

Life-Saving Skills (CPR and First Aid For Choking)

Course Outline

- Heart Attacks
- Cardiopulmonary resuscitation
- Choking
- Relieving of airway obstruction

Trainer's Profile

Ms Vicky Ratnam is a registered nurse trained in Bromley Kent, England. Her post-basic nurse training was in Scotland and included midwifery, medical-surgical (neuro) and operating theatre nursing. She obtained vast working experiences in England, Saudi Arabia and Singapore as a Registered Nurse and Charge Nurse before she taking up the position as a lecturer in School of Health Sciences, Ngee Ann Polytechnic.

As a lecturer, Ms Vicky has been very active as a trained Instructor and Chief Instructor in Basic Cardiac Life Support (BCLS) in her extra-curricular activities. She is an active volunteer with Singapore Red Cross and St John Singapore. She provides training in BCLS, first aid and home-based nursing. She believes in leading and developing students through community services such as First Aid on Wheels (FAOW), and Youth Expedition Programme (YEP) to Cambodia. In recognition of her passion and contributions to community services, National Youth Corp. (NYC) awarded her the community service award in 2017.

Her qualifications include the following:

1. Post-Graduate Diploma in Higher Education (NIE)
2. Bachelor of Nursing (University of South Australia)
3. Post-Basic Nursing Certificates in Midwifery, Medical-Surgical Nursing (Neuro) and Operating Theatres (Scotland)