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## EMPOWERING THE COMMUNITY: BASIC LIFE SUPPORT COMMUNITY PROGRAMME

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Community awareness is of great importance, especially for life-saving information and skills. The incidence of out-of-hospital cardiac arrest has shown a tremendous increase in number in recent years. Early identification of cardiac arrest and effective basic life support (BLS) is an essential determinant of the survival of cardiac arrest victims. Empowering the community on early BLS is a way forward to increase out-of-hospital victim survival. 'Program Komuniti BLS' is a brainchild of the Department of Emergency Medicine Faculty of Medicine Universiti Teknologi MARA (UiTM) and Hospital Al-Sultan Abdullah UiTM to raise public awareness among the community on the importance of BLS. It aims to empower the community on the importance of early identification of cardiac arrest, early cardiopulmonary resuscitation (CPR), and using an automated external defibrillator (AED).

On 29th October 2023, a BLS community programme was held in conjunction with the Annual Sport's Day of Sekolah Kebangsaan (1) Puncak Alam with the collaboration from Pejabat Kesihatan Daerah Kuala Selangor through Komuniti Sihat Pembina Negara (KOSPEN) Programme. The Sport's Day was officiated by YB Datuk Seri Dr. Dzulkefly Ahmad, Member of Parliament for Kuala Selangor, who kindly visited our booth and watched the demonstration.





The facilitators were from the Department of Emergency Medicine, consisting of emergency physicians, medical officers, medical assistants, and clinical assistants. The participants were students and staff from SK (1) Puncak Alam and the community of Puncak Alam, particularly parents of the school students.



Seven international elective students from Erasmus University, Netherlands, as part of the Minor Global Health Programme, and undergraduate students from the Faculty of Medicine UiTM were involved in the program as the facilitators. The students were very enthusiastic about educating the participants about the importance of BLS and teaching the community about performing high-quality CPR and

proper use of AED. Demonstration of CPR and choking was carried out throughout the programme.



As the curtains drew on this landmark collaborative event, we hope the participants left enriched and gained invaluable insights and lessons. We are optimistic about organizing this event in subsequent years, aiming to make it a continuous program that empowers the community to maintain the chain of survival in BLS.