



AHA CPR

GUIDELINES UPDATE 2015



HIGH QUALITY CPR (ADULTS) GUIDELINES FOR BLS PROVIDERS

RECOGNITION OF CARDIAC ARREST

- CHECK FOR RESPONSIVENESS
- NO BREATHING OR ONLY BREATHING
- NO DEFINITE PULSE FELT WITHIN 10 SECONDS



01

ACTIVATION OF EMERGENCY RESPONSE SYSTEM

- IF YOU ARE ALONE WITH NO MOBILE PHONE, LEAVE THE VICTIM TO ACTIVATE THE EMERGENCY RESPONSE SYSTEM AND GET THE AED BEFORE BEGINNING CPR
- OTHERWISE, SEND SOMEONE AND BEGIN CPR IMMEDIATELY; USE THE AED AS SOON AS IT IS AVAILABLE

02



COMPRESSION-VENTILATION RATIO WITHOUT ADVANCED AIRWAY

1 OR 2 RESCUERS=30:2



03

COMPRESSION-VENTILATION RATIO WITH ADVANCED AIRWAY

- CONTINUOUS COMPRESSIONS AT A RATE OF 100-120 PER MINUTE
- GIVE 1 BREATH EVERY 6 SECONDS (10 BREATHS PER MINUTE)

04



COMPRESSION RATE

100-120 COMPRESSIONS PER MINUTE



05

06



COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)

HAND PLACEMENT

2 HANDS ON THE LOWER HALF OF THE BRESTBONE (STERNUM)



07

08



CHEST RECOIL

ALLOW FULL RECOIL OF CHEST AFTER EACH COMPRESSION

MINIMIZING INTERRUPTIONS

- LIMIT INTERRUPTIONS IN THE CHEST COMPRESSIONS TO LESS THAN 10 SECONDS



09

DO'S AND DONT'S OF HIGH QUALITY CPR (ADULTS)

RESCUERS SHOULD

- PERFORM CHEST COMPRESSIONS AT A RATE OF 100-120 COMPRESSIONS PER MINUTE
- COMPRESS TO A DEPTH OF AT LEAST 2 INCHES
- ALLOW FULL RECOIL AFTER EACH COMPRESSION
- MINIMIZE PAUSES IN COMPRESSIONS
- VENTILATE ADEQUATELY

RESCUERS SHOULD NOT

- COMPRESS AT A RATE SLOWER THAN 100 COMPRESSIONS PER MINUTE OR FASTER THAN 120 COMPRESSIONS PER MINUTE
- COMPRESS TO A DEPTH OF LESS THAN 2 INCHES OR GREATER THAN 2.4 INCHES
- LEAN ON THE CHEST BETWEEN COMPRESSIONS
- INTERRUPT COMPRESSIONS FOR GREATER THAN 10 SECONDS
- PROVIDE EXCESSIVE VENTILATION

SOURCES:

<http://eccguidelines.heart.org/wp-content/uploads/2015/10/2015-AHA-Guidelines-Highlights-English.pdf>

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Clinical Nursing Pocket Guide Marilynn Jackson, Lee Jackson, 2013-04-03 Review Guides Certification Prep Pocket Guides Illustrated Study Guide for the NCLEX-PN® Exam - E-Book JoAnn Zerwekh, 2020-12-24 Testing Strategies for the NCLEX PN Examination chapter addresses the challenges of the Next Generation NCLEX and provides targeted strategies for success UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes More than 2 000 review questions on the companion Evolve website are available in both study and quiz modes and separated by content area allowing customized review based on personal study needs Examples of Next Generation NCLEX style questions on the companion Evolve website familiarize you with these new types of questions Answers and rationales are provided for all review questions Test Alert boxes highlight key concepts frequently found on the NCLEX examination Alternate item format questions on the companion Evolve website prepare you for these question types on the NCLEX examination UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Nursing Priority boxes make it easier to distinguish priorities of nursing care Pharmacology tables make key drug information easy to find with high alert medications noted by a special icon Special icons distinguish pediatric and adult disorders and identify content on self care and home care A separate chapter on pharmacology and medication administration helps you focus on this area of emphasis on the NCLEX examination **Nurse Anesthesia Pocket Guide** Lynn Fitzgerald Macksey, 2007 Just 3X5 Fits Into The Palm Of Your Hand Accurate Fast Information For Nurse Anesthesia Professionals And Students Providing Thorough Information For All Anesthesia Providers The Easy To Read And Easy To Use Nurse Anesthesia Pocket Guide Includes General Anesthesia Principles Obstetrics Pediatrics Regional Anesthesia And Medication Charts This Pocket Guide Addresses Crucial Clinical Topics Ranging From General Information Such As Gas Machine Tanks And Canisters To Specific Information On What Anesthetics Produce Histamine Release And Have Analgesic Properties To Emergency Information For A Patient With Malignant Hyperthermia *Advances in Emergency Treatment Research and Application: 2012 Edition* , 2012-12-26 Advances in Emergency Treatment Research and Application 2012 Edition is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Emergency Treatment The editors have built Advances in Emergency Treatment Research and Application 2012 Edition on the vast information databases of ScholarlyNews You can expect the information about Emergency Treatment in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Advances in Emergency Treatment Research and Application 2012 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now

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drug information **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 *National Registry Paramedic Prep: Study Guide + Practice + Proven Strategies* Kaplan Medical,2022-04-05 Kaplan s National Registry Paramedic Prep provides essential content and focused review to help you master the national paramedic exam This paramedic study guide features comprehensive content review board style practice questions and test taking tips to help you face the exam with confidence It s the only book you ll need to be prepared for exam day Essential Review New EMS Operations chapter with practice questions Concise review of the material tested on the NRP exam including physiology pathophysiology pharmacology cardiology respiratory and medical emergencies shock trauma obstetrics and gynecology pediatrics the psychomotor exam and more Full color figures and tables to aid in understanding and retention Realistic practice questions with detailed answer explanations in each chapter Overview of the exam to help you avoid surprises on test day Expert Guidance We invented test prep Kaplan www kaptest com has been helping students for 80 years and our proven strategies have helped legions of students achieve their dreams Publisher s Note Products purchased from 3rd party sellers are not guaranteed by the publisher for quality authenticity or access to any online entities included with the product Cardiology Drug Guide 2010 Dennis Tighe,Maichi Tran,Jennifer Donovan,James Cook,2010-09-15 A One Stop Reference for Cardiovascular Drugs Cardiology Drug Guide 2010 is the authoritative reference book on cardiovascular medications for cardiologists primary care physicians physicians in training physician assistants and any health care professional managing drug therapy regimens in patients with cardiovascular disease This essential resource is updated annually and offers comprehensive data on the science and application of

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