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Workshop helps Thanekars learn life-saving technique

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Thane: Doctors at Horizon hospital in Naupada were worried about the deaths due to lack of emergency medical care. So, they approached societies in Thane to teach the residents how to perform Cardiopulmonary Resuscitation (CPR), for free. CPR is a life-saving technique, which is manually performed in cases of medical emergencies, before professional experts can reach. Dr Hrushikesh Vaidya and Dr Rhea Vaidya from the Horizon hospital, have approached at least 785 residents, from various societies across Thane, in the last few months.

“Around 2-4 hours training is conducted in societies across Thane. Live demonstration on mannequin is done by the volunteers from each wing of the society. They are then trained to adopt the skill and update the technique to implement in any emergency situation,” says Dr Vaidya.

This free workshop is held on Sundays. “Most surgeries we conduct in our hospital are for Angioplasty. We realised that in most cases, due to lack of immediate medical attention or CPR availability, these patients suffer a heart attack or stroke. To avoid this, it is essential that they get immediate relief, as the ambulance services in our city are not so efficient. Hence it becomes essential that the residents know how to offer CPR,” adds Dr Vaidya.

Societies like Brahman Society, Eternity Residence, Raheja Society, Seeta Vihar Society, Meghdoot Society and Brahmand Society are some of the places where these workshops were conducted. “With old-aged people at home, it is vital to be aware of these emergency methods. In our country, an ambulance takes a lot of time to reach, so we have to make use of these life-saving methods, as it's the matter of a person's life,” says Dimple Gala, who has attended this workshop.

Another resident, Thapur Desai, says, “Small methods like not putting the patient on the bed while offering CPR and also to identify a hospital that has all facilities will save a lot of time and also the life. The workshop should be initiated in every society for the benefit of the locals. This is one useful technique everyone should be aware of.”

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