



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



07

HAND PLACEMENT

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



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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Devendra Richhariya

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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

Manual of Pediatric Intensive Care - E-Book Manoj Luthra, 2012-08-30 Elaborates pre and postoperative guidelines in the intensive care of pediatric cardiac surgery patients An indispensable book for the cardiothoracic pediatric and intensive care residents involved in the acute management of children with heart disease Addresses the need of a reference manual for general surgery and medicine residents while on rotation in the cardiac care unit Comprehensive chapters provide simple solutions and explanations to clinical problems rather than offering detailed physiological explanations Drugs and doses have been given in tables for easy reference at the point of care A practical book that can be read at leisure and referred to at the bedside

Practical Emergency and Critical Care Veterinary Nursing Paul Aldridge, Louise O'Dwyer, 2013-03-04 Your step by step guide to key emergency and critical care procedures and hands on nursing care Whether you need to know how to prioritise your response to a patient with multiple injuries or you need a quick practical guide to fluid therapy this is the go to resource Colour photographs of real life cases take you through the procedures and after care detailing essential skills This book provides vital information for emergency and critical care situations whether you're looking for confidence in handling emergency cases in a first opinion practice or a relevant succinct guide for an emergency clinic Be inspired to become more confident in your clinical skills and abilities and learn how to apply your existing skills to an emergency situation A companion website provides additional resources useful in the management of emergency and critical patients Visit the website to find information charts and video clips of procedures Written by a veterinary nurse and a veterinary surgeon who work together in the largest UK emergency clinic this book is a practical how to manual with a nursing focus Suitable as a complete reference for nurses studying towards qualifications or as a practical guide for daily use by veterinary nurses working in veterinary emergency and critical care

Manual of Clinical Anesthesiology Larry F. Chu, Andrea J. Traynor, Viji Kurup, 2020-12-28 Designed for rapid reference at the point of care Manual of Clinical Anesthesiology is the clinician's go to resource for practical clinically focused information on all

aspects of anesthesia management The comprehensive second edition consolidates multidisciplinary expertise in one resource offering revised and updated content in a highly visual portable format with short easy to read chapters margin icons noting pearls and pitfalls and more **Emergency and Trauma Care for Nurses and Paramedics** Kate Curtis,Clair Ramsden,2015-10-16 Highlighted skills cross references to the Clinical Skills chapter throughout text Over 30 new case studies Patient journey from pre hospital and emergency specific case studies Critical thinking questions at the end of chapters Chapter 35 Obstetric emergencies now includes Supporting a normal birth [The Rehabilitation Specialist's Handbook](#) Serge H Roy,Steven L Wolf,David A Scalzitti,2012-12-21 The 4th Edition of the gold standard of rehabilitation resources is now in full color and thoroughly revised and updated to reflect the art and science of practice today A compendium of frequently used but rarely memorized information organized for easy reference it covers an extraordinary breadth of topics from the full range of basic scientific information neuroanatomy and clinical neurology osteology and clinical orthopedics general anatomy cardiac and pulmonary anatomy to the treatments and methods used in modern rehabilitation practice **The Textbook of Emergency Cardiovascular Care and CPR** John M. Field,Peter J. Kudenchuk,Robert O'Connor,Terry VandenHoek,2012-11-07 With an editorial team of leading experts from the American College of Emergency Physicians and the American Heart Association this book is the first complete clinically oriented reference textbook in emergency cardiovascular care and CPR The book translates bench research to the clinician s bedside needs and addresses end of life issues The content is appropriate for a large audience including early caregivers emergency department and CCU nurses students residents fellows and hospitalists responsible for cardiovascular emergency situations A companion Website will include the fully searchable text instructional videos produced by the AHA and links to ACC AHA ASE ACEP and ILCOR guidelines and policy statements **Emergency and Trauma Care for Nurses and Paramedics - eBook** Kate Curtis,Clair Ramsden,Ramon Z. Shaban,Margaret Fry,Julie Considine,2019-07-30 Expanded editorial team all internationally recognised researchers and leaders in Emergency Care Chapter 6 Patient safety and quality care in emergency All chapters revised to reflect the most up to date evidence based research and practice Case studies and practice tips highlight cultural considerations and communication issues Aligns to NSQHSS 2e NMBA and PBA Standards An eBook included in all print purchases [Code of Federal Regulations, Title 46, Shipping, PT. 1-40, Revised as of October 1, 2011](#) ,2011-12-21 **The Encyclopedia of Adulthood and Aging, 3 Volume Set** Susan K. Whitbourne,2016-01-19 This authoritative reference work contains more than 300 entries covering all aspects of the multi disciplinary field of adult development and aging Brings together concise accurate summaries of classic topics as well as the most recent thinking and research in new areas Covers a broad range of issues from biological and physiological changes in the body to changes in cognition personality and social roles to applied areas such as psychotherapy long term care and end of life issues Includes contributions from major researchers in the academic and clinical realms 3 Volumes www.encyclopediaadulthoodandaging.com

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