



# Model Curriculum

**MCr Name: Basic Cardiopulmonary Life Support**

**MCr Code: HSS/MCr-0004**

**NSQF Level: 4**

**Model Curriculum Version: 1.0**

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## Training Parameters

<b>Sector</b>	Healthcare
<b>Sub-Sector</b>	Allied Health & Paramedics
<b>Occupation</b>	Curative Services
<b>Country</b>	India
<b>NSQF Level</b>	4
<b>Aligned to NCO/ISCO/ISIC Code</b>	
<b>Minimum Educational Qualification and Experience</b>	12 <sup>th</sup> class pass Or 11 <sup>th</sup> Grade pass with 1year relevant experience Or 10 <sup>th</sup> Grade pass with 2 year of relevant experience
<b>Pre-Requirement License or Training</b>	Not Applicable
<b>Minimum Job Entry Age</b>	
<b>Last Reviewed On</b>	31/01/2024
<b>Next Review Date</b>	31/01/2027
<b>NSQC Approval Date</b>	31/01/2024
<b>QP Version</b>	1.0
<b>Model Curriculum Creation Date</b>	31/01/2024
<b>Model Curriculum Valid Up to Date</b>	31/01/2027
<b>Model Curriculum Version</b>	1.0
<b>Minimum Duration of the Course</b>	7:30 Hrs.
<b>Maximum Duration of the Course</b>	7:30 Hrs.

## Program Overview

This section summarizes the end objectives of the program along with its duration.

### Training Outcomes

At the end of the program, the learner should have acquired the listed knowledge and skills.

- Identify signs of cardiac arrest
- Encourage immediate action upon recognizing a life-threatening emergency
- Activate emergency medical services (EMS) promptly
- Communicate timely to initiate professional help
- Perform high-quality CPR or chest compressions for adults, children, and infants
- Emphasize minimizing interruptions during compressions to maintain blood flow
- Demonstrate the technical skill of using Automated External Defibrillator (AED).
- Highlight the critical role of early defibrillation in restoring normal heart rhythm
- Provide foundational knowledge for healthcare professionals to transition to advanced life support measures
- Prepare to assist in more complex resuscitation scenarios
- Foster an understanding of the continuum of care after successful resuscitation.
- Address post-arrest management, including monitoring, stabilization, and transfer to appropriate medical facilities
- Demonstrate the method of abdominal thrust or Heimlich Maneuverer.

### Compulsory Modules

The table lists the modules and their duration corresponding to the Compulsory NOS of the QP.

NOS and Module Details	Theory Duration	Practical Duration	On-the-Job Training Duration (Mandatory)	On-the-Job Training Duration (Recommended)	Total Duration
<b>Perform Basic Cardiopulmonary Life Support</b>	<b>03:30</b>	<b>4:00</b>	<b>00:00</b>	<b>00:00</b>	<b>7:30</b>
<a href="#">Module 1: Scene size-up and EMS activation</a>	00:30	0:00	00:00	00:00	
<a href="#">Module 2: Cardio-Pulmonary Resuscitation (CPR) and AED</a>	2:00	3:00	00:00	00:00	
<a href="#">Module 3: Basic Airway Management and Choking Relief</a>	1:00	1:00	00:00	00:00	
<b>Total Duration</b>	<b>03:30</b>	<b>4:00</b>	<b>00:00</b>	<b>00:00</b>	<b>7:30</b>

# Module Details

## Module 1: Scene size-up and EMS activation

### Terminal Outcomes:

- Evaluate the scene and victim as per standard guidelines.
- Understanding the role of BCLS in the chain of survival
- Call for help/ Promptly activating emergency medical services (EMS)

Duration: 00:30	Duration: 00:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<ul style="list-style-type: none"> <li>• Discuss about the good Samaritan Law and its general principles.</li> <li>• Describe the importance of maintaining EMS numbers as prevalent in region.</li> <li>• Recognize potential hazards found at scene.</li> <li>• Discuss immediate safety responses such as switching off the ignition of the motor vehicle in case of a motor vehicle accident, cutting off main electrical switch before approaching a victim of suspected electrocution, etc.</li> <li>• Discuss triage and its modalities.</li> <li>• Discuss the guidelines and safety precautions that need to be followed when lifting a victim.</li> <li>• Discuss the importance of putting victim in recovery position.</li> <li>• Describe the guidelines and safety precautions that need to be followed when moving the victims such as special carrying procedures on stairs; pushing and pulling the victim, etc</li> <li>• Determine the need for additional help or assistance such as trained lifeguards or trained swimmers to extricate the drowning person.</li> <li>• Discuss the protocols for assessing consciousness, responsiveness, any limb deformity, swelling, coughing, bleeding, pulse, or breathing difficulties of the victim.</li> <li>• Explain the reason for identifying the need for additional help or assistance.</li> <li>• Explain the steps to call EMS</li> <li>• State the proper sequence for delivery of patient information.</li> <li>• Explain the importance of effective communication of patient information in the verbal report.</li> <li>• Explain the importance of EMS and assistant</li> </ul>	<ul style="list-style-type: none"> <li>• Prepare a list of local emergency response agencies such as Emergency Medical Service (EMS) team, ambulance, bomb disposal squads, fire and police departments, etc. along with their contact details.</li> <li>• Demonstrate one-handed carrying techniques of the victim.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Crash cart trolley, CPR Nursing Manikin, Mannequin, Ambu Bag with Mask Adult, Torch, Wheelchair, Stretcher, cot, scoop	

## Module 2: Cardio Pulmonary Resuscitation (CPR) and AED

### Terminal Outcomes:

- Demonstrate the skills for performing high quality CPR as per latest guidelines.
- Demonstrate the skills of using Automated External Defibrillator (AED).

Duration: 02:00	Duration: 03:00
Theory – Key Learning Outcomes	Practical – Key Learning Outcomes
<p><b>Cardiac Arrest Recognition</b></p> <ul style="list-style-type: none"> <li>• Explain the need for checking carotid pulse and breathing patterns.</li> <li>• Identify signs of cardiac arrest.</li> </ul> <p><b>High-Quality CPR:</b></p> <ul style="list-style-type: none"> <li>• Discuss the importance of recovery position.</li> <li>• Explain the importance of providing high quality CPR to save the life of victim.</li> <li>• Explain the steps of High Quality CPR/ Chest compression techniques for adults, children, and infants.</li> <li>• Explain the steps of 1 or 2 rescuer adult CPR.</li> <li>• Explain the steps of 1 or 2 rescuer infant CPR.</li> <li>• Explain the importance of providing 30 compressions and 2 breaths in adults.</li> <li>• Explain the importance of providing 15 compressions and 2 breaths in infant.</li> <li>• Explain the importance of minimizing interruptions during compressions.</li> <li>• Explain the importance of proper hand placement and compression depth.</li> </ul> <p><b>Use of Automated External Defibrillators (AEDs):</b></p> <ul style="list-style-type: none"> <li>• List the various do's and don'ts to be followed while providing CPR.</li> <li>• Explain the importance of AED</li> <li>• Explain the steps of using AED</li> <li>• List the safety precautions to be taken during use of AED.</li> <li>• Recognize the critical role of early defibrillation in restoring normal heart rhythm.</li> </ul> <p><b>Team Dynamics and Communication:</b></p> <ul style="list-style-type: none"> <li>• Explain about the importance of effective communication during resuscitation.</li> <li>• Discuss how teamwork impacts successful resuscitation</li> <li>• Discuss the roles within a resuscitation team.</li> </ul> <p><b>Special Considerations:</b></p> <ul style="list-style-type: none"> <li>• Discuss about the BCLS modifications for specific populations (e.g., pregnant women, infants).</li> <li>• Explain how to address unique scenarios</li> </ul>	<p><b>Cardiac Arrest Recognition</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the correct way of assessing the victim for breathing and circulation.</li> <li>• Demonstrate the method of checking carotid pulse.</li> </ul> <p><b>High-Quality CPR:</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the techniques of giving position to victim.</li> <li>• Demonstrates use of a bag-mask device to give ventilation.</li> <li>• Demonstrate the technique of performing mouth-to-mouth or mouth to nose breaths in case of no adult mask.</li> <li>• Demonstrates the proper technique of chest compressions.</li> <li>• Demonstrate the technique of 2 rescuer adult BLS.</li> <li>• Demonstrate the technique of 1 rescuer adult BLS.</li> <li>• Demonstrate the techniques of Infant chest compression with 2 thumb and two figure.</li> <li>• Demonstrate the technique of 1 rescuer infant BLS.</li> <li>• Practice high-quality chest compressions on adult, child, and infant manikins with focus on proper hand placement, compression depth, and minimizing interruptions.</li> </ul> <p><b>Use of Automated External Defibrillators (AEDs):</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the technique of Operating the automated external defibrillator (AED).</li> <li>• Practice attaching electrode pads, analyzing rhythms, and delivering shocks.</li> </ul> <p><b>Special Considerations:</b></p> <ul style="list-style-type: none"> <li>• Practice using unique situations (e.g., sudden cardiac arrest, drowning, pregnant women, infants).</li> <li>• Practice adaptation of BCLS techniques based on patient characteristics (e.g., drug overdose management and other specific scenarios).</li> </ul>

<p>(e.g., drowning, drug overdose).</p> <ul style="list-style-type: none"> <li>• Discuss the importance of using Personal Protective Equipment while handling victim.</li> </ul> <p><b>Integration of Evidence-Based Practices:</b></p> <ul style="list-style-type: none"> <li>• Apply evidence-based guidelines for BCLS interventions.</li> <li>• Stay updated with the latest recommendations from health authorities.</li> </ul> <p><b>Post-Resuscitation Care:</b></p> <ul style="list-style-type: none"> <li>• Explain the importance of Continuum of care after successful resuscitation.</li> <li>• Discuss about methods of monitoring, stabilization, and transfer to medical facilities.</li> </ul>	
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Crash cart trolley, CPR Nursing Manikin, Mannequin, cloth/tissue papers, Ambu Bag with Mask Adult, Torch, Wheelchair, Stretcher, cot, scoop	

## Module 3: Basic Airway Management and Choking Relief

### Terminal Outcomes:

- Demonstrate the skills for clearing airway obstructions (choking).
- Demonstrate the skills for providing rescue breaths for non-breathing victims.

<b>Duration: 01:00</b>	<b>Duration: 01:00</b>
<b>Theory – Key Learning Outcomes</b>	<b>Practical – Key Learning Outcomes</b>
<ul style="list-style-type: none"> <li>• Identify the signs of mild airway obstruction.</li> <li>• Identify the signs of severe airway obstruction.</li> <li>• List techniques for clearing airway obstructions (choking)</li> <li>• Explain about importance of abdominal thrusts/ Heimlich Maneuverer correctly.</li> <li>• Explain about the importance and need of chest thrust.</li> <li>• Explain the importance of maintaining a patent airway during resuscitation.</li> <li>• Explain the importance of checking and opening airway by head-tilt chin-lift maneuver and jaw thrust.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrates correct technique of head-tilt, chin lift maneuver.</li> <li>• Demonstrates the correct technique of jaw thrust to open airway in case of spine or head injury</li> <li>• Demonstrate the correct technique of abdominal thrust in adult.</li> <li>• Demonstrate the correct technique of abdominal thrust in adult.</li> <li>• Demonstrate the technique of blows/chest thrusts to relieve obstruction in infant.</li> <li>• Demonstrates maneuvers to relieve choking in an unresponsive victim. (Perform CPR)</li> <li>• Demonstrate the technique to perform chest thrust in case of obese patient or pregnant lady.</li> </ul>
<b>Classroom Aids:</b>	
Charts, Models, Video presentation, Flip Chart, White-Board/Smart Board, Marker, Duster	
<b>Tools, Equipment and Other Requirements</b>	
Crash cart trolley, CPR Nursing Manikin, Mannequin, cloth/tissue papers, Ambu Bag with Mask Adult, Torch, Wheelchair, Stretcher, cot, scoop	



# Annexure

## Trainer Requirements

Trainer Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	(MBBS, BAMS, BHMS, BUMS, BDS)	1				
B.Sc.	Nursing/ Post Basic B.Sc. Nursing	1		1		
GNM	General Nursing Midwifery	2		1		

Trainer Certification	
Domain Certification	Platform Certification
Certified for HSS/MCr-0004 with minimum score of 80%.	Recommended that the Trainer is certified for the Job Role: "Trainer (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2601, v2.0" with minimum score of 80%.

## Assessor Requirements

Assessor Prerequisites						
Minimum Educational Qualification	Specialization	Relevant Industry Experience		Training/Assessment Experience		Remarks
		Years	Specialization	Years	Specialization	
Medical Graduate	(MBBS, BAMS, BHMS, BUMS, BDS)	3				
B.Sc.	Nursing/ Post Basic B.Sc. Nursing	4		1		
GNM	General Nursing Midwifery	5		2		

Assessor Certification	
Domain Certification	Platform Certification
Certified for HSS/MCr-0004 with minimum score of 80%.	Recommended that the Assessor is certified for the Job Role: "Assessor (VET and Skills)", mapped to the Qualification Pack: "MEP/Q2701, v2.0" with minimum score of 80%.

## Assessment Strategy

This section includes the processes involved in identifying, gathering and interpreting information to evaluate the learner on the required competencies of the program.