

info kampus



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Isu 40 - Jun 2004

15hb Julai 2004



Academic Conference UiTM Sarawak, 2004



Hari Q-Penyelenggaraan



inside !



Mesej Pengarah Kampus

Academic Conference UiTM Sarawak

Kursus Tahap Kecekapan

Hari Q-Penyelenggaraan

ABCs of Life Resuscitation

Fakulti Sains Sukan Dan Rekreasi

Annie Wong in Johannesburg

Lembaran Baru

Ke Arah Universiti Bertaraf Dunia

The ABCs of Basic Life Support

Helen Pereira

What would you do if you came face to face with one of these situations?

A person is lying unconscious and unresponsive.

During a meal, someone suddenly grabs his/her throat. The expression and gestures indicates that he/she is choking.

Let's hope that we never have to face such a situation. More importantly, let's hope that the casualty concerned is not our loved one. Can anyone guarantee that it will never happen? However, the possibility of something like this happening is very real. Rather than taking a nonchalant attitude, the best thing that we as civic-minded citizens need to do is to cope with the situation as effectively as possible. To be able to do this, we need to equip ourselves with knowledge about how to make the right intervention so that the casualty is given the critical help needed before professional help becomes available.

On the 30th of May 2004, the Medical team comprising Dr Mohammad Ali

and Staff Nurse, Sabtuyah Hj Ahmad, had a half-day workshop on the ABCs of life resuscitation at Bilik Sarjana. The participants were mainly the Resident Staff of UiTM, Sarawak.

They not only explained the principles of life resuscitation but also given hands-on experience. All participants had a go at practicing life resuscitation on a special dummy, which had the means to show if the technique was performed correctly. Trying to resuscitate someone looks deceptively easy but it is in fact very exhausting. It demands one to exert a lot of energy in breathing into the mouth so that the chest is seen rising and then applying pressure (through quick and firm thrusts) on the chest so as to get the heart beating again.

A workshop such as this is essential for everyone. As the Malay adage goes "malang tidak berbau". To administer the right help to someone in need is not only essential but critical. To give resuscitation is better than no resuscitation at all.

Picture yourself watching helplessly as someone slips away because you do not know how to administer the life-saving first aid. How would you feel?

The guidelines given in the next column are for reference only. Anyone intending to administer First Aid needs to have the necessary training before considering themselves adept at it.



In an emergency, firstly ensure the safety factor. Survey the surrounding to ensure that there is no evidence of any hazards that may threaten your safety or to those around you.



Once the safety is assured, focus on the casualty. Check for a response of any kind. This can be done by asking loudly "Are you all right?". If there is response, check for any pulse and breathing.



Ensure that the airway is open and clear. Do this by: - Placing your hand on the forehead and gently tilting the head back. Open the mouth. If there is no breathing and no apparent obstruction, begin CPR



Start the breath and compression cycle. Give 5 initial breaths. Watch to see the chest rise with each breath. Then give 15 compressions. Each cycle should consist of 15 compressions and 2 breaths.

A life support workshop will be held soon. So watch out for the date?

"Excess on occasion is exhilarating. It prevents moderation from acquiring the deadening effect of a habit." - W. Somerset Maugham

A brief dialogue with Dr. James Lohead from the Br. Council

A group of lecturers from the Language Department were pleased to meet Dr. James Lohead, a British Council research officer, when he made a brief visit to the campus on 17th June. Dr. Lohead is currently working on a British-Council sponsored survey of issues related to English and English teaching in Malaysia. He visited Sarawak to meet with staff in schools and higher education institutions in the State, before returning to Penang where he is based.

Speaking to the lecturers including Dr. Simon Botley (a fellow-Englishman!), Mr. Caesar Delwis and Cik Angel Helen, Dr. Lohead discussed the British Council's plans, which include more outreach and support programmes for local schools and a Language and Literature Programmes. The English lecturers who came to the meeting exchanged views with Dr. Lohead and made some concrete suggestions in the hopes of fostering some profitable links with the British Council.

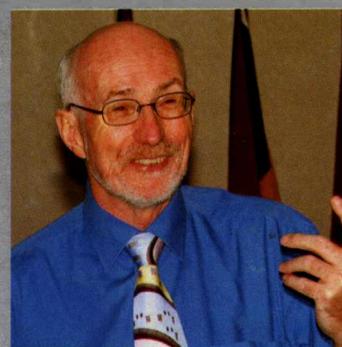
Minggu Mesra Siswa



Hari Aktiviti



American Students at UiTM Sarawak (next issue)



Prof. Jim Graham
(next issue)



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