

ADULT CPR 9 YEARS AND OVER

IN AN
EMERGENCY
CALL

911

1. Attempt to wake the victim and call for help.

If the victim is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.



2. Begin chest compressions.

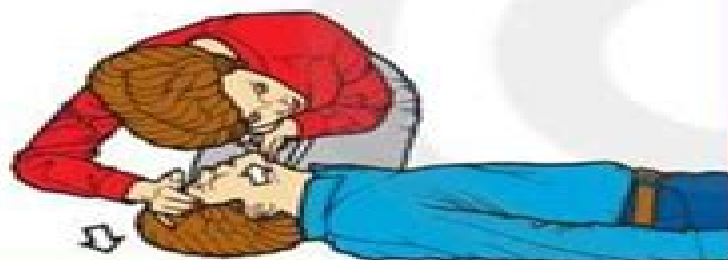
If the victim is not breathing, place the heel of your hand in the middle of his chest. Put your other hand on top of the first with your fingers interlaced. Compress the chest at least 2 inches (4-5 cm). Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.
It's important to keep your head and upper body over the victim's chest. You're not going to make the victim worse.



3. Open the airway.

After 30 compressions, open the victim's airway using the head-tilt, chin-lift method. Tilt the victim's head back and make a seal over the victim's mouth with yours. Use a CPR mask if available.

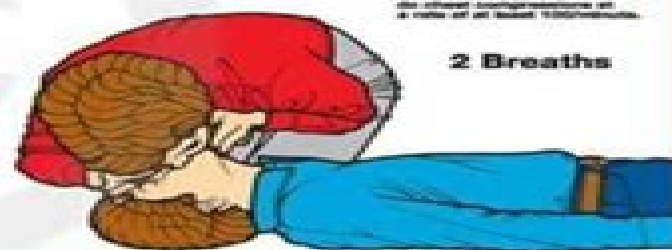


4. Begin rescue breaths.

Give the victim a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

If you don't feel comfortable with this step, just continue to do chest compressions at a rate of at least 100/minute.

2 Breaths



5. Repeat chest compressions.

Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

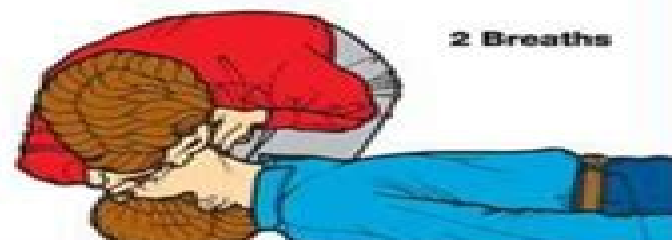
30 Compressions



6. Repeat rescue breaths.

Repeat rescue breaths. Give more breaths just like you did in step 4 (unless you're skipping the rescue breaths). Repeat steps 5 and 6 for about two minutes (about 5 cycles of 30 compressions and 2 rescue breaths).

2 Breaths



American Heart Association Cpr Manual

Wenbin Ji



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ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training

Basic Cardiopulmonary Resuscitation Manual Jose Antonio Morales-Gonzalez,2013-11-27 The purpose of this publication is to systematize the knowledge necessary to make Cardiopulmonary Resuscitation CPR or Cardiorespiratory Resuscitation CRR known to nursing health specialists which translates as a set of temporary and internationally standardized maneuvers assigned to ensure the oxygenation of the vital organs when the blood circulation of an individual stops suddenly independently of the cause of the Cardiorespiratory arrest CRA This knowledge is found correctly delimited in The Basic Cardiopulmonary Resuscitation Manual which especially emphasizes the step by step methodology and techniques to follow for Cardiopulmonary Resuscitation CPR This is a basic work that cannot be overlooked by health care specialists the society and the public in general because of the high probability that this situation will present at some moment in life Thus it is recommended to be prepared to help some person in an emergency situation The manual is an excellent consultation work for health professionals Given that what is expressed in this work is fundamental for life and its objective is to make known the relevant information concerning the knowledge of CPR

AACN Procedure Manual for Progressive and Critical Care - E-Book AACN,2023-07-07 American Journal of Nursing AJN Book of the Year Awards 1st Place in Critical Care Emergency Nursing 2024 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Critical Care Edited by the American Association of Critical Care Nurses and written by more than 100 critical care experts under the direction of Karen L Johnson PhD RN FAAN this definitive reference represents the gold standard of care for procedures performed in progressive and critical care settings It guides you through procedures common to the adult critical care environment including those performed by advanced practice nurses in an illustrated step by step format This edition now in in full color features new procedures new and updated illustrations and updated content throughout reflecting the latest evidence based guidelines and national and international protocols Quick reference tabs make it easier than ever to locate content quickly This new edition integrates key AACN initiatives such as Practice Alerts and coordinates closely with the AACN Core Curriculum for Progressive and Critical Care Nursing 8th Edition Chapter specific quick links employ QR codes for instant access to high quality online references Edited by the American Association of Critical Care Nurses written by more than 100 expert critical

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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

Field Manuals United States. War Department,1980-06

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 Perioperative Care in Adult Cardiac Surgery Robert M. Bojar,2011-01-18 The fifth edition of Bojar s Manual of Perioperative Care in Adult Cardiac Surgery remains the gold standard for management of adult patients undergoing cardiac surgery The easily referenced outline format allows health practitioners of all levels to understand and apply basic concepts to patient care perfect for

cardiothoracic and general surgery residents physician assistants nurse practitioners cardiologists medical students and critical care nurses involved in the care of both routine and complex cardiac surgery patients This comprehensive guide features Detailed presentation addressing all aspects of perioperative care for adult cardiac surgery patients Outline format allowing quick access to information Chronological approach to patient care starting with diagnostic tests then covering preoperative intraoperative and postoperative care issues Additional chapters discuss bleeding the respiratory cardiac and renal subsystems as well as aspects of care specific to recovery on the postoperative floor Updated references information on new drug indications and new evidence to support various treatment management options Practical and accessible this new edition of Manual of Perioperative Care in Adult Cardiac Surgery is the essential reference guide to cardiac surgical patient care

Certified Ophthalmic Assistant Exam Review Manual Janice K. Ledford, 2024-06-01 The best selling exam preparation manual for more than 15 years has been extensively updated into a Third Edition With revisions and additional material that match the new JCAHPO criteria for Certified Ophthalmic Assistants COA this study resource will remain the top choice for those studying for certification With nearly 1 400 questions the Certified Ophthalmic Assistant Exam Review Manual Third Edition contains more questions with explanatory answers than any other study aid Additionally all 19 exam criteria headings are covered inside including history taking visual assessment medical ethics pharmacology ophthalmic imaging surgery and more Features Study tips hints and test taking strategies Explanatory answers for every question Updated to reflect new JCAHPO COA exam criteria Certified Ophthalmic Assistant Exam Review Manual Third Edition by Janice K Ledford will be the most talked about resource for those studying for the COA exam students in ophthalmic and optometric assisting programs and those who wish to review before taking the COT exam

Respiratory Care: Principles and Practice Dean R. Hess, Neil R. MacIntyre, William F. Galvin, 2020-01-15 More than an introductory text Respiratory Care Principles and Practice Fourth Edition by Dean Hess is a comprehensive resource will be referenced and utilized by students throughout their educational and professional careers

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

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Oh's Intensive Care Manual Andrew D. Bersten, Neil Soni, 2009-01-01 The sixth edition provides practical concise information on all aspects of intensive care Written in a clear and accessible style and now for the first time presented in colour throughout this book enables the user to manage a patient in an ICU setting effectively without recourse to large text reference works or specialized monographs This thoroughly revised and updated edition reflects the best and most current practice from leading centres in Australia the UK and Western Europe Information on management and treatment of conditions is balanced by pathophysiological and pharmacological background This is not just a cook book of procedures It provides all of the essential information for candidates wishing to pass professional examinations Addition of colour throughout to highlight summary boxes tables charts and flow diagrams Will make key information more accessible easier and faster to retrieve Pitfalls in treatment and management emphasized in each chapter Provides the user with expert advice on practical issues that will be encountered on a day to day basis in the ICU Keeps the user abreast of the latest developments in diagnosis and management

Principles of Airway Management Brendan T. Finucane, Ban C.H. Tsui, Albert Santora, 2010-12-14 Principles of Airway Management 4th Edition reviews the essential aspects of airway management anatomy equipment intubation fiberoptic endoscopy surgical approaches intubating LMA lightwand pediatric airway CPR and mechanical ventilation The book features well balanced discussions of the complexities and difficult issues associated with airway management excellent organization that ensures the material can be learned and applied to various situations the latest equipment and techniques summary boxes which highlight the most important points of each chapter and more than 400 illustrations many in color for the first time tables and boxes

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

Aquatic Fitness Professional Manual Aquatic Exercise Association, 2025-03-13 Water exercise is a proven fitness activity with health and well being benefits for all age groups abilities and fitness levels As such it is one of the most popular fitness trends among those seeking effective reduced impact options for group exercise small group training personal sessions and rehabilitation therapy As the primary preparation resource for the certification exam of the Aquatic Exercise Association AEA and a recommended resource for the certification exam of the Aquatic Therapy Rehab Institute ATRI Aquatic Fitness Professional Manual Eighth Edition is the most comprehensive resource available to help you design and lead effective exercise sessions in the pool With contributions from 23 industry experts Aquatic Fitness Professional Manual covers the foundations of fitness and exercise the aquatic environment and instruction and programming You will learn how to energize your teaching with techniques based on popular fitness formats such as functional training yoga boot camp Ai Chi circuits and intervals and programs for various chronic conditions You ll also find updated information on shallow and deep water exercise Presenting a new full color format and updates that reflect the latest research and exercise guidelines the eighth edition also incorporates the following AEA standards and guidelines for aquatic fitness programming Expanded guidelines for working with special populations and those with health conditions including dementia and autism spectrum disorder Facts about the benefits of exercise on cognitive health and programming ideas for cognitive fitness training A new section on diversity equity inclusion and accessibility For those preparing for the AEA Aquatic Fitness Professional certification exam you ll find a detailed glossary and index key chapter concepts at the beginning of each chapter and a summary and review questions at the conclusion of each chapter to help you study Additionally downloadable resources delivered online through HKPropel include practical tools such as instructor worksheets and sample class formats Nowhere else will you find the fitness applications and comprehensive programming you need in one convenient resource Aquatic Fitness Professional Manual will not only help you in preparing for certification but also aid you in cultivating the critical skills needed to lead safe enjoyable and effective aquatic exercise programs Note A code for accessing HKPropel is included with this ebook

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Resuscitation Antonino Gullo, Giuseppe Ristagno, 2013-11-19 Resuscitation is a two stage process comprising the achievement maintenance of spontaneous circulation and post resuscitation management The approach is complex and multifaceted and entails the integration of new physiological insights pharmacological options and technological advances The purpose of this volume written by top experts in the field is to promote share and disseminate new advances in resuscitation and post resuscitation care The issues addressed are wide ranging and of great topical interest or controversy They include priorities of intervention quality of resuscitation use of mechanical supports new defibrillation

strategies prevention of organ damage strategies in cases of sudden cardiac death new pharmacological treatments and post resuscitation care including temperature management and prediction and improvement of outcome after cardiac arrest Particular attention is devoted to up to date evidence from the most recent experimental and clinical trials on resuscitation science and to gold standard evidence based resuscitation and post resuscitation treatments and interventions In addition organizational models and integrated care systems for trauma are considered and critical care education and the process of guideline development are reviewed

PG Textbook of Pediatrics Piyush Gupta,PSN Menon,Siddarth Ramji,Rakesh Lodha,2015-08-31 Postgraduate Textbook of Pediatrics is a comprehensive guide to paediatrics The textbook is comprised of three volumes split into ten parts with over 600 chapters and contributions from over 50 section editors and 725 authors covering all paediatric disorders descriptions of diseases and their management Includes nearly 1500 images and illustrations in full colour incorporating information on modern imaging techniques for neurological disorders in children This is an ideal resource for postgraduate students to gain a firm grounding in and retain and improve their knowledge of all areas of paediatric medicine

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