

THE ULTIMATE CPR GUIDE

EVERYTHING YOU NEED TO KNOW FOR ADULT, CHILD, INFANT AND PET CPR

5 STEPS TO PERFORMING CPR

1 ASSESS SCENE SAFETY



Check the area for any safety hazards that may be harmful to you

2 CHECK FOR RESPONSIVENESS



Shout loudly

Tap the victim's shoulder and shout, "Are you OK?"

3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall

4 CALL 9-1-1



If no response, call 9-1-1 or your emergency number to get on scene and the victim is lying on a firm and flat surface facing upwards

5 START CPR



ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but highly recommended for child and infant CPR

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (0 - 1 YEAR)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats
 - Check breathing: chest
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the victim's abdomen, just above the navel
 - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, breathe or breathe
 - The victim becomes unconscious
 - Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the child's abdomen, just above the navel
 - Cover your fist with your other hand
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The child can cough, breathe or breathe
 - The child becomes unconscious
 - Call 9-1-1 if not alone

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant in your arm, head down, feet first
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your arm, head up, feet first
 - Give 5 chest thrusts

PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- GIVE 5 BACK BLOWS**
 - Place the pet in your arm, head down, feet first
 - Give 5 back blows
- GIVE 5 CHEST THRUSTS**
 - Place the pet on your arm, head up, feet first
 - Give 5 chest thrusts

★ CONTINUE COMPRESSION OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



- The victim begins to breathe
- An AED is ready to use
- A trained rescuer arrives
- You are too exhausted to continue

Cpr Review Manual

Mike Jess

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Cpr Review Manual:

CPR and AED Review Manual Mark W. Wieting, Aaos, 2004-08 The CPR and AED Review Manual is an ideal tool to review techniques for recertification It includes additional information on Professional Rescuer CPR and adult child and infant basic life support *CPR Review Manual* National Safety Council, 1994 **CPR Review Manual** National Safety Council, 2001-12 *HCFA Regional Office Manual*, 1982 **Cardiopulmonary Resuscitation, An Issue of Critical Care Clinics** Wanchun Tang, 2012-04-28 Topics include Automated external defibrillation Airway management during CPR Could we remove ventilation from ABC s of CPR Advances in mechanical interventions during CPR The role of vasopressor agents during CPR Optimizing the timing of defibrillation the role of VF waveform analysis during CPR Therapeutic hypothermia during and after CPR and Advances in brain resuscitation beyond hypothermia **The Comprehensive Respiratory Therapist Exam Review - E-Book** James R. Sills, 2010-04-12 Prepare for success on respiratory therapy credentialing exams Updated to reflect the 2009 National Board of Respiratory Care NBRC content outlines Sills The Comprehensive Respiratory Therapist s Exam Review 5th Edition helps you review for both entry and advanced level credentialing exams It covers every testable subject providing content review self assessment questions and study hints This title includes additional digital media when purchased in print format For this digital book edition media content is not included Unique Exam Hint boxes point out subjects that are frequently tested helping you study plan your time and improve your test taking skills Self study questions are included at the end of each chapter accompanied by answers and rationales in the back of the book Complexity level codes recall application and analysis help you prepare for questions in the way that is most appropriate e g memorization for recall or synthesis for analysis NBRC content outline coding provides a code for each topic so you can be sure that you have covered every topic that might appear on the exam CRT and RRT level codes speed your review by identifying the individual topics for the CRT and RRT exams as well as topics for both One text now covers both the entry and advanced levels of Respiratory Therapists credentialing exams so you need only one book to prepare for CRT and RRT credentials Updated content reflects the NBRC s new examination content outlines so you get an accurate current review New coverage includes subject areas such as CPAP BiPAP titration during sleep hemodynamic monitoring hyperinflation therapy laryngeal mask airway high frequency ventilation oxygen titration thoracentesis ultrasound and ventilator associated pneumonia protocols An Evolve website includes both CRT and RRT practice exams [Swanson's Family Medicine Review E-Book](#) Alfred F. Tallia, Joseph E. Scherger, Nancy Dickey, 2012-08-28 Swanson s Family Medicine Review efficiently summarizes all the latest know how in primary care and family medicine practice giving you the assistance you need to maximize your preparation for the ABFM exam The case histories and review questions in this best selling family medicine review book test your knowledge of the latest diagnostic methods medications and management techniques ensuring you ll be fully prepared to land the best score Study with Swanson s Family Medicine Review the most effective review tool

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ISCCM Manual of RRT & ECMO in ICU Rajesh Chandra Mishra,Kanwalpreet Sodhi,Vivek Gupta,KC Prakash,2023-02-24

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 Brigitte Niedzwiecki, Julie Pepper, 2022-09-06 Designed to support the trusted content in Kinn's The Clinical Medical
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 including wound swab nasal and nasopharyngeal collections *Manual Physical Therapy of the Spine - E-Book* Kenneth A.
 Olson, 2021-09-23 Selected for Doody's Core Titles 2024 in Physical Therapy Build your skills in examination and manual

therapy treatment techniques Manual Physical Therapy of the Spine 3rd Edition provides evidence based guidelines to manipulation evaluation and treatment procedures of the spine and temporomandibular joint A perfect blend of theory and practice this text uses an impairment based approach in showing how to reach an accurate diagnosis and develop an effective plan of care The book s photos and drawings along with some 200 videos demonstrate examination and manipulation procedures including therapist hand placement applied direction of force and patient positioning Written by clinician and educator Kenneth Olson this comprehensive resource will help you improve your clinical reasoning and provide successful outcomes Approximately 200 video clips teach the skills needed to effectively implement evidence based treatment recommendations related to manual therapy manipulation and therapeutic exercise Descriptions of manual therapy techniques include evidence based coverage of the examination and treatment of spine and TMJ disorders along with discussions of alternative treatment methods and potential adverse effects and contraindications to manipulation Guidelines for completing a comprehensive spinal examination include medical screening the patient interview disability assessment and tests and measures along with an evaluation of the examination findings and the principles involved in arriving at a diagnosis and plan of care Impairment based manual physical therapy approach includes a review of the evidence to support its use in evaluating and treating spinal and TMJ conditions Full color photographs show procedures from multiple angles illustrating hand and body placement and direction of force Case studies demonstrate the clinical reasoning used in manual physical therapy Clear consistent format for explaining techniques makes this reference easy to use in the classroom and in the clinical setting Guide to Physical Therapist Practice terminology is used throughout the book for consistency and for easier understanding Expert author Ken Olson is a highly respected international authority on the subject of spinal manipulation in physical therapy

ACLS Study Guide - E-Book Barbara J Aehlert,2021-08-05 NEW Updated content includes the latest guidelines from the American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations NEW 20 new illustrations are added to the book s hundreds of illustrations

Federal Register ,2013 *Resuscitation, An Issue of Cardiology Clinics* Andrew M McCoy,2018-07-13 This issue of Cardiology Clinics edited by Dr Andrew M McCoy will focus on Resuscitation Topics include but are not limited to Improving survival in your community Compression only CPR Dispatch CRP quality issues Drugs in OHCA Mechanical CPR DSeD Nuances of Airway Management in OHCA refractory recurrent VF future of OHCA care and more

Handbook of Cardiac Anatomy, Physiology, and Devices Paul A. Iaizzo,2010-03-11 A revolution began in my professional career and education in 1997 In that year I visited the University of Minnesota to discuss collaborative opportunities in cardiac anatomy physiology and medical device testing The meeting was with a faculty member of the Department of Anesthesiology Professor Paul Iaizzo I didn t know what to expect but as always I remained open minded and optimistic Little did I know that my life would

never be the same During the mid to late 1990s Paul Iaizzo and his team were performing anesthesia research on isolated guinea pig hearts We found the work appealing but it was unclear how this research might apply to our interest in tools to aid in the design of implantable devices for the cardiovascular system As discussions progressed we noted that we would be far more interested in reanimation of large mammalian hearts in particular human hearts Paul was confident this could be accomplished on large hearts but thought that it would be unlikely that we would ever have access to human hearts for this application We shook hands and the collaboration was born in 1997 In the same year Paul and the research team at the University of Minnesota including Bill Gallagher and Charles Soule reanimated several swine hearts Unlike the previous work on guinea pig hearts which were reanimated in Langendorff mode the intention of this research was to produce a fully functional working heart model for device testing and cardiac research

Preventing Infectious Diseases Karen Carruthers, Benjamin Gulli, 2005 Intended for blood bank employees and other health care workers this slim training manual explains OSHA guidelines for minimizing exposure to bloodborne pathogens through a combination of universal precautions work practice controls engineering controls and personal protective equipment It also describes the symptoms diagnosis and treatment

Study Guide and Procedure Checklist Manual for Kinn's The Medical Assistant - E-Book Brigitte Niedzwiecki, Julie Pepper, 2022-09-08 Designed to support the trusted content in Kinn's The Medical Assistant 15th Edition this study guide is an essential review and practice companion to reinforce key concepts encourage critical thinking and help you apply medical assisting content This robust companion guide offers a wide range of activities to strengthen your understanding of common administrative and clinical skills including certification preparation questions a review of medical terminology and anatomy and application exercises Trusted for more than 65 years as a key part of the journey from classroom to career it also features competency checklists to accurately measure your progress and performance from day one until you land your first job as a medical assistant Comprehensive coverage of all administrative and clinical procedures complies with accreditation requirements Approximately 190 step by step procedure checklists enable you to assess and track your performance for every procedure included in the textbook Chapter by chapter correlation with the textbook allows you to easily follow core textbook competencies Matching and acronym activities reinforce your understanding of medical terminology anatomy and physiology and chapter vocabulary Short answer and fill in the blank exercises strengthen your comprehension of key concepts Multiple choice questions help you prepare for classroom and board exams Workplace application exercises promote critical thinking and job readiness before you enter practice Internet exercises offer ideas for expanded and project based learning NEW Content aligns to 2022 Medical Assisting educational competencies NEW Advanced Clinical Skills unit features three new chapters on IV therapy radiology basics and radiology positioning to support expanded medical assisting functions NEW Coverage of telemedicine enhanced infection control related to COVID 19 and catheterization NEW Procedures address IV therapy limited scope radiography applying a sling and coaching for stool

collection UPDATED Coverage of administrative functions includes insurance coding privacy security and more EXPANDED Information on physical medicine and rehabilitation EXPANDED Content on specimen collection including wound swab nasal and nasopharyngeal specimen collections **Cardiac Arrest** Norman A. Paradis, Henry R. Halperin, Karl B. Kern, Volker Wenzel, Douglas A. Chamberlain, 2007-10-18 Cardiac Arrest is the definitive and most comprehensive reference in advanced life support and resuscitation medicine This new edition brings the reader completely up to date with developments in the field focusing on practical issues of decision making clinical management and prevention as well as providing clear explanations of the science informing the practice The coverage includes information on the latest pharmacotherapeutic options the latest chest compression techniques and airway management protocols all backed by clearly explained evidence based scientific research The content is consistent with the latest guidelines for practice in this area as detailed by the major international governing organisations This volume is essential reading for all those working in the hospital environments of emergency medicine critical care cardiology and anesthesia as well as those providing care in the pre hospital setting including paramedics and other staff from the emergency services **AED** Benjamin Gulli, American Academy of Orthopaedic Surgeons, 2004-06-28 This Fourth Edition is designed to facilitate the efficient training testing and retesting in the use of AEDs *Medical Emergencies in the Dental Office - E-Book* Stanley F. Malamed, 2007-02-20 This full color text prepares dental professionals to promptly and proactively recognize and manage medical emergencies that may occur in the dental office It details how to anticipate potential emergencies and what resources must be on hand to deal effectively with these situations The book is arranged in eight sections concentrating on topics such as prevention of emergencies through patient evaluation medical history and specific types of more common emergencies that practitioners may encounter Algorithms located in the appendices provide step by step diagrams showing the decision making process in each of several common emergency situations PABCD boxes throughout text remind the reader of American Heart Association guidelines on Positioning Airway Breathing Circulation and Definitive management and explain the relevance of these guidelines to the topic being discussed Chapters are organized into sections based upon types of common emergency situations Chapter on Preparation includes an updated emergency drug and equipment kit to reflect materials that are safe and currently available on the market Full color drawings and updated photographs add realism to situations and equipment Information on AEDs Automated Electronic Defibrillators explains why these should be mandatory in every dental practice and describes how to use these devices properly A Pediatric Considerations chapter covers pediatric CPR and guidelines for basic life support A Medicolegal Considerations chapter discusses topics such as theories of liability definitions of emergencies and standards and limitations and requirements of the doctor patient relationship An Evolve website contains the Instructor s Resource Manual an electronic image collection and an ExamView test bank **Canadian Clinical Nursing Skills and Techniques E-Book** Shelley Cobbett, Anne G. Perry, Patricia A. Potter, Wendy R. Ostendorf, 2019-05-21 NEW Fully revised for a Canadian

classroom includes Canadian statistics references and resources protocols documentation standards delegation rules Canadian nursing best practice guidelines metric measurements and more NEW All topics skills and sample documentation conform to Canadian provincial and territorial scopes of practice and Canadian standards in nursing practice NEW Inclusion of Canadian concepts Person Centred Care Evidence Informed Practice Interprofessional Collaboration and Delegation and Care in the Community NEW Greater emphasis on cultural assessment considerations and caring for Indigenous and vulnerable populations NEW Thoroughly revised chapters reflect Canadian practice and guidelines including Emergency Preparedness and Disaster Management Palliative Care Cardiac Care Vascular Access and Infusion Therapy Oral Nutrition and Prevention of Skin Breakdown and Wound Care NEW Enhanced and updated art program includes 70 new figures

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