

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



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 responder. If you are alone, call 9-1-1 first and then return to the victim.

5 START CPR



If not breathing and no response, start CPR.

ADULT

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

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

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

CHILD

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

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

INFANT

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

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

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your dog's heart is located. If no pulse, start CPR.
- 2. GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet
 - Push hard, push fast
- 3. IF NO PULSE, START CPR**
 - Give 2 rescue breaths
 - Repeat the cycle until help arrives
- 4. RESCUE BREATHS**
 - Head-tilt-chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- 1. 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
- 2. CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The victim can cough, breathe, or speak
 - The victim becomes unconscious
 - Call 9-1-1 if not alone

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- 1. 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
- 2. CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out
 - The child can cough, breathe, or speak
 - The child becomes unconscious
 - Call 9-1-1 if not alone

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

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

Study Guide 2015 For Cpr

Wolfgang Guggemos

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.

Study Guide 2015 For Cpr:

Pediatric Advanced Life Support Study Guide Aehlert, 2017-01-16 Fully revised to meet the 2015 CPR ECC Guidelines and to prepare students and professionals for PALS certification and recertification Pediatric Advanced Life Support Study Guide Fourth Edition provides a clear and complete approach to managing pediatric emergencies Designed for use by the spectrum of healthcare professionals the Fourth Edition provides users with the critical information needed to approach real life pediatric emergencies The Fourth Edition includes End of chapter quizzes with answers and objectives as well as a comprehensive posttest to gauge material comprehension Case studies at the end of appropriate chapters for practice with real world material application Clear procedural explanations written in descriptive yet accessible language A refined Table of Contents including standalone chapters on cardiac dysrhythmias for focused learning and study PALS Pearl boxes for text to everyday clinical application In text references for deeper research if desired *ACLS Study Guide - E-Book* Barbara J Aehlert, 2016-10-06 Awarded second place in the 2017 AJN Book of the Year Awards in the Critical Care Emergency Nursing category Provide the best possible emergency cardiovascular care using the newest ECC guidelines ACLS Study Guide 5th Edition offers a complete full color overview of advanced cardiovascular life support An easy to read approach covers everything from airway management to cardiac arrest rhythms and their management electrical therapy acute coronary syndromes and acute stroke In addition to the latest ACLS treatment algorithms this edition includes case studies and hundreds of full color photos and illustrations Case studies present common realistic clinical situations helping you learn and apply skills in cardiac rhythm interpretation medication administration and other essential interventions ACLS Pearls boxes offer brief explanations of complex topics and useful tips for clinical practice End of chapter quizzes include answers and rationales helping you learn and remember the most important information Easy to understand approach simplifies your study of advanced cardiac life support thanks to Barbara Aehlert's unique conversational writing style NEW UPDATED content centers on evidence based practice recommendations including the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations NEW Improved format integrates all case studies into the appropriate chapters so that you can apply concepts immediately to real world situations **Pediatric Board Study Guide** Osama I. Naga, 2019-11-06 Building upon the highly successful 1st edition this book is a comprehensive review designed to prepare pediatric residents fellows and pediatricians for the General Pediatrics Certifying Examination and for the American Board of Pediatrics Maintenance of Certification Pediatric Board Study Guide A Last Minute Review 2nd edition covers all aspects of pediatric medicine each chapter has been updated according to the most recent content specifications provided by the ABP The 2nd edition provides more illustrations diagrams radiology images and clinical case scenarios to further assist readers in reviewing pediatric subspecialties New

chapter topics include nutrition sports medicine patient safety quality improvement ethics and pharmacology Finally the book closes with a Last Minute Review of high yield cases arranged in the same sequence as the chapters providing readers with a concise study guide of critical cases and conditions Pediatric residents and fellows preparing for the board examination pediatricians and pediatric subspecialists preparing for certification maintenance will find Pediatric Board Study Guide A Last Minute Review 2nd edition easy to use and comprehensive making it the ideal resource and study tool **Mayo Clinic Critical and Neurocritical Care Board Review** Rodrigo Cartin-Ceba, William D. Freeman, Alice Gallo de Moraes, Richard A Oeckler, 2025-07-28 This book provides a comprehensive review of critical care medicine to assist in preparation of the neurocritical care and general critical care boards **Pediatric Critical Care** Steven E. Lucking, Frank A. Maffei, Robert F. Tamburro, Arno Zaritsky, 2021-03-15 This extensively updated textbook is a comprehensive study guide that covers pediatric critical care principles and specific disease entities commonly encountered by the pediatric critical care medicine PCCM practitioner Pathophysiologic aspects unique to the pediatric patient are emphasized The first edition has become a highly utilized text for pediatric critical care fellows The second edition will prove even more valuable to the fellow in training and indeed to any clinical pediatric intensivist In addition to updating the chapters from the previous edition there are new chapters on topics such as central nervous structure and function palliative care child abuse and practical biostatistics Pediatric Critical Care Text and Study Guide is an invaluable clinically focused resource for PCCM practitioners Allowing for concise reading on specific topics this book acts as both text and study guide covering advanced physiology pathophysiology diagnostic considerations and treatment approaches that should be mastered by the higher level PCCM practitioner The large number of illustrations complements the text in each chapter that also includes key references and case orientated questions that help reinforce important ideas learned in the chapter **Oh's Intensive Care Manual E-Book** Andrew D Bersten, Jonathan M. Handy, 2018-08-15 For nearly 40 years Oh's Intensive Care Manual has been the quick reference of choice for ICU physicians at all levels of experience The revised 8th edition maintains this tradition of excellence providing fast access to practical information needed every day in today's intensive care unit This bestselling manual covers all aspects of intensive care in sufficient detail for daily practice while keeping you up to date with the latest innovations in the field New coverage of the latest developments in ICU imaging techniques including ultrasound New information on the latest advances in ECMO Extracorporeal Membrane Oxygenation for cardiac and respiratory failure ARDS septic shock neurologic disorders muscle function and hemodynamic therapy New co editor Dr Jonathan Handy shares his knowledge and expertise on acid base disturbances during critical illness critical care transfers intravenous fluid therapy cardiovascular physiology burn management sepsis and the immunological impact of surgery and burn injury Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices **Sudden Cardiac Death** Peter Magnusson, Jo Ann LeQuang, 2020-11-19 Sudden cardiac death is a global

health threat for which we have only partial answers With growing elucidation of the underlying pathophysiological mechanisms of sudden cardiac death better patient identification and treatment options are being developed These include risk stratification paradigms ICD therapy pharmacological options ablative procedures and other treatments This book covers many of these options including defibrillator technology and clinical applications It also examines pathophysiological pathways and etiologies as well as highlights risk stratification in ion channel diseases and structural heart disease such as dilated cardiomyopathy

Rosen's Emergency Medicine - Concepts and Clinical Practice E-Book Ron Walls, Robert Hockberger, Marianne Gausche-Hill, Timothy B. Erickson, Susan R. Wilcox, 2022-06-13 For nearly 40 years Rosen's Emergency Medicine has provided emergency physicians residents physician assistants and other emergency medicine practitioners with authoritative accessible and comprehensive information in this rapidly evolving field The fully revised 10th Edition delivers practical evidence based knowledge and specific recommendations from clinical experts in a clear precise format with focused writing current references and extensive use of illustrations to provide definitive guidance for emergency conditions With coverage ranging from airway management and critical care through diagnosis and treatment of virtually every emergency condition from highly complex to simple and common this award winning two volume reference remains your 1 choice for reliable up to date information across the entire spectrum of emergency medicine practice Please note the following important change for printed copies of Rosen's Emergency Medicine 10e On page 1029 in table 74.3 the dosage for Rivaroxaban should be 15mg by mouth You may contact Elsevier Customer Service to request a sticker Part no 9996133834 to make the correction in your printed copy Corrections have been made to the eBook versions of this title Offers the most immediately clinically relevant content of any emergency medicine resource providing diagnostic and treatment recommendations and workflows with clear indications and preferred actions Contains eight entirely new chapters covering coronaviruses COVID 19 the morbidly obese patient human trafficking sexual minority LGBTQ patients social determinants of health community violence and humanitarian aid in war and crisis Features over 1 700 figures including more than 350 new anatomy drawings graphs and charts algorithms and photos Includes new information across the spectrum of emergency care such as adult and pediatric airway management shock pandemic disease emergency toxicology sepsis syndrome resuscitation medical emergencies of pregnancy the immunocompromised patient child abuse pediatric sedation pediatric trauma and more Features revised and refined chapter templates that enhance navigation making it easy to find key information quickly Provides access to more than 1 200 questions and answers online to aid in exam preparation as well as two dozen new video clips showing how to best perform critical emergency procedures in real time Reviewed and verified cover to cover by a team of expert clinical pharmacists to ensure accuracy and completeness of all drug information and treatment recommendations Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices Please note the following important change for

printed copies of Rosen's Emergency Medicine 10e On page 1029 in table 74.3 the dosage for Rivaroxaban should be 15mg by mouth You may contact Elsevier Customer Service to request a sticker Part no 9996133834 to make the correction in your printed copy Corrections have been made to the eBook versions of this title

Evidence-Based Critical Care Robert C. Hyzy, Jakob McSparron, 2020-03-24 This extensively updated textbook comprehensively reviews the latest developments in evidence based critical care Topics are covered in a case study format with an emphasis on the principles of diagnosis and therapy Each topic is covered using a variety of case studies and features a case vignette clinical question and an additional discussion section to clarify areas of particular importance Topics including cytokine release syndrome sympathomimetic overdose and palliative care in the intensive care unit have been extensively revised while new sections focusing on neuromuscular disease and subarachnoid hemorrhages have been added Evidence Based Critical Care 2nd edition is a critical resource for critical care practitioners fellows residents allied health professionals and medical students who wish to expand their knowledge within critical care The case study based approach taken in the textbook makes this an ideal resource for those preparing for board examinations

Textbook of Emergency & Trauma Care Devendra Richhariya, 2018-02-28 This book is a comprehensive guide to emergency and trauma care covering the complete process from pre hospital care rapid and point of care assessment and triaging to care of the patient during transfer and in hospital care Beginning with a general overview of emergency care and resuscitation the following sections discuss the treatment of emergencies and trauma in different systems of the body A complete section is dedicated to paediatric emergencies The final chapters cover trauma management toxicology disaster management and environmental emergencies such as thermal and chemical burns and snake bites The descriptive text is further enhanced by more than 700 flowcharts tables diagrams clinical photographs and short notes to assist learning Key points Comprehensive guide to emergency and trauma care Covers management of emergencies in different systems of the body Includes section on paediatric emergencies Highly illustrated with flowcharts tables diagrams photographs and short notes

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

JRCALC Clinical Guidelines 2019 Association of Ambulance Chief Executives, Joint Royal Colleges Ambulance Liaison Committee, 2019-08-05 The Joint Royal Colleges Ambulance Liaison Committee guidelines are the essential resource for paramedics The 2019 edition of the book has been brought up to date with the latest evidence and developments in clinical practice JRCALC combines expert advice with practical guidance to help paramedics in their challenging roles with the overall objective of improving patient care Key updates are Resuscitation and cardiac arrest The pathophysiology of cardiac arrest checklist use and pulseless electrical activity is discussed extensively within the context of every day out of

hospital practice A new guideline on tracheostomy and laryngectomy is included alongside clinical skills photographs Consent and patient confidentiality The guideline is brought up to date with the Data Protection Act 2018 following the General Data Protection Regulations Mental health presentation crisis distress and disordered behaviour A reviewed guideline supports the clinician with practical help on the assessment and management of different mental health illnesses Major complex and high risk Incidents A revision by the National Ambulance Resilience Unit covers poisons rail incidents and police incapacitants New medicines are included Activated charcoal duodote and morphine sulfate for end of life care Other reviews and updates include head injury hyperventilation syndrome stroke respiratory illness in children and acute coronary syndrome

EMT- Emergency Medical Technician (Speedy Study Guides) Speedy Publishing, 2015-04-28 Do you want to become an emergency medical technician Then learn the basics and important pieces of information that will serve as your foundation for more advanced techniques This quick study guide as your personal map towards becoming a full pledged EMT Check out the trainings and education you can do to become a highly efficient EMT

Egan's Fundamentals of Respiratory Care E-Book Robert M. Kacmarek, James K. Stoller, Albert J. Heuer, 2019-12-18 Textbook and Academic Authors Association TAA McGuffey Longevity Award Winner 2024 Learn the principles and skills you ll need as a respiratory therapist Egan s Fundamentals of Respiratory Care 12th Edition provides a solid foundation in respiratory care and covers the latest advances in this ever changing field Known as the bible for respiratory care this text makes it easy to understand the role of the respiratory therapist the scientific basis for treatment and clinical applications Comprehensive chapters correlate to the 2020 NBRC Exam matrices preparing you for clinical and exam success Written by noted educators Robert Kacmarek James Stoller and Albert Heuer this edition includes new chapters on heart failure as well as ethics and end of life care plus the latest AARC practice guidelines Updated content reflects the newest advances in respiratory care preparing you to succeed in today s health care environment UNIQUE Mini Clinis provide case scenarios challenging you to use critical thinking in solving problems encountered during actual patient care Decision trees developed by hospitals highlight the use of therapist driven protocols to assess a patient initiate care and evaluate outcomes Rules of Thumb highlight rules formulas and key points that are important to clinical practice Learning objectives align with the summary checklists highlighting key content at the beginning and at the end of each chapter and parallel the three areas tested on the 2020 NBRC Exam matrices Learning resources on the Evolve companion website include an NBRC correlation guide image collection lecture notes Body Spectrum electronic anatomy coloring book and an English Spanish glossary Student workbook provides a practical study guide reflecting this edition of the text offering numerous case studies experiments and hands on activities Available separately Full color design calls attention to the text s special features and promotes learning Glossary includes key terms and definitions needed for learning concepts NEW Heart Failure chapter covers the disease that is the most frequent cause of unscheduled hospital admissions NEW Ethics and End of Life Care chapter explains related issues and how to help

patients and their families NEW Improved readability makes the text easier to read and concepts easier to understand NEW Updated practice guidelines from the AARC American Association for Respiratory Care are included within the relevant chapters NEW Updated chapters include topics such as arterial lines stroke ACLS PALS hemodynamics polysomnography waveform interpretation and laryngectomy NEW Streamlined format eliminates redundancy and complex verbiage

Basics of Anesthesia E-Book Manuel Pardo, Ronald D. Miller, 2017-06-06 The undisputed leading text in its market Basics of Anesthesia 7th Edition provides comprehensive coverage of both basic science and clinical topics in anesthesiology Drs Manuel C Pardo Jr and Ronald D Miller in conjunction with many new contributors have ensured that all chapters are thoroughly up to date and reflect the latest advances in today's practice Unparalleled authorship concise text easy to read chapters and a user friendly format make this text the 1 primer on the scope and practice of anesthesiology Presents the combined expertise of two of the most prolific and renowned anesthesia experts worldwide along with more than 80 expert contributing authors Uses a concise at a glance format to cover both the basic science and essential clinical aspects of the field including pathophysiology pharmacology regional anesthesia anesthetic management and special problems and patient groups Features high quality images that offer a detailed visual understanding of regional anesthesiology and much more Includes new topics and chapters on Neurotoxicity of Anesthesia Palliative Care Sleep Medicine Perioperative Surgical Home Trauma and Natural Human Induced Disasters Expert Consult™ eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures and references from the book on a variety of devices Critical Care Medicine E-Book Joseph E. Parrillo, R. Phillip Dellinger, 2018-11-12 Now completely revised to bring you up to date with the latest advances in the field Critical Care Medicine Principles of Diagnosis and Management in the Adult 5th Edition delivers expert practical guidance on virtually any clinical scenario you may encounter in the ICU Designed for intensivists critical care and pulmonology residents fellows practicing physicians and nurse practitioners this highly regarded text is clinically focused and easy to reference Led by Drs Joseph Parrillo and Phillip Dellinger the 5th Edition introduces numerous new authors who lend a fresh perspective and contribute their expertise to that of hundreds of top authorities in the field Includes new chapters on current applications of bedside ultrasound in the ICU both diagnostic and procedural mechanical assist devices and extra corporeal membrane oxygenation ECMO Contains new administrative chapters that provide important information on performance improvement and quality length of stay operations working with the Joint Commission and more Features new videos and images that provide visual guidance and clarify complex topics Keeps you up to date with expanded chapters on echocardiography in the ICU and valvular heart disease including TAVR Includes separate chapters on mechanical ventilation of obstructive airway disease and acute respiratory distress syndrome ARDS including the many recent changes in approach to positive end expiratory pressure setting in ARDS Covers key topics such as patient ventilator synchrony and non invasive ventilation for treating chronic obstructive pulmonary disease patients with acute respiratory

failure Reflects the recent literature and guidance on amount of fluids type of fluid vasopressor selection mean arterial pressure target and decision on steroid use in septic shock Provides questions and answers in every chapter perfect for self assessment and review Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices **Linz's Comprehensive Respiratory Diseases** Sindee Karpel,Anthony James Linz,2019-03-18 Navigate 2 now contains access to the NEW Anatomy Physiology Review Module The role of the Respiratory Therapist is continuously expanding As case managers for pulmonary disease patients today s RTs help develop assess and revise patient care plans while also assisting with protocol administration patient education and disease management Written for the undergraduate Respiratory Therapy student Linz s Comprehensive Respiratory Diseases helps respiratory therapy students gain the knowledge they need to pass the National Board for Respiratory Care s NBRC Registered Respiratory Therapist RRT credentialing exams and launch careers as competent confident respiratory therapists The text provides a comprehensive overview of the pulmonary and cardiac disorders that are covered on the NBRC board exams and most frequently require an RT s care in clinical settings Designed to provide a comprehensive overview of the pulmonary and cardiac disorders that are covered on the NBRC board exams Includes Chapter Objectives and Key Terms to help focus student s attention of key topics in the chapter Organized to provide up to date information on the diagnosis etiology epidemiology pathophysiology diagnostic testing treatment and management of each disorder A brief Case Study is presented in each chapter to introduce the topic at hand and provide context to the respiratory disorder Knowledge Check Questions are included in each chapter and allow students to identify gaps in their content knowledge 2020 776 pages **A TEXTBOOK OF COMMUNITY HEALTH NURSING For B.Sc. Nursing VII Semester** Mr. Prem Prakash Suman,Dr. Amita Joseph,Prof. (Dr.) Trilok Sompura,2024-11-19 Abdominal pain is a common symptom that can stem from a wide array of causes making it a significant concern for many individuals seeking medical attention This discomfort which can range from mild to severe might be acute occurring suddenly and intensely or chronic persisting over a long period The abdominal region encompassing everything from the lower ribs to the pelvis houses numerous vital organs including the stomach intestines liver pancreas spleen and kidneys Consequently pain originating from this area can be complex with a broad differential diagnosis depending on the organ involved and the nature of the pain **Pediatric Critical Care E-Book** Jerry J. Zimmerman,2016-11-29 Still the 1 resource for today s pediatric ICU teams Pediatric Critical Care 5th Edition covers the entire field from basic science to cutting edge clinical applications Drs Bradley P Fuhrman and Jerry J Zimmerman accompanied by an expert team of editors and contributors from around the world bring you today s best information on the current and future landscape of pediatric critical care so you can consistently deliver optimum care to your young patients Boasts highly readable concise chapters with hundreds of useful photos diagrams algorithms and clinical pearls Clear logical organ system approach allows you to focus on the development function and treatment of a wide range of disease entities

Includes new content on the expanding use of ultrasound at the bedside and the increase in nursing responsibilities in the PICU Eighteen new chapters cover topics such as delirium metabolism endocrinology nutrition nursing and much more Features expanded and updated information on critical communication professionalism long term outcomes palliative care ultrasonography PCCM in resource limited settings ventilator induced lung injury non invasive ventilation updated CNS pathophysiology the Erythron and immunity and infection Focus on Adult Health Linda Honan, 2018-01-25 Focus on Adult Health Medical Surgical Nursing 2E separates the wheat from the chaff by drilling down to the essential content that students need to know This book provides the foundation of medical surgical nursing with core content values and skills Focus on Adult Health Medical Surgical Nursing 2E is not designed to answer every question related to internal medical and surgical care Instead the intentional design of the book is to give depth and breadth to the essentials Written by nurses active in clinical practice these expert clinicians know what qualifies as need to know content This book includes rigorously researched current references and innovative technologies

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