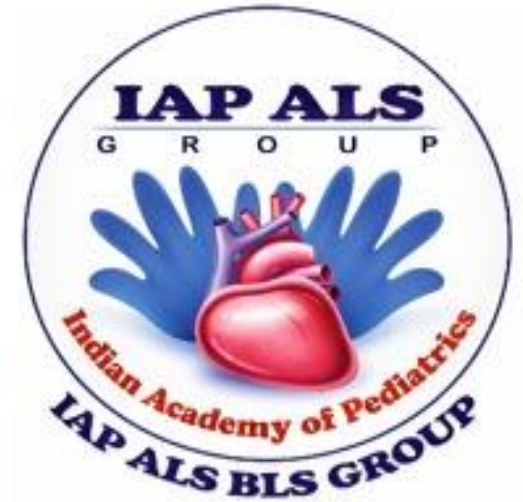




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IAP ALS-BLS GROUP
IAP CPR DAY 2026
21st July 2026



*"Learn CPR.. Save Lives. Build a **CPR-Ready India**."*

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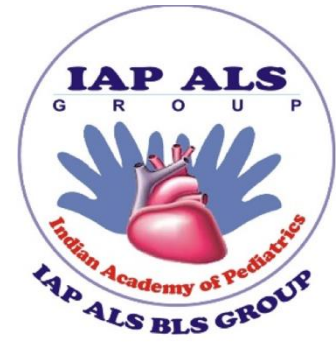
CPR Saves Life!



IAP ALS BLS Group 2026-27



Significance of 21st July



In fond memories of

Late Dr Anand Shandilya

(21/7/1962 – 1/1/2019)

Past National Convener

IAP ALS BLS Group

Teacher to many

A friend of many more

Human being par excellence



What is CPR?

- **Cardiopulmonary Resuscitation (CPR)** is an emergency life-saving procedure performed when the **heart (cardio)** and **lungs (pulmonary)** stop functioning.
- It involves **chest compressions** and/or rescue **breaths** to manually circulate oxygenated blood to vital organs until normal heart function is restored or advanced medical help arrives.



Who needs CPR?



- Any victim of sudden cardiac arrest (SCA)
- Cardiac arrest may occur in a variety of situations, both in- and out-of-hospital circumstances.

SCA in adults

It is often due to cardiac causes including rhythm abnormalities like ventricular fibrillation or pulseless ventricular tachycardia.

SCA in children

Major cause of cardiac arrest in children is due to respiratory failure and/or shock.

SCA is **not always** “Heart attack” or “Myocardial Infarction”

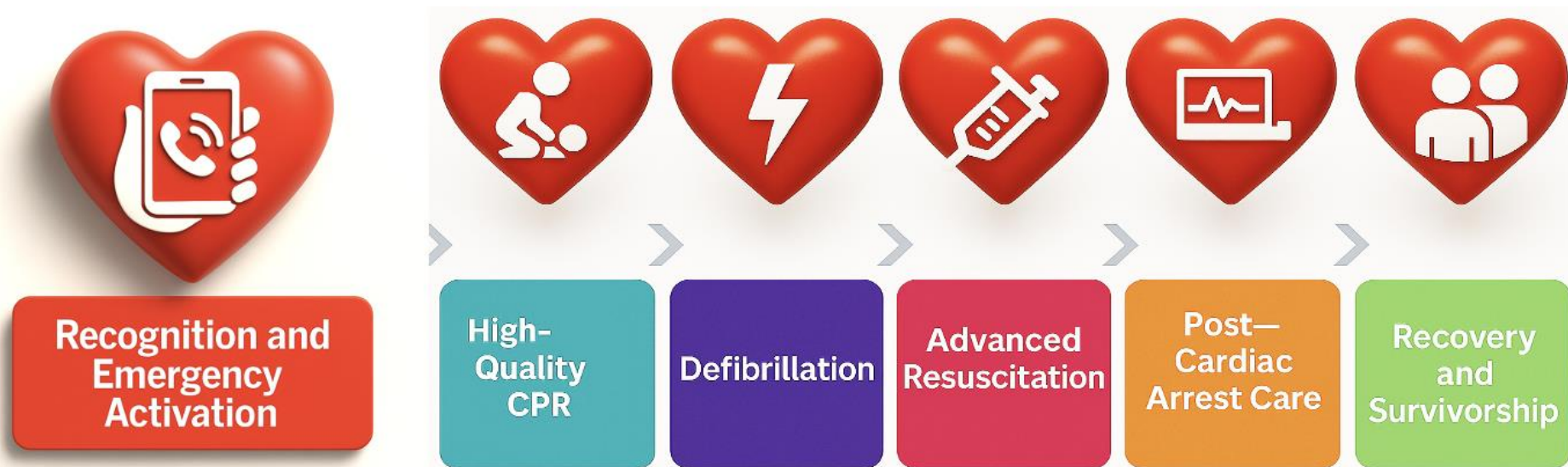
A victim of cardiac arrest has the best chance of recovery, if the CPR is administered by the person standing next to the victim immediately on recognition of the condition

Majority of cardiac arrest occurs at home and is witnessed in 85%

95% of those who experience SCA die because of not receiving timely intervention

CPR has to be initiated immediately upon recognition of SCA (within 4-6 mins). Every minute delay in initiation of CPR increases the chances of mortality by 17%

SINGLE Chain of Survival



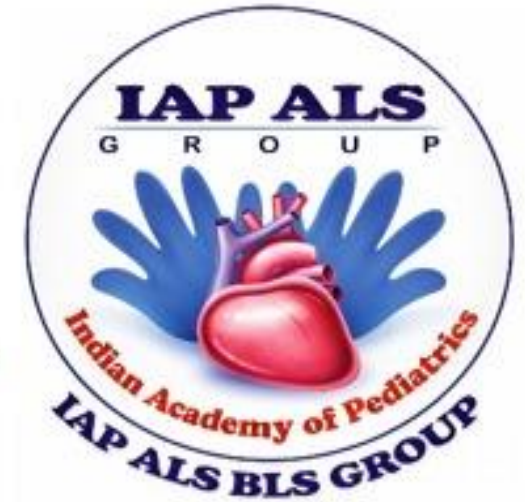
How to recognize Cardiac Arrest?

A victim is in cardiac arrest if he/she suddenly becomes:

- Unconscious and unresponsive
- Has no signs of life, i.e., no movement, no normal breathing (occasional gasps or agonal breaths are not normal), no response to touch or voice and no signs of circulation or purposeful activity
- Does not have a pulse (Health Care Workers can check, but do not delay action beyond 10 seconds).



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Steps of CPR in Adults and Adolescents

(Above 8 Years or with signs of Puberty)

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UNSAFE SCENES TO PERFORM CPR

Safety First

- Assess whether scene is safe to help the victim
- You yourself should not become the victim of circumstances



Check for Response!

Firmly tap the victim on the shoulder and ask a question loudly in a local language, like -

Are you okay?

How are you?

- Look for any signs of poisoning, snake bite, etc



Shout for help

- **First rescuer:** shouts for help, gathers a team, starts CPR immediately
- **Second rescuer:** activates EMS, AED
- **Third rescuer:** helps first
- Switch it on and follow the AED instructions if it is available
- AEDs are available at many places, such as malls, Airports, Societies, etc.



Breathing & Pulse Check

- **Look, listen and feel** the breath.
- If you know how to check a pulse, check the carotid (neck) pulse simultaneously
- Time is the currency of life now...
- Do not waste more than 5-10 seconds.



Determine next action

**1. If breathing is normal
& pulse present**

Monitor victim till help arrives or victim is taken to hospital. Keep in recovery position

**2. If no breathing, but
pulse present**

Provide rescue breathing

**3. If no breathing and
no pulse**

Start high quality CPR

Recovery Position



Chest Compression

Rescuer 2

Rescuer 1



Breathing



Begin High Quality CPR-Position

1. Place the victim on a firm, flat surface
2. Position yourself at the victim's side and kneel on your knees beside
3. Place the heel of your dominant hand over the lower half of the sternum of the victim.
4. Place your other hand on your first hand, grasping the fingers of first hand with second hand
5. Straighten your arms & position your shoulders directly over your hands



Begin High Quality CPR-Action

1. Cycles of compressions and breaths (30:2) starting with chest compressions (C-A-B)
2. Push hard - up to 5-6 cms
3. Push fast - 100- 120 /min
4. Deliver compressions in a smooth fashion
5. Allow complete chest recoil
6. Minimize interruptions



Begin High Quality CPR- Use AED

1. Count out loud while delivering compressions
2. Open the airway to deliver two breaths after 30 compressions
3. Use an AED as soon as it is available
4. Follow AED instructions
5. Deliver shock if prompted (shockable rhythm)
6. Resume high-quality CPR



**Automated External
Defibrillator**

Opening airway (Tilt the head and lift the chin)



Ensure you are able to give 2 effective breaths with chest rise
If not possible in 2 -3 attempts, restart chest compressions without wasting time

Must Avoid



Rocking



Bouncing



Bending



Double Crossing



Massaging



Sitting

Hands-Only CPR – OHCA

Bystander CPR

- Also called compression-only life support (COLS)
- A life-saving technique for OHCA bystander CPR; If conventional CPR is not possible
- **Call 100/102/112:** Ensure emergency services are coming.
- **Push Hard and Fast:** Place the heel of one hand on the centre of the chest and the other hand on top.
- Push down hard & fast; 100 - 120 compressions per minute
- **Continue chest compressions until help arrives** or victim becomes responsive
- **Hands-Only CPR** is particularly effective for adults with SCA in out-of-hospital settings in comparison to No CPR





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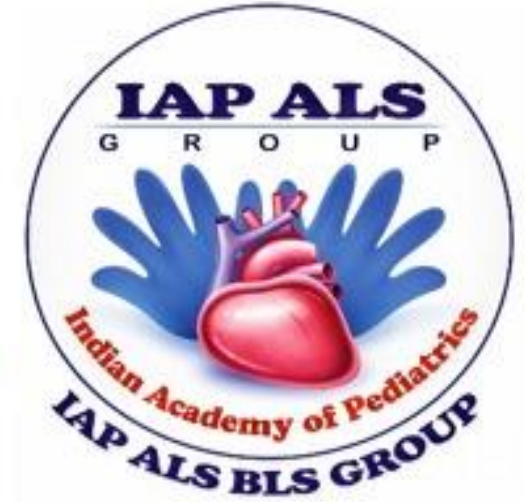
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**Continue CPR until advanced
support arrives: On-site or at
the hospital**



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Steps of CPR in Children

(1-8 Years of Age or with Puberty)

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Who is a Child for CPR purposes?

- 1-8 years of age
- Or up to Puberty
- Puberty = Chest or underarm hair in males and any breast development in females



Key differences

Breathing is a priority
15:2 Ratio of chest
compression and
breathing

Use one or two hands
to give chest
compressions.
Compression depth of
around 5 cm or 1/3 of
AP chest diameter



The carotid (neck) or
femoral (groin) pulse
can be checked if you
know

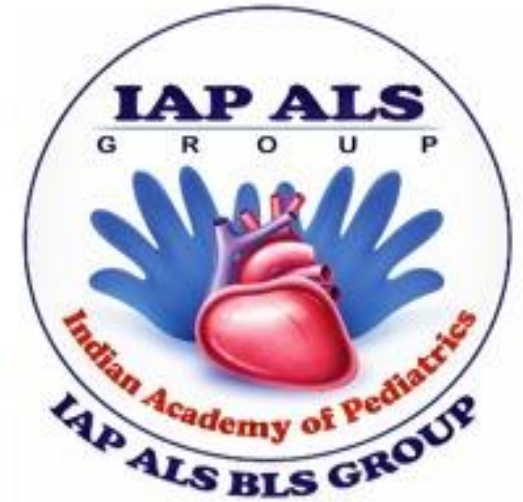




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Steps of CPR in Infants

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Key differences

Breathing is a priority
15:2 Ratio of chest
compression and
breathing

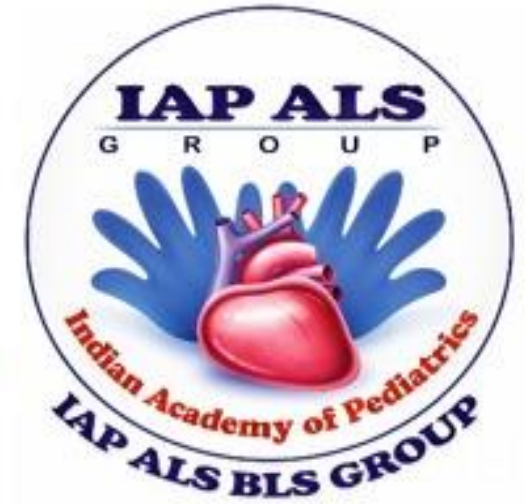
Use single hand or
two thumbs to give
chest compressions.
Compression depth of
around 1/3 of AP
chest diameter

Check the brachial
(Inner arm) pulse if
you know





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How to remove a foreign body from a choking victim?

(adults and children)

Every second counts in choking emergencies.

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Adult Choking

Step 1: Recognize Choking

- The victim cannot speak, breathe, or cough effectively.
- Clutches throat (universal choking sign).
- May turn blue or lose consciousness if not helped quickly.

Step 2: Ask and Reassure

- Ask: *“Are you choking?”*
- If they nod or cannot respond (Severe Choking), **take immediate action.**



**UNIVERSAL
CHOKING
SIGN**

Back blows (slaps) and Abdomen thrust

Five back blows (slaps) alternating with five abdominal thrusts severe foreign-body airway obstruction in adults and children

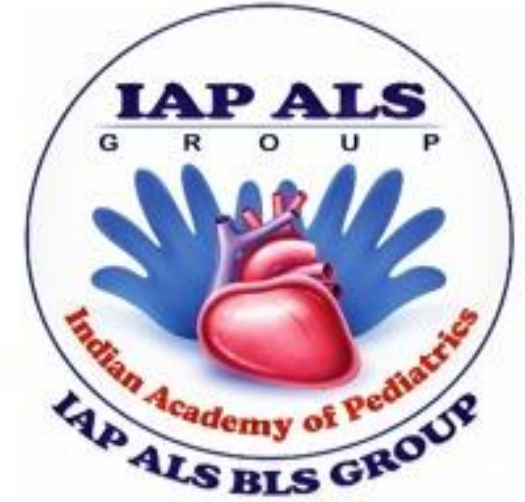
If the victim becomes unresponsive:

- 1. Place on a flat surface, start CPR immediately, and call emergency help.**
- 2. Check mouth for visible obstruction before giving breaths.**
- 3. Do not perform blind finger sweeps—this can push the object further in.**





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How to remove a foreign body from a choking victim?

(Infants)

Every second counts in choking emergencies.

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FB removal in infant choking



They will not show the universal choking sign

Use 5 Back Slaps and 5 Chest Thrusts alternating with each other. Other steps remain the same

If the victim becomes unresponsive:
Place on a flat surface, start CPR, and call for help.
Check the mouth for visible obstruction before giving breaths.
Do not perform blind finger sweeps this can push the object further in





*An IAP ALS BLS Group Initiative to make every
citizen a lifesaver...*

In the moment between **life and death**, your **two hands** can bring hope

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