

AHA CPR **GUIDELINES UPDATE 2015**

HIGH QUALITY CPR (ADULTS) GUIDELINES FOR BLS PROVIDERS

RECOGNITION OF CARDIAC ARREST

- NO BREATHING OR ONLY BREATHING
 NO DEFINITE PULSE FELT WITHIN TO SECONDS

ACTIVATION OF EMERGENCY RESPONSE SYSTEM

FOR YOU ARE ALONE WITH NO MOBILE PHONE, LEAVE THE VICTIM TO ACTIVATE THE EMERGENCY RESPONSES SYSTEM AND GET THE AED REFORE BEGINNING CPR.

OTHERWISE, SEND SOMEONE AND BEGIN CPR IMMEDIATELY, USE THE AED AS SOOM AS IT IS AVAILABLE.

COMPRESSION-VENTILATION RATIO WITHOUT ADVANCED AIRWAY

1 OR 2 RESCUERS=30:2



COMPRESSION-VENTILATION RATIO WITH ADVANCED AIRWAY

COMPRESSION RATE

100-120 COMPRESSIONS PER MINUTE

COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)

HAND PLACEMENT

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



CHEST RECOIL ALLOW FULL RECOIL OF CHEST AFTER EACH COMPRESSION

MINIMIZING INTERRUPTIONS

LIMIT INTERRUPTIONS IN THE CHEST COMPRESSIONS TO LESS THAN 10 SECONDS



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

RESCUERS SHOULD PERFORM CHEST COMPRESSIONS AT A RATE OF 100-120 COMPRESSIONS PER MINUTE RESCUERS SHOULD NOT

NIMIZE PAUSES IN COMPRESSIONS

LEAN ON THE CHEST BETWEEN COMPRESSIONS

ENTILATE ADEQUATELY

DESCRIPTION OF THE PERSON OF THE PERSON

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2015 Aha Cpr Study Guide

Soonu Udani, Jayashree Muralidharan, Santosh T Soans



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Table of Contents 2015 Aha Cpr Study Guide

- 1. Understanding the eBook 2015 Aha Cpr Study Guide
 - The Rise of Digital Reading 2015 Aha Cpr Study Guide
 - Advantages of eBooks Over Traditional Books
- 2. Identifying 2015 Aha Cpr Study Guide
 - Exploring Different Genres
 - $\circ\,$ Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an 2015 Aha Cpr Study Guide
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from 2015 Aha Cpr Study Guide

- Personalized Recommendations
- 2015 Aha Cpr Study Guide User Reviews and Ratings
- 2015 Aha Cpr Study Guide and Bestseller Lists
- 5. Accessing 2015 Aha Cpr Study Guide Free and Paid eBooks
 - 2015 Aha Cpr Study Guide Public Domain eBooks
 - 2015 Aha Cpr Study Guide eBook Subscription Services
 - 2015 Aha Cpr Study Guide Budget-Friendly Options
- 6. Navigating 2015 Aha Cpr Study Guide eBook Formats
 - o ePub, PDF, MOBI, and More
 - 2015 Aha Cpr Study Guide Compatibility with Devices
 - 2015 Aha Cpr Study Guide Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of 2015 Aha Cpr Study Guide
 - Highlighting and Note-Taking 2015 Aha Cpr Study Guide
 - Interactive Elements 2015 Aha Cpr Study Guide
- 8. Staying Engaged with 2015 Aha Cpr Study Guide
 - o Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers 2015 Aha Cpr Study Guide
- 9. Balancing eBooks and Physical Books 2015 Aha Cpr Study Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection 2015 Aha Cpr Study Guide
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine 2015 Aha Cpr Study Guide
 - Setting Reading Goals 2015 Aha Cpr Study Guide
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of 2015 Aha Cpr Study Guide

- Fact-Checking eBook Content of 2015 Aha Cpr Study Guide
- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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