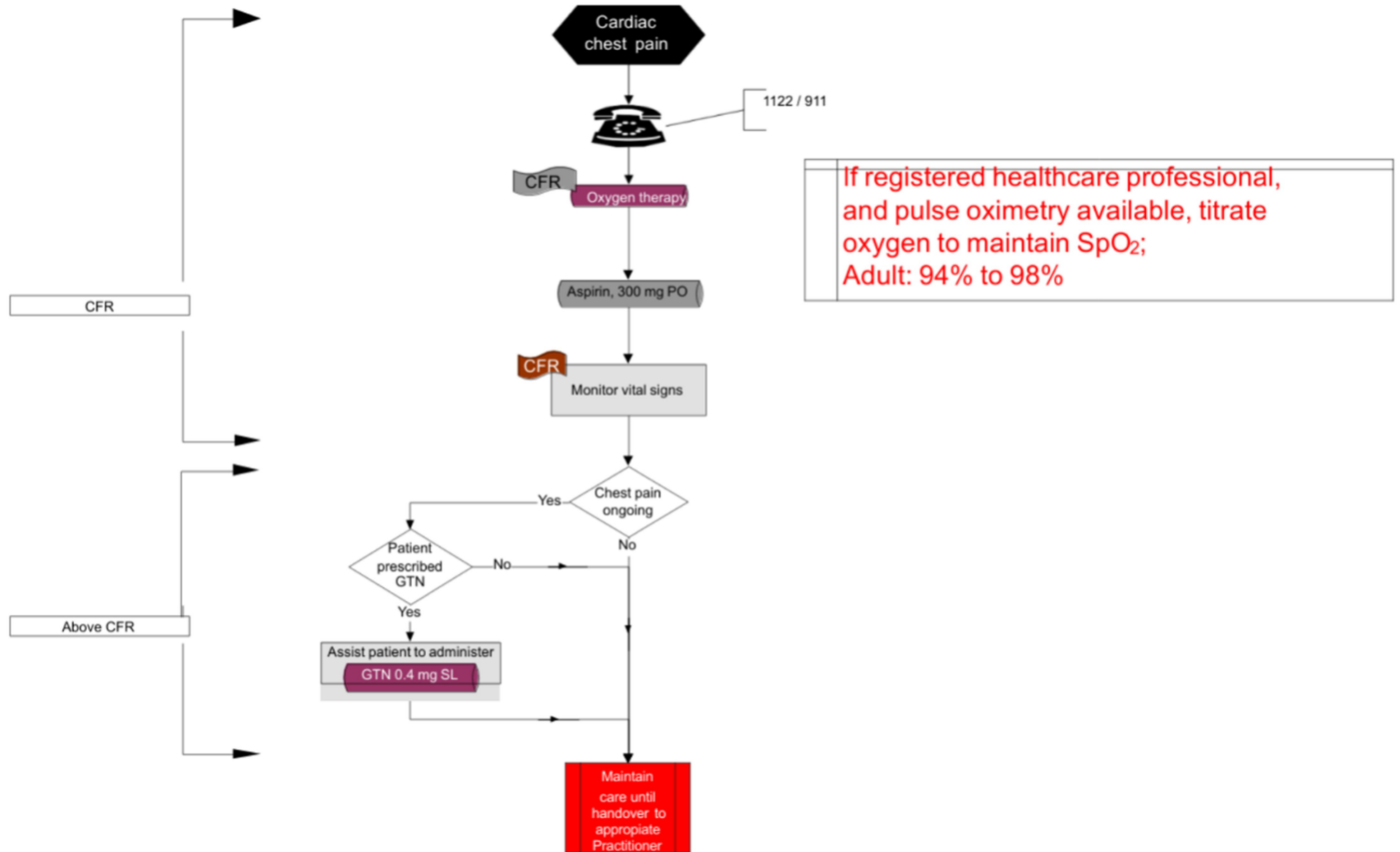
- Identify life-threatening emergencies (cardiac arrest, choking, drowning etc)
- Demonstrate high-quality CPR on adults, children, and infants.
- Use an AED correctly and safely.
- Manage airway obstructions.
- Provide post-resuscitation support and handover.

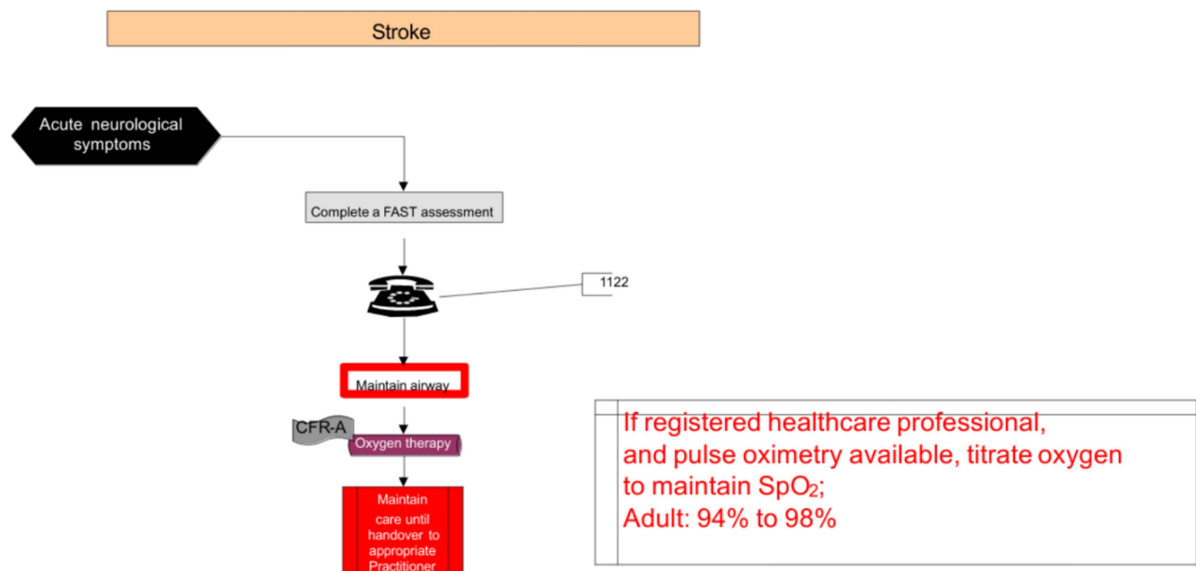
Importance of CFR

1. Saves Lives: Immediate CFR/BLS can double or triple the survival chance in cardiac arrest.
2. First Response in Any Setting: Equips medical students by acting effectively.
3. Bridges Time: Maintains circulation and oxygenation until medical help or care is available.
4. Mandatory Skill: Required for clinical postings and recognized accrediting bodies globally

Algorithms

Cardiac Chest Pain – Acute Coronary Syndrome





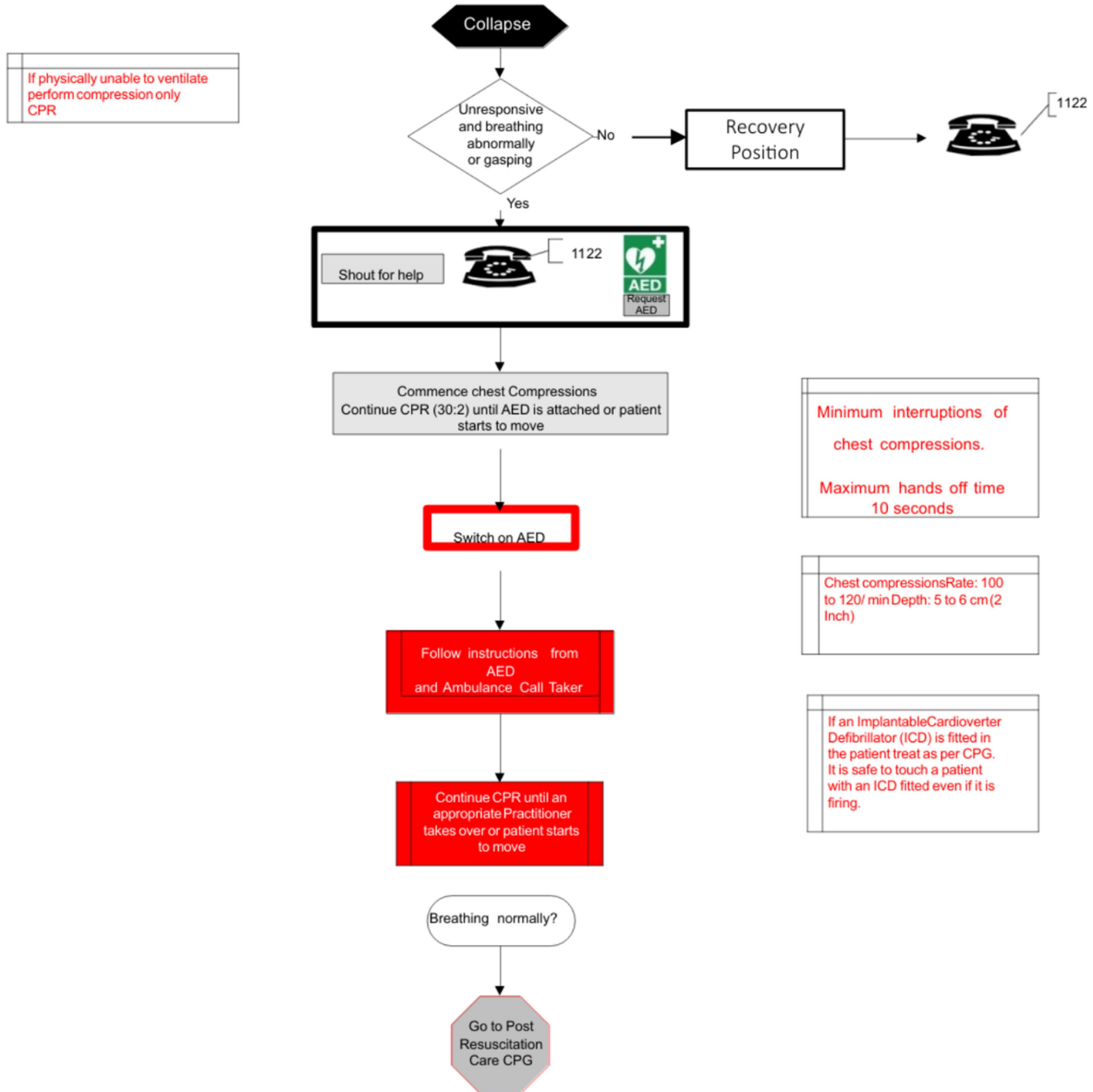
F – facial weakness
Can the patient show teeth? Has their mouth or eye drooped? Which side?
A – arm weakness
Can the patient raise both arms and maintain for 5 seconds?
S – speech problems
Can the patient speak clearly and understand what you say?
T – time to call 1122 now if FAST positive

Adult Chain of Survival

Adult Out-of-Hospital Chain of Survival



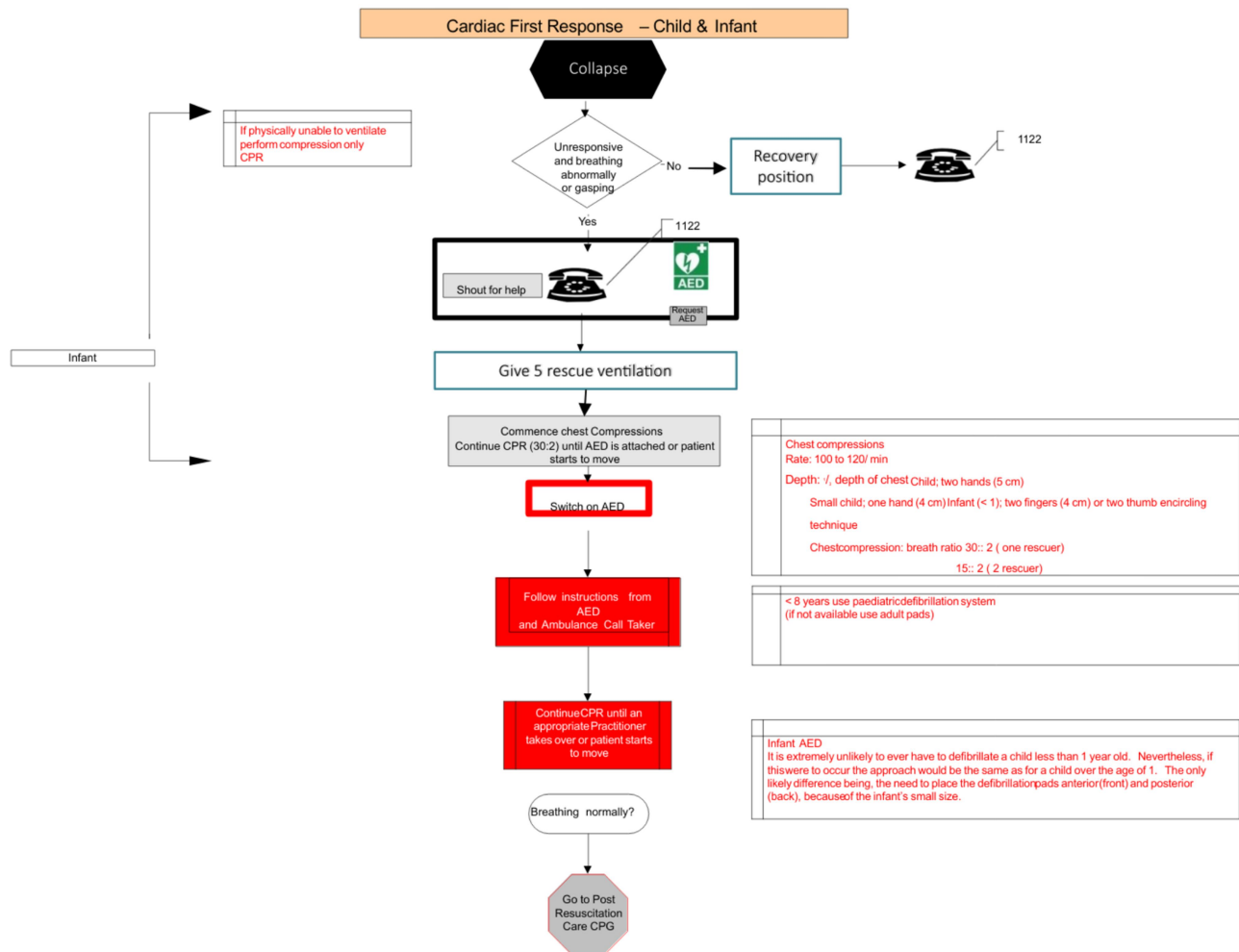
Cardiac First Response – Adult



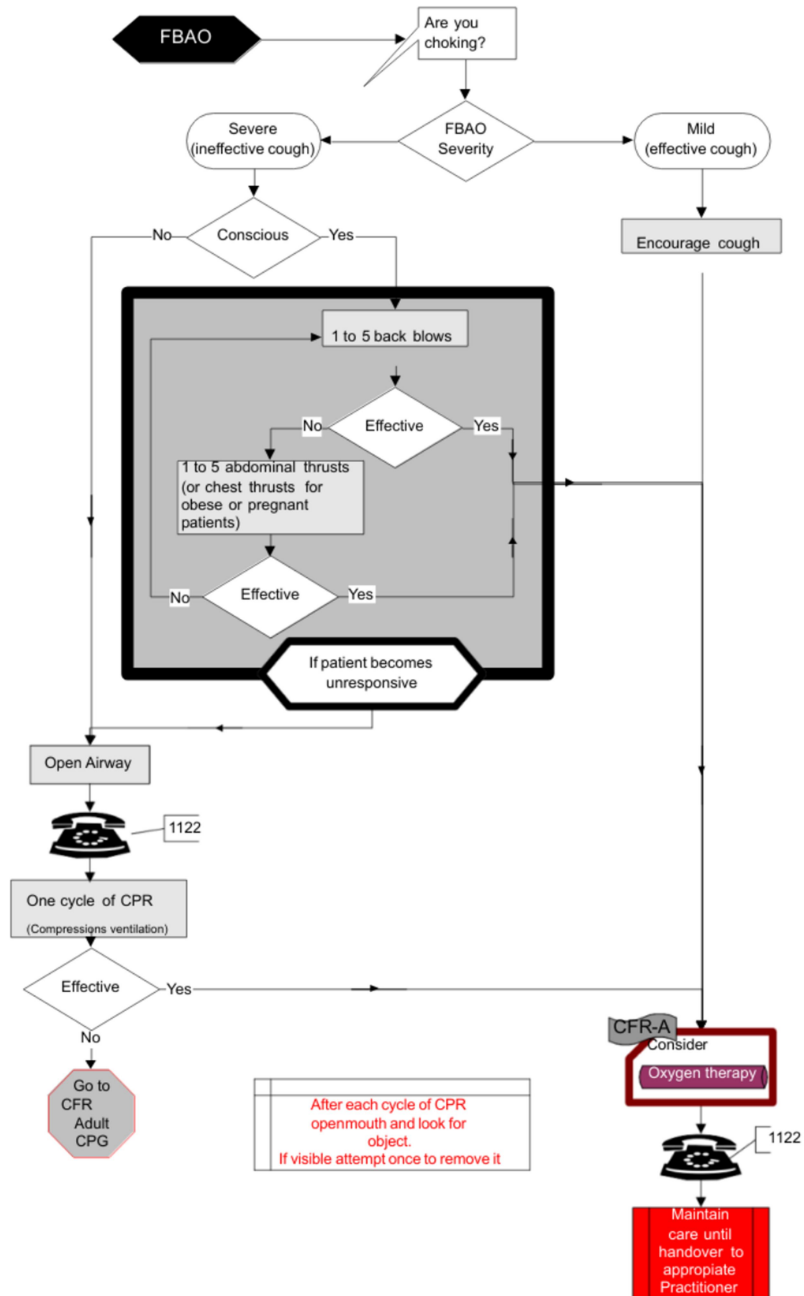
Pediatric Chain of Survival

Pediatric Out-of-Hospital Chain of Survival

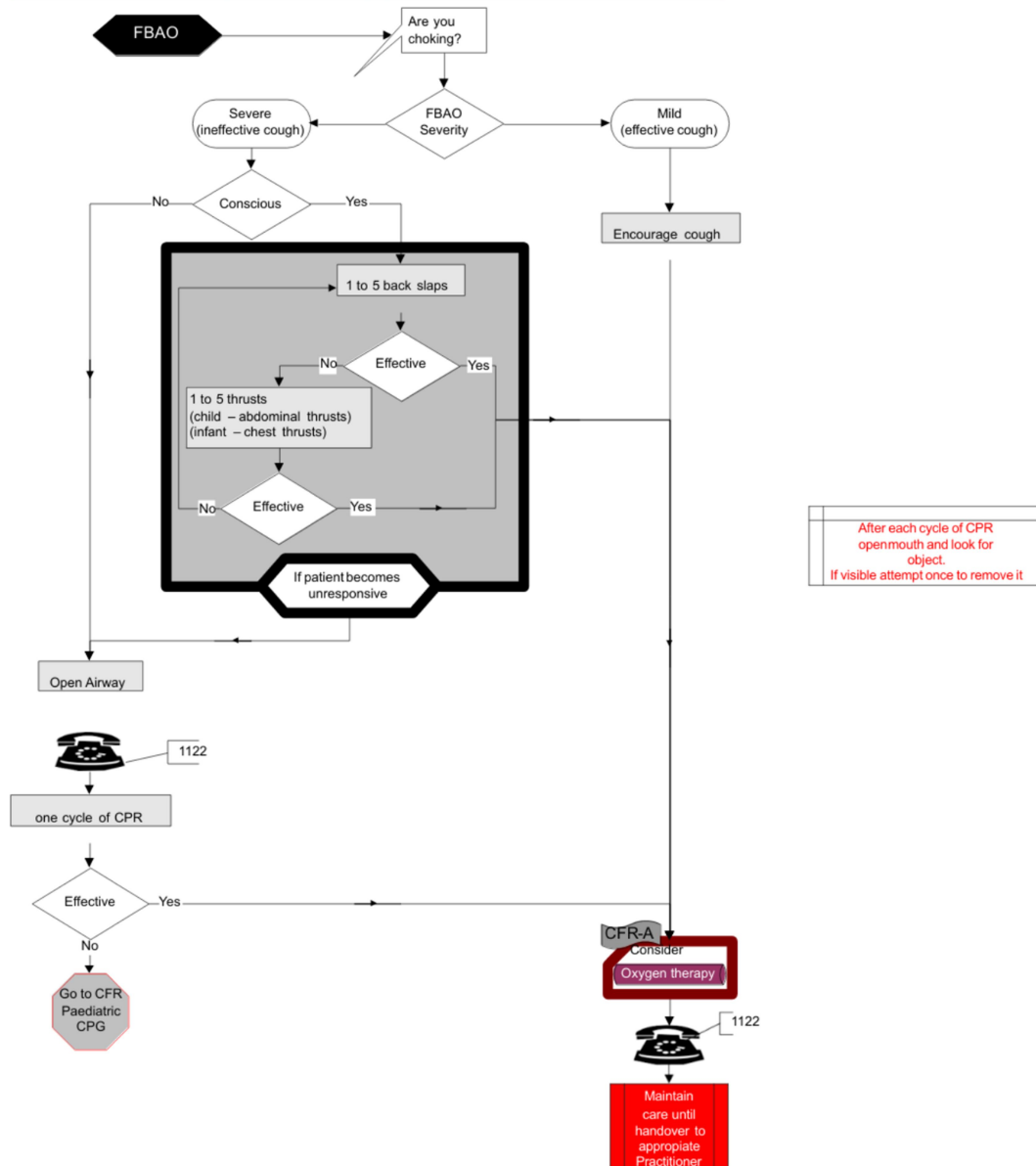




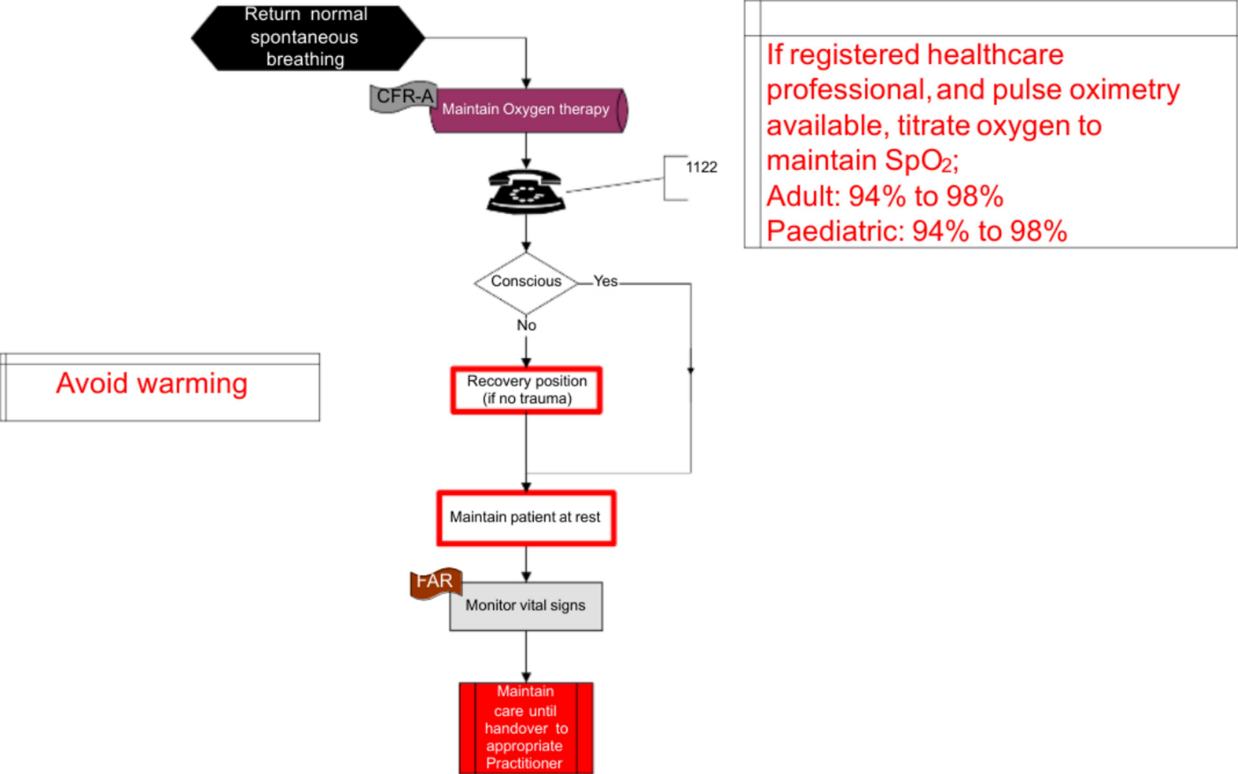
Foreign Body Airway Obstruction – Adult



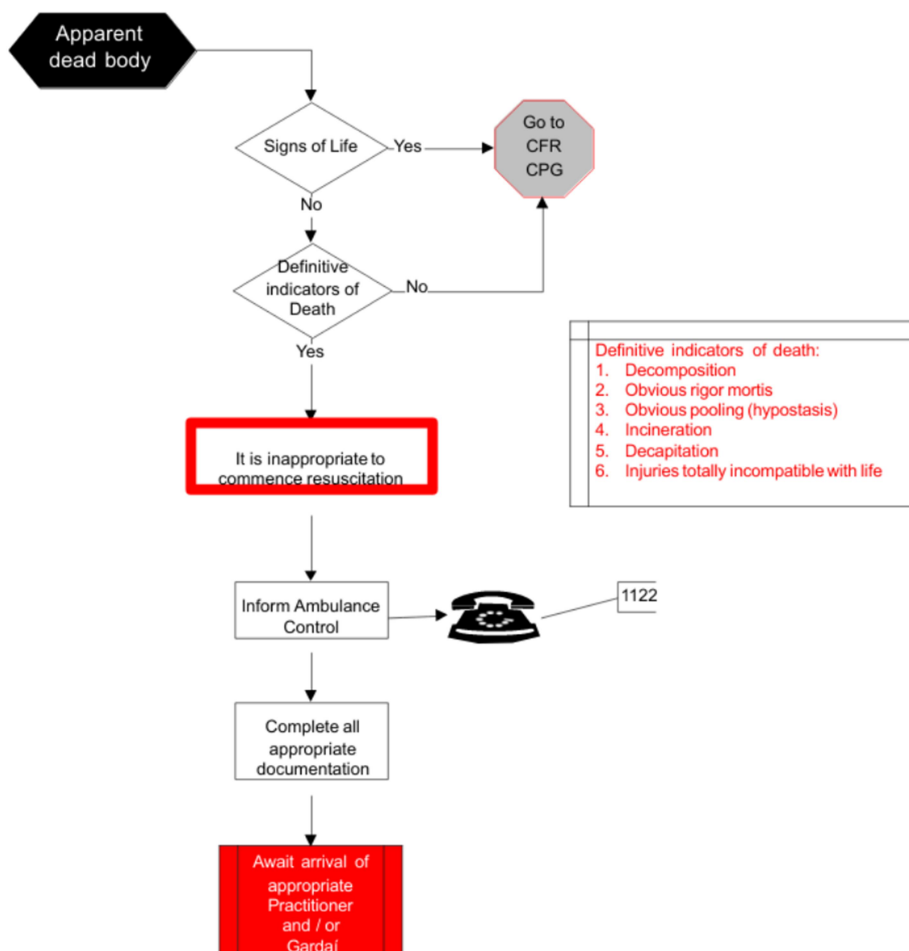
Foreign Body Airway Obstruction – Infant (1 month to 1 Year) & Child 1 to 8 Years



Post-Resuscitation Care



Recognition of Death – Resuscitation not Indicated



Recommended Guidelines and References

- Pre-Hospital Emergency Care Council- Clinical Practice Guidelines-2021 Edition Updated 2023
- Pre-Hospital Emergency Care Council- Cardiac First Respond-Student handbook-2011 Edition.
- American Heart Association (AHA) BLS Guidelines 2020
- European Resuscitation Council (ERC) Guidelines 2021
- WHO Emergency Care Toolkit

