

Assessing The Impact of Feedback in Basic Life Support (BLS) Training

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Abstract:

This article delves into the core of Basic Life Support (BLS) training, exploring the multifaceted role of feedback in shaping competent and confident responders. BLS, a vital skill set transcending professional boundaries, stands as a lifeline between life and death in emergencies, emphasizing the interconnectedness of actions within the chain of survival. The introduction underscores the transformative power of BLS training, transforming ordinary individuals into potential heroes ready to intervene in critical situations. The discussion unfolds with an exploration of feedback as the compass guiding learners through the intricacies of BLS techniques. The evolution of BLS training, marked by technological advancements and innovative instructional methodologies, underscores the dynamic role of feedback in enhancing the learning experience. The article scrutinizes various forms of feedback, from instructor guidance to peer evaluation and technology-based assessments, elucidating their unique contributions to skill development. Expanding on the significance of BLS training, the narrative underscores its universal applicability, recognizing the potential for every individual to emerge as a first responder. The inclusivity of BLS training fosters a culture of responsibility and community resilience, empowering individuals to actively participate in the safety and well-being of their communities. In conclusion, the transformative potential of BLS training lies in its ability to empower individuals, shaping them into proactive and effective links in the chain of survival. As society navigates the unpredictable terrain of emergencies, the importance of BLS training becomes a beacon guiding the way toward a future where communities are fortified by individuals embodying the principles of Basic Life Support.

Keywords: BLS, feedback, training, CPR

Introduction:

Basic Life Support (BLS) is not just a set of skills; it is a lifeline that connects ordinary individuals to the profound ability to save lives in the face of emergencies. As the initial response in critical situations, BLS serves as the foundation upon which the chain of survival is built. This chain, comprising early recognition, early bystander CPR, rapid defibrillation, and advanced medical care, underscores the urgency and interconnectedness of actions during life-threatening incidents. The importance of BLS training cannot be overstated. It transforms ordinary citizens into potential heroes, empowering them with the knowledge and skills to intervene effectively in

situations such as cardiac arrest, choking, or sudden collapse. Beyond the realm of healthcare professionals, BLS training extends its reach to the broader community, recognizing that anyone, anywhere, may find themselves in a position to act as a first responder. At the heart of effective BLS training lies the critical element of feedback. It is the compass that guides learners, providing direction and calibration as they navigate the intricacies of chest compressions, rescue breaths, and the art of swift decision-making. Feedback transforms BLS from a theoretical understanding of life-saving techniques into a practical, hands-on proficiency that can be deployed seamlessly in the chaos of an emergency. The evolution of BLS training has witnessed the integration of technology, simulators, and innovative instructional methodologies. These advancements aim not only to disseminate knowledge but to enhance the learning experience through dynamic and interactive feedback mechanisms. This article delves into the multifaceted role of feedback in BLS training, exploring its various forms and illuminating how it contributes to the development of skilled and confident responders ready to navigate the unpredictable terrain of life-threatening situations. As we dissect the layers of feedback's impact, we uncover the transformative power it holds in shaping individuals into proactive and effective links in the chain of survival.

The Significance of BLS Training:

Basic Life Support (BLS) training is a beacon of hope and preparedness in the face of emergencies, serving as a critical bridge between chaos and organized, life-saving intervention. At its core, BLS is designed to equip individuals with the foundational skills necessary to respond promptly and effectively when every second counts. The significance of BLS training becomes glaringly evident when considering the prevalence of sudden cardiac arrest – a leading cause of death worldwide. In these dire moments, bystanders often find themselves as the first line of defense, and their ability to initiate BLS procedures can be the determining factor between life and death.

BLS training is not exclusive to healthcare professionals; it extends its reach to the general populace. This inclusivity recognizes that emergencies do not discriminate, and the first responder on the scene is just as likely to be a layperson as a medical professional. Whether it's a colleague at the office, a fellow commuter on public transport, or a family member at home, the capacity to administer BLS can turn an ordinary person into a potential lifesaver. Moreover, BLS training fosters a culture of responsibility and community resilience. Individuals who undergo BLS training become not just passive witnesses to emergencies but active participants in the safety and well-being of their communities. This sense of empowerment is a powerful motivator, encouraging individuals to take charge in critical situations rather than succumb to the helplessness often associated with witnessing emergencies. The significance of BLS training extends beyond cardiac events. It encompasses a range of life-threatening scenarios, including choking, drowning, and traumatic injuries. By imparting the knowledge and skills needed to address these diverse emergencies, BLS training becomes a comprehensive life skill that enhances community preparedness

and resilience. Furthermore, BLS training acts as a catalyst for public health, contributing to a society where individuals are not merely passive consumers of safety measures but active contributors to a safer environment. The ripple effect of widespread BLS training is the creation of a network of responders, each armed with the capability to intervene effectively and influence positive outcomes in the critical minutes before professional medical help arrives. In essence, the significance of BLS training lies in its transformative potential. It elevates individuals from bystanders to potential lifesavers, instilling a sense of duty and readiness to act. As we navigate the complex landscape of emergencies, the importance of BLS training becomes a beacon guiding us toward a future where communities are not just safer but are fortified by individuals who embody the principles of Basic Life Support.

Feedback as a Learning Tool:

In BLS training, feedback serves as a vital tool for learners to understand their strengths and areas for improvement. Immediate, constructive feedback allows individuals to correct their techniques, refine their skills, and build confidence in their ability to respond effectively during emergencies.

Types of Feedback in BLS Training:

Instructor Feedback:

Instructors play a pivotal role in BLS training, providing real-time guidance and correction. Personalized feedback helps learners understand the nuances of chest compressions, rescue breaths, and other critical components of BLS.

Simulator and Technology-Based Feedback:

Simulation technology has become an integral part of BLS training.

Automated feedback from training devices provides quantitative data on compression depth, rate, and recoil, enabling learners to make immediate adjustments.

Peer Feedback:

Incorporating peer evaluation encourages a collaborative learning environment.

Peer feedback allows learners to observe and learn from each other, fostering a sense of teamwork and shared responsibility.

Benefits of Effective Feedback:

Skill Retention:

Continuous feedback aids in the retention of BLS skills.

Repetitive practice with timely correction ensures that learners develop muscle memory for effective response.

Confidence Building:

Positive feedback reinforces competence and builds confidence.

Confident responders are more likely to initiate prompt and effective BLS interventions in real-life emergencies.

Adaptability:

Constructive feedback promotes adaptability to different emergency scenarios.

Learners can apply the knowledge gained from feedback in various situations, enhancing their overall preparedness.

Conclusion:

In the final analysis, the significance of Basic Life Support (BLS) training transcends the acquisition of skills; it embodies a societal shift towards empowerment and preparedness. This article has illuminated the pivotal role of feedback in shaping competent responders, emphasizing its diverse forms – from instructor guidance to technology-based assessments – as key instruments in skill development. As communities grapple with the unpredictability of emergencies, BLS training emerges not only as a necessity but as a transformative force. It transforms ordinary individuals into proactive participants in the chain of survival, fostering a culture where collective responsibility meets individual empowerment. The universal applicability of BLS training ensures that anyone, regardless of professional background, can become a potential lifesaver. BLS training is not confined to specific medical scenarios; it extends its reach to diverse life-threatening situations, promoting a comprehensive approach to emergency response. As individuals internalize the principles of BLS, they contribute to the creation of a robust network of responders capable of influencing positive outcomes in critical moments. The conclusion of this exploration underscores that the true value of BLS training lies in its ability to shape communities where every individual is a beacon of preparedness. In these empowered communities, the principles of Basic Life Support are not just learned; they are lived, creating a resilient and responsive society where the potential for positive impact in emergencies knows no bounds

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