

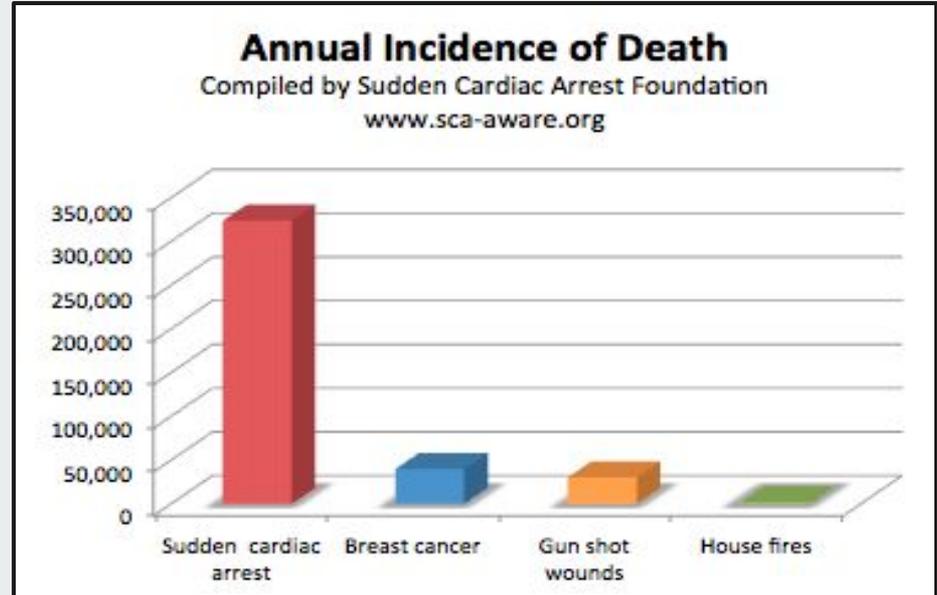


Cardiopulmonary Resuscitation Study Guide

Remington Bray

Cardiopulmonary Resuscitation

- **CPR** is an emergency lifesaving procedure performed when the heart stops beating.
- Immediate CPR can double or triple chances of survival after cardiac arrest.



According to the Sudden Cardiac Arrest Foundation, the annual incidence of death from sudden cardiac arrest (SCA) is 8 times higher than the death toll from breast cancer.

When To Do CPR

CPR should be done when a person is in cardiac arrest.

- Their heart has **STOPPED BEATING** and vital organs are **NO LONGER RECEIVING OXYGENATED BLOOD NEEDED TO SURVIVE.**

To ensure the patient is in cardiac arrest, the rescuer should **look** for rise and fall of the chest, **listen** for any breath sounds and **feel** for a pulse.



Activate EMS



As soon as the rescuer has determined the victim to be unresponsive, EMS should be activated by **CALLING 911.**

Making sure that additional resources and help are on the way is critical to the victim's chance of being resuscitated.

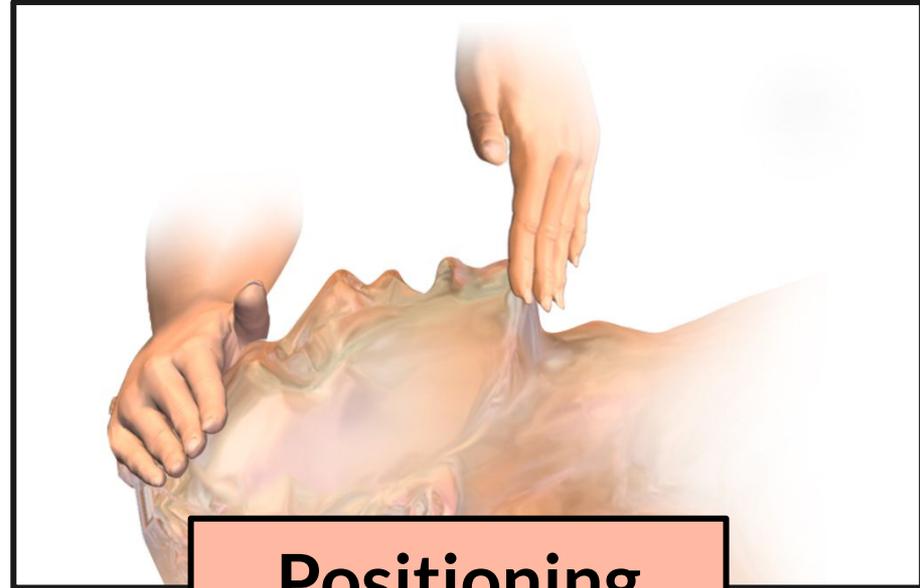
Doing Compressions

- **Compression:** The act of pushing on the chest
 - Compressions should be done on the center of the chest on the nipple line.
 - They should be at a rate of 100 per minute and should reach a depth of 2in.
 - Avoid leaning on the victim between compressions.



Giving Breaths

- Watch for the chest to rise and fall to ensure breaths are entering the lungs.
- If using a BVM, be sure to create a good seal around the victim's airway.
- If doing mouth to mouth, remember to pinch victim's nose to avoid air escaping airway.

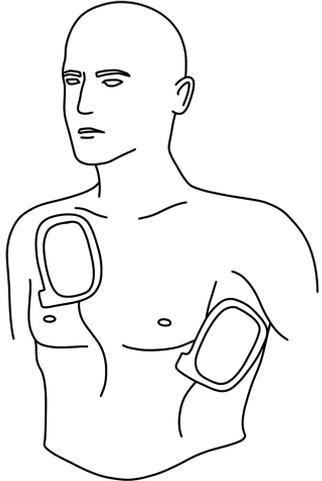


Positioning

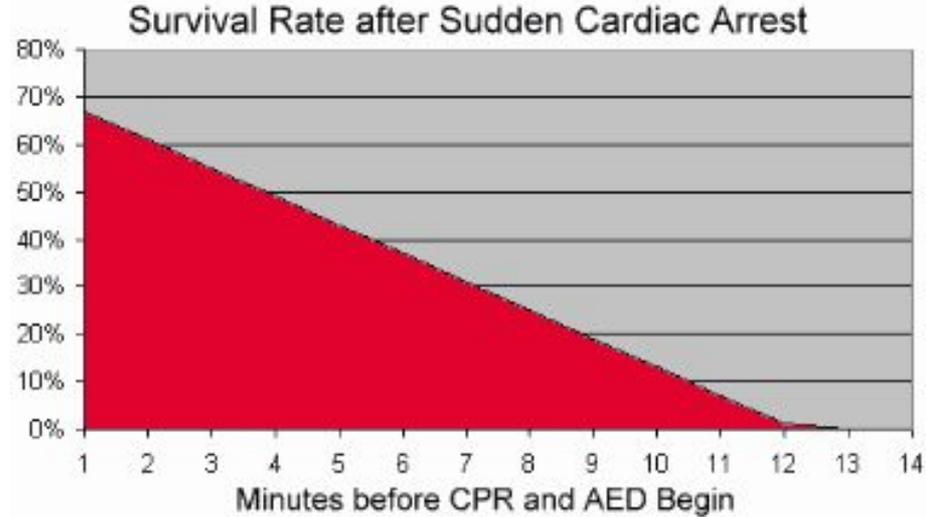
Tilt the victim's head back and lift the chin to open the airway.

Apply Automated External Defibrillator (AED)

Apply AED as soon as possible to the victim to increase chances of resuscitation.



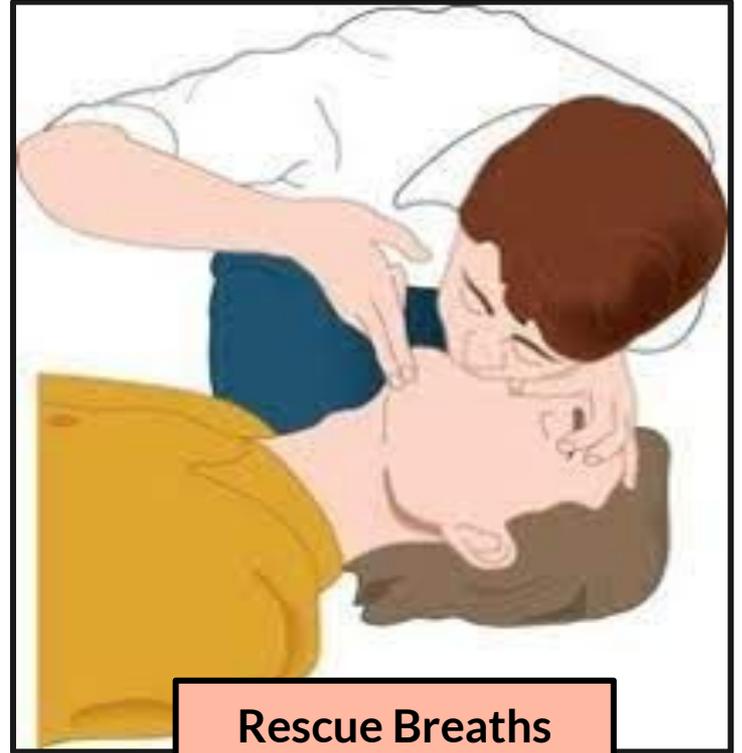
AEDs are designed to be used by the general public, therefore the automated directions are clear and simple to follow.



Continuous blood circulation and timely use of an AED can greatly improve victim's outcome.

Reassess Victim

- Stop CPR and reassess the victim's airway.
 - Breathing and circulation every 2 minutes
 - Approximately 4 cycles of CPR.
- If patient has return of spontaneous circulation (ROSC) determine if circulation and breathing is adequate.
- If breathing is inadequate continue rescue breaths.



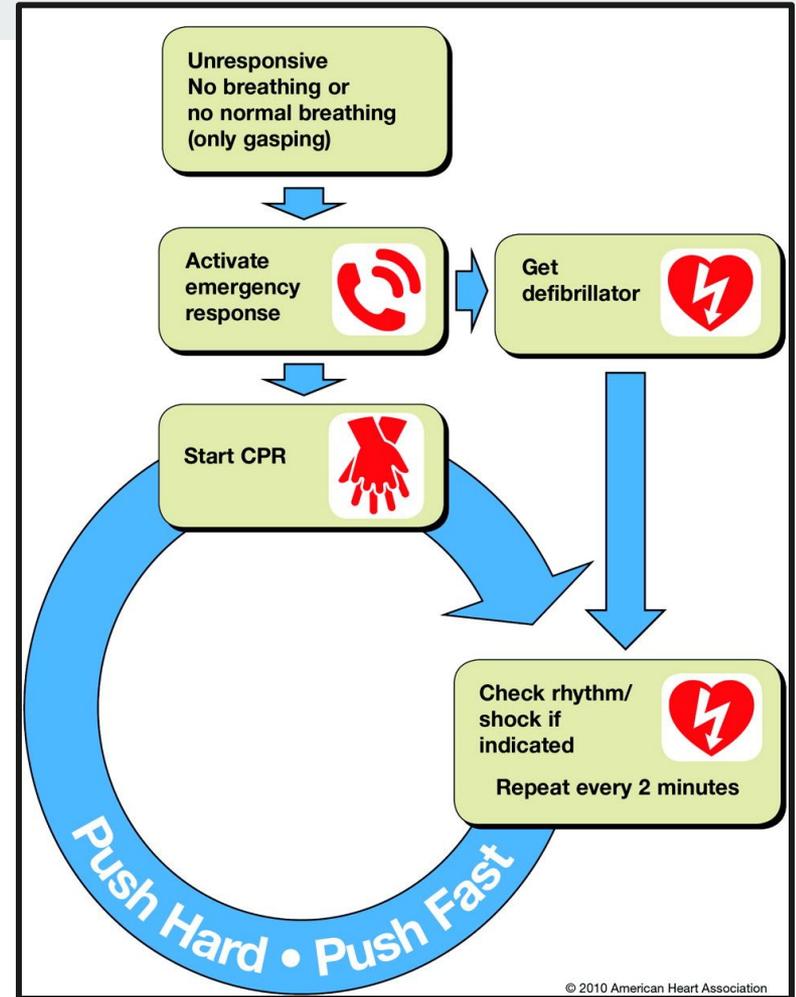
Rescue Breaths

Adult: 1 breath every 5 seconds

Child: 1 breath every 3 seconds.

Step by step review

1. Check Responsiveness
2. Activate EMS
3. Look, Listen and Feel
4. Compressions/Breaths
 - a. 1 and 2 rescuer adult - 30/2
 - b. 1 rescuer child/infant 30/2
 - c. 2 rescuer child/infant 15/2
5. Apply AED
6. Reassess every 2 minutes (4 cycles)



Works Cited

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