

Hospital to train staff in advanced life support post cardiac surgery


SRIHER will become the first in India to offer CALS course

STAFF REPORTER
CHENNAI

A standard protocol to resuscitate patients who suffer cardiac arrest after a cardiac surgery is being put in place at Sri Ramachandra Institute of Higher Education and Research (SRIHER). For this, cardiac surgeons, anaesthetists, intensivists and nurses of the cardiac surgical unit will undergo a course in Cardiac Surgery Advanced Life Support (CALS).

CALS course, that was devised in the United Kingdom 15 years ago, has become the standard of care in the U.K., U.S., and recently in Australia, New Zealand and China. SRIHER will be its first venture in India, according to Adrian Levine, cardiac surgeon and director of CALS-UK.

With this, the institute is being recognised as a centre of excellence. Selected staff from SRIHER will become the first set of certified CALS trainers in India.

 CALS U.K. has developed a fourth generation 3D mannequin that would be used during the training

The rate of cardiac arrest after a cardiac surgery was up to 8%, and CALS protocol has shown to improve outcomes in such patients by up to 80%, a press release said.

Improving outcomes

"Cardiac arrests can occur in any part of the hospital or outside. To resuscitate such patients, we already have ACLS (Advanced Cardiac Life Support) protocol. There are patients who suffer a cardiac arrest after a heart surgery. This is a different situation as their chest had been opened, they could have a bypass graft, they will be in the intensive care unit and intubated," Vijay Jeganathan, director of CALS India-UK, told repor-

ters on Wednesday.

In such circumstances, there is a need to quickly resuscitate the patients. Instead of the normal ACLS protocol, CALS is needed as patients should be resuscitated in five minutes in order to prevent brain death, he added.

CALS U.K. has developed a fourth generation 3D mannequin that would be used during the training at SRIHER. Participants can practise chest re-opening, internal cardiac massage and internal defibrillation.

T. Periyasamy, head, Cardiothoracic Surgery, SRIHER, said with this training, anaesthetists, interventional cardiologists and paramedics would be able to manage such patients until the surgeon arrived. P. V. Vijayaraghavan, vice chancellor of SRIHER, said the course would be held for staff of SRIHER on March 23 and 24, followed by staff from nearby institutions on March 25.