

# 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 lying on their back

### 5 START CPR



If not breathing and no response

## 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 someone 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 on your forearm, with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
  - Place the infant on your forearm, with their head lower than their chest

## PET

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING PET

- GIVE 5 BACK BLOWS**
  - Place the pet on your forearm, with their head lower than their chest
- GIVE 5 CHEST THRUSTS**
  - Place the pet on your forearm, with their head lower than their chest

★ 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

# New Cpr Guidelines 201

**J.L. Atlee,A. Gullo,G. Sinagra,J.L.  
Vincent**

## New Cpr Guidelines 201:

Advance Care Planning in End of Life Care Keri Thomas, Ben Lobo, Karen Detering, 2018 ACP is an essential part of end of life care with patients improving their chances of a good death by creating plans with their families and carers This new edition gives a comprehensive overview of ACP explores a wide range of issues and practicalities in providing end of life care and offers a worldwide perspective

*The Code of Federal Regulations of the United States of America*, 1996 The Code of Federal Regulations is the codification of the general and permanent rules published in the Federal Register by the executive departments and agencies of the Federal Government

**Orders and Regulations, Corps of Engineers, U.S. Army, 1934: Correspondence and reports** United States. Army. Corps of Engineers, 1934 *Orders and Regulations* United States. Army. Corps of Engineers, 1947

Neonatal and Pediatric Cerebro-Cardiopulmonary Resuscitation Utpal Bhalala, Graeme Polglase, Eugene Dempsey, Michael Shoykhet, 2018-11-16 Pediatric resuscitation medicine has witnessed significant advances with improved understanding of the pathophysiology of cardiac arrest and resuscitation Multiple mechanisms of neurological injury have been identified outlining potential avenues for neuroprotection following cardiac arrest Resuscitation science exists at multiple levels of analysis from biomechanics of chest compressions to implementation of best training procedures in real time from epidemiology of cardiac arrest survival to molecular mechanisms of cellular injury due to ischemia and reperfusion What next steps in research and in clinical practice will ensure the best possible neurologic outcome among children who survive cardiac arrest How can we leverage novel technologies in neuroimaging nanomaterials drug delivery biomarker based risk stratification and next generation sequencing among others to resuscitate and to protect the Central Nervous System CNS How can we improve clinical trial design and data analyses to maintain a robust clinical research infrastructure and to ensure validity and applicability These are just some of the questions will be addressed in this Research Topic Using evidence based algorithms and public health approaches to disseminate them the last decade has seen a paradigm shift in pediatric resuscitation with significantly improved survival from pediatric cardiac arrests However neurologic outcome in survivors remains far from optimal High quality CPR is increasingly recognized as a key factor for improving neurologic outcomes Advanced technologies allow monitoring the quality of CPR and just in time feedback to improve the quality of CPR Further research is needed to evaluate impact of these technologies on neurologic outcome The recent American Heart Association CPR guidelines emphasis on Circulation Airway Breathing CAB approach to CPR needs a careful evaluation in children in whom timely airway and breathing support are as important as circulation The growing controversy regarding use of epinephrine and alternative routes of administration of epinephrine during CPR warrants further evaluation in the setting of pediatric CPR Improved outcome of hemodynamic goal directed CPR over standard CPR in animal models of cardiac arrest has initiated interest in physiology based CPR especially in the in hospital cardiac arrest Basic and applied science research have become relevant for specific subpopulations of pediatric cardiac

arrest victims and circumstances e.g. ventricular fibrillation, neonates, congenital heart disease, extracorporeal cardiopulmonary resuscitation. Just in time and just in place simulation training, which have evolved as training strategies to improve quality of CPR, are being evaluated for outcomes. The concept of just in time and just in place coaching of CPR providers on high quality CPR is a novel concept which has emerged recently and remains unstudied. Whilst there have been significant advances in newborn stabilization over the last decade, many questions remain unanswered. These include the role of delayed cord clamping in preterm infants and term newborns requiring resuscitation, the role of sustained inflations as a method of respiratory support and the role of epinephrine and volume administration in neonatal resuscitation. Novel methods of assessment including the use of end tidal CO<sub>2</sub> monitoring, respiratory function monitoring and near infrared spectroscopy warrant further evaluation. The use of transitioning animal models that accurately replicate the newborn circulation with patent fetal shunts are emerging but more assessments in these are required to better establish CPR strategies in newborn infants. Newborn resuscitation training programs have resulted in a reduction in neonatal mortality in the developing world but key questions remain around the frequency of training, team training methods and the role of simulation training. Post resuscitation interventions, in particular therapeutic hypothermia, has resulted in significant improvements in long term outcome and there is now a growing interest in adjunct therapies such as use of melatonin, erythropoietin or other neuroprotective molecules to improve therapeutic benefits of cooling. Therapeutic hypothermia did not provide any higher benefit than normothermia in children following out of hospital cardiac arrest although there is considerable debate in the community whether 14% probability of observing a similar outcome if the study were repeated a 100 times applies to an individual child in the PICU. Exciting research is occurring in unraveling connection between inflammation, immune dysregulation and neuroinjury. This will further support research on the use of anti-inflammatory agents and immunomodulators for neuroprotection after cardiac arrest and birth asphyxia. **Code of Federal**

**Regulations**, 1994. **Tabbner's Nursing Care - E-Book** Gabby Koutoukidis, Jodie Hughson, 2012-10-01. A vital member of the health care team, the contemporary enrolled nurse faces increasing challenges and an increasing level of responsibility. Written specifically for Australian and New Zealand enrolled nurse students, this long awaited new edition reflects the changes and challenges in contemporary enrolled nurse practice as well as the additions and modifications that are occurring in nursing curricula. Tabbner's Nursing Care: Theory and Practice, 5th edition, has been written, reviewed and edited by the people who educate the enrolled nurse and continues to provide enrolled nurse students with the most comprehensive resource available. *Fundamentals of Paramedic Practice* Sam Willis, Roger Dalrymple, 2019-08-27. Driven by changes to clinical practice, new evidence based research and shifts in global economics and politics, the field of paramedic science is rapidly evolving. This new edition of *Fundamentals of Paramedic Practice* offers students and recently qualified practitioners an accessible and comprehensive introduction to paramedic science and pre-hospital care, providing expert and up to date

guidance on the essential theories and real world practice of this dynamic area of emergency medicine Assuming no prior knowledge of the subject this user friendly textbook provides broad and inclusive coverage of topics including professionalism law and ethics assessment skills research methods pharmacology and more Contributions from experienced paramedics and clinicians contemporary case studies full colour illustrations and powerful pedagogical tools help students gain a thorough understanding of the essential components of paramedic practice Employs a comprehensive multidisciplinary approach to the study of paramedic practice presenting theoretical and clinical topics in a straightforward and student friendly manner New chapters on toxicology medical terminology and low acuity care in paramedicine with an increased focus on mental health Includes new end of chapter learning activities and quizzes case studies and references charts and diagrams Fundamentals of Paramedic Practice A Systems Approach is an invaluable resource for undergraduate paramedic and emergency care students as well as qualified paramedics clinicians and educators seeking an authoritative reference on current practice

**Nancy Caroline's Emergency Care in the Streets test** American Academy of Orthopaedic Surgeons (AAOS),,Nancy L. Caroline,Bob Elling,Mike Smith,2012-08-16 Este libro refleja la experiencia colectiva de un equipo de autores de primera linea y decadas de sabiduria basada en su experiencia Cubre el contiendo mas relevante de la practica actual de paramedicina con claridad y precision en un formato conciso que asegura la comprension del estudiante y lo anima a desarrollar el pensamiento critico Esta edicion acentua la idea de que formarse como paramedico es una busqueda continua de crecimiento y excelencia en todas las areas de una carrera completa Los conceptos de liderazgo de equipo y profesionalismo se van construyendo a lo largo de los capitulos en los cuales se desafia a los estudiantes para hacer la asistencia medica mas compasiva concienzuda asi como ser clinicos profesionales de alto nivel Contenido de tecnica medica de actualidad Este texto incluye una cobertura a fondo de la fisiopatologia para formar una comprension avanzada de los procesos de la enfermedad que se espera que atienda el paramedico de hoy Otros temas incluyen la reanimacion y el tratamiento del paciente critico el electrocardiograma de 12 derivaciones las habilidades basicas y avanzadas de las vias aereas la terapia intravenosa y la administracion de medicamentos Enfoque claro para la valoracion del paciente Este libro ensena y refuerza el concepto de evaluacion del paciente con un capitulo extenso asegurando que los estudiantes entiendan la evaluacion del paciente como un solo proceso integrado la realidad que enfrentan los proveedores de salud en la practica de campo Cada capitulo clinico refuerza los pasos del proceso de evaluacion del paciente dentro del contexto de la enfermedad o dano que se analiza Aplicacion solida del mundo real del SMU Ofreee a los estudiantes un contenido genuino para la aplicacion de los conocimientos presentados mediante el estudio de casos de pacientes que evolucionan a lo largo de cada capitulo Este enfoque muestra al estudiante como toda la informacion se utiliza para ayudar a los pacientes en el campo

2014 1888 pages *CSI Cardiology Update 2018* Kewal C Goswami,2019-02-28 SECTION 1 CORONARY ARTERY DISEASE RISK FACTORS SECTION 2 LIPIDS AND DIET SECTION 3 DIABETES AND HEART SECTION 4 HYPERTENSION SECTION 5

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Canadian Transport Commission. Transport Committee,1916      *Judgments, Orders, Regulations, and Rulings* Board of Transport Commissioners for Canada,1916      *Yearbook of Intensive Care and Emergency Medicine* Jean-Louis Vincent,2012-12-06 The Yearbook compiles the most recent widespread developments of experimental and clinical research and practice in one comprehensive reference book The chapters are written by well recognized experts in their field of intensive care and emergency medicine It is addressed to everyone involved in internal medicine anesthesia surgery pediattrics intensive care and emergency medicine With approximately 90 contributions      Civetta, Taylor, & Kirby's Critical Care Joseph M. Civetta,2009 Now in its fourth edition this leading critical care textbook contains more than 30 new chapters and completely updated information The book addresses every problem encountered in the intensive care unit and covers surgical critical care more thoroughly than any other text      **Contemporary Issues in International Arbitration and Mediation: The Fordham Papers (2007)** Arthur W. Rovine,2008-09-30 The 2007 volume of Contemporary Issues in International Arbitration and Mediation The Fordham Papers is a collection of important works in international arbitration and mediation written by the prominent speakers at the 2007 Fordham Law School Conference on International Arbitration and Mediation The 24 papers are organized into the following five parts Part I Investor State Arbitration Part II Conduct of International Arbitration and Jurisdictional Issues Part III Remedies and Defenses Part IV Ethics Issues in International Arbitration Part V Mediation      **Cumulated Index Medicus** ,1994      **IAPS Textbook of Pediatric Surgery** Rajeev Redkar,Prakash Agarwal,V Raveenthiran,Shirin Joshi Gosavi,Anant Bangar,2020-03-31 SECTION 1 GENERAL TOPICS IN PEDIATRIC SURGERY SECTION 2 TRAUMA AND ALLIED SECTION 3 HEAD FACE AND NECK SECTION 4 CHEST AND THORAX SECTION 5 ABDOMEN SECTION 6 ONCOLOGY SECTION 7 UROLOGY SECTION 8 TRANSPLANTATION SECTION 9 MISCELLANEOUS      **Saunders Essentials of Medical Assisting - E-Book** Diane M. Klieger,2013-08-09 Saunders Essentials of Medical Assisting 2nd Edition is designed to give you just the right amount of the essential information you need to prepare for your career as a medical assistant It covers all of the need to know information in an organized approachable format The condensed information is perfect for shorter programs of study and as a review tool for certification

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**Clinical Calculations - E-Book** Joyce LeFever Kee,Sally M. Marshall,Mary Catherine Forrester,Kathryn Woods,2020-06-12 NEW Updated information on Antidiabetic Agents orals and injectables has been added throughout the text where appropriate NEW Updated content on Anticoagulant Agents is housed in an all new chapter NEW Colorized abbreviations for the four methods of calculation BF RP FE and DA appear in the Example Problems sections NEW Updated content and patient safety guidelines throughout the text reflects the latest practices and procedures NEW Updated practice problems across the text incorporate the latest drugs and dosages      **Perioperative Critical Care Cardiology** J.L. Atlee,A. Gullo,G. Sinagra,J.L. Vincent,2007-03-14 This book details topics of particular importance to critical care cardiovascular diagnosis and management in the perioperative period It represents an important update for anaesthesiologists cardiologists cardiac surgeons emergency care physicians and intensivists caring for patients with acute life threatening cardiovascular afflictions

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