

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, then perform CPR. If you are with a partner, have them call 9-1-1 while you perform CPR.

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

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

PET

STEPS FOR HOW TO PERFORM PET CPR

- 1. CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your pulse, where it beats. 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
 - Give 30 chest compressions
- 4. 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

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 breathe
 - 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 breathe
 - 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, head down, face down
 - Give 5 back blows
- 2. GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, head up, face up
 - Give 5 chest thrusts

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

★ 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

American Heart Association Cpr Study Guide 201

Barbara J Aehlert



American Heart Association Cpr Study Guide 201:

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 Illustrated Study Guide for the NCLEX-RN® Exam E-Book JoAnn Zerwekh,2018-10-25 Who says preparing for the NCLEX has to be boring Using colorful illustrations and fun mnemonic cartoons the Illustrated Study Guide for the NCLEX RN Exam 10th Edition brings the concepts found on the NCLEX RN to life This new edition is written in a concise outline format to make studying easier and the Evolve companion website includes approximately 2 500 NCLEX exam style review questions including alternate item formats allowing you to create practice exams identify personal strengths and weaknesses and review answers and rationales With new content covering culture and spirituality this study guide gives you a robust visual less intimidating way to remember key facts for the NCLEX exam 2 500 review questions are now included on the Evolve companion website adding more 200 questions to the total on the previous edition UNIQUE Mnemonic cartoons provide a fun easy way to review and remember key nursing concepts and disease processes UNIQUE The integrated systems approach incorporates pediatric adult and older adult lifespan considerations in each body system chapter UNIQUE Appendixes for each chapter summarize medications and nursing procedures for quick reference Alternate item format questions on Evolve prepare you for the interactive question types on the NCLEX examination including priority drag and drop and hot spot illustrated point and click questions Test Alert boxes in the book highlight key concepts frequently found on the NCLEX examination Answers and rationales for all review questions show why correct answers are right and incorrect options are wrong Separate chapters on pharmacology and nursing management help students to focus on these areas of emphasis on the NCLEX examination Nursing Priority boxes make it easier for students 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 NEW UPDATED content reflects the most recent NCLEX RN test plan and incorporates important clinical updates NEW 25 additional illustrations and mnemonics make the book more appealing than ever to the visual learner NEW Chapter on Culture and Spiritual Awareness addresses the addition of Culture and Spirituality to the Integrated Processes in the NCLEX test plan NEW Nursing Management and Ethical Legal concepts divided into two chapters emphasize the increasing amount of administrative duties nurses face and the importance of management of care on the NCLEX NEW Priority Concepts added to the beginning of each chapter assist you in concept based nursing programs in focusing on priority concepts for each chapter Illustrated Study Guide for the NCLEX-RN® Exam JoAnn Zerwekh, MSN, EdD, RN,2015-11-20 Prepare for the NCLEX with this fun full color review Illustrated Study

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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

Nuclear Medicine Technology Study Guide Andrzej Moniuszko, Dharmesh Patel, 2011-06-15 Nuclear Medicine Technology Study Guide presents a comprehensive review of nuclear medicine principles and concepts necessary for technologists to pass board examinations The practice questions and content follow the guidelines of the Nuclear Medicine Technology Certification Board NMTCB and American Registry of Radiological Technologists ARRT allowing test takers to maximize their success in passing the examinations The book is organized by sections of increasing difficulty with over 600 multiple choice questions covering all areas of nuclear

medicine including radiation safety radionuclides and radiopharmaceuticals instrumentation and quality control patient care and diagnostic and therapeutic procedures Detailed answers and explanations to the practice questions follow Supplementary chapters will include nuclear medicine formulas numbers and a glossary of terms for easy access by readers Additionally test taking strategies are covered Fundamentals of Paramedic Practice Sam Willis, Roger Dalrymple, 2019-11-04 Driven by changes to clinical practice new evidence based research and shifts in global economics and politics the field of paramedic science is rapidly evolving This new edition of Fundamentals of Paramedic Practice offers students and recently qualified practitioners an accessible and comprehensive introduction to paramedic science and pre hospital care providing expert and up to date guidance on the essential theories and real world practice of this dynamic area of emergency medicine Assuming no prior knowledge of the subject this user friendly textbook provides broad and inclusive coverage of topics including professionalism law and ethics assessment skills research methods pharmacology and more Contributions from experienced paramedics and clinicians contemporary case studies full colour illustrations and powerful pedagogical tools help students gain a thorough understanding of the essential components of paramedic practice Employs a comprehensive multidisciplinary approach to the study of paramedic practice presenting theoretical and clinical topics in a straightforward and student friendly manner New chapters on toxicology medical terminology and low acuity care in paramedicine with an increased focus on mental health Includes new end of chapter learning activities and quizzes case studies and references charts and diagrams Fundamentals of Paramedic Practice A Systems Approach is an invaluable resource for undergraduate paramedic and emergency care students as well as qualified paramedics clinicians and educators seeking an authoritative reference on current practice **Fire Fighter Safety and Survival includes Navigate Advantage Access** Don Zimmerman, 2019-11-01 Whether you are on the job or in training Fire Fighter Safety and Survival Third Edition is a must have resource for fire fighters EMS providers and other safety professionals Focused on improving statistics for line of duty injuries and fatalities this book details the 16 Fire Fighter Life Safety Initiatives supported by the National Fallen Firefighters Foundation NFFF and describes a fire fighter life safety program as well as methods for implementation Actual scenarios from the fire service put you in the center of life threatening situations and gives you the skills and knowledge it takes to create positive outcomes from incidents and promote a safety culture in your department The Third Edition features Correlating directly with the 16 Fire Fighter Life Safety Initiatives supported by the NFFF and the National Fire Academy s Fire and Emergency Services Higher Education FESHE course objectives and outcomes for the Associate s Core course Principles of Fire and Emergency Services Safety and Survival C0281 This book delivers the know how to help you reduce injuries and fatalities within your department Each chapter begins with a Case Study that provides students a means to test their understanding of the chapter concepts in the context of a fictional scenario Make a difference in your department with new and evolving ideas that give you the knowledge and tools to succeed without sacrificing

cherished longstanding traditions Understand and apply safety concepts introduced in the chapters through realistic scenarios and examples shared by the author Broaden your horizons with real examples of safety problems and solutions from other industries where high risk life safety and human response all comes into play Important new topics were added including NFPA 3000TM Standard for an Active Shooter Hostile Event Response ASHER ProgramNFFF Vulnerability Assessment Program VAP and United States Fire Administration USFA Risk Management PracticesNew cancer prevention strategies monitoring polycyclic aromatic hydrocarbons PAHs The use of drones by emergency responders with new Federal Aviation Administration FAA requirementsA discussion on emotional support aligned with NFPA and the American Psychological Association APA Diagnostic and Statistical Manual of Mental Disorders DSM 5 Sport First Aid Robb S. Rehberg,2025-06-02 Approximately 90 percent of high school student athletes report sustaining an injury while participating in sports With only about one third of high schools in the United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be a capable and confident first responder The sixth edition has been revised and restructured It features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it s crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes **Evidence-Based Physical Examination** Kate Gawlik,Bernadette Mazurek Melnyk,Alice Teall,2024-03-26 The assessment text of today and the future This unique text is the first to combine scientific and holistic approaches to health assessment while being the first book to also take the health and well being of the clinician

into account This valuable resource utilizes the best evidence and clinical relevance underpinning advanced history taking and assessment techniques incorporating the most current guidelines from reliable sources such as the U S Preventative Services Task Force the Choosing Wisely initiative and the NAM s Core Competencies for Health Care Clinicians The updated second edition offers more in depth recognition of population health concepts and as a result includes greater use of inclusive language social determinants of health assessments identification of health inequities and racial ethnic gender and age considerations within advanced assessment This edition delivers increased coverage of documentation abundant new content addressing therapeutic communication and changing practice environments and unique chapters focused on the assessment of a growing cohort of older patients the LGBTQ population telehealth abuse and clinician wellness Chapters have a consistent structure and include anatomy and physiology key history questions and considerations physical exam lab and imaging considerations evidence based practice recommendations and differential diagnoses for both normal and abnormal findings Case studies clinical pearls and key takeaways aid retention while abundant illustrations photographic images and videos demonstrate history taking and assessment techniques Instructor resources include PowerPoint slides a test bank with multiple choice and essay questions additional case studies with short answer questions an image bank and a course cartridge New to the Second Edition Prioritization of the importance of clinician well being as a prerequisite for implementing evidence based assessment Inclusion of an environmental assessment for clinician safety All chapters where applicable include COVID 19 implications and considerations Two brandnew chapters Chapter 6 Evidence Based Assessment of the Older Adult and Chapter 10 Evidence Based Assessment of the Vascular System Inclusion of Pre Admission Testing and Pre employment physical assessments to Chapter 28 Evidence Based Assessments for Medical Clearance Additional content addressing considerations when assessing patients with obesity Inclusion of a checklist denoting best practice guidelines for telehealth visits Key Features Focused on evidence and practical application of assessment skills to ensure the highest quality of care Emphasizes health and well being for both the clinician and patient Delivers the evidence acceptability and clinical relevance behind history taking and assessment techniques Focuses on the most current clinical guidelines from the U S Preventive Services Task Force the Choosing Wisely initiative and highly recognized clinical practice organizations Aids retention through case studies clinical pearls and key takeaways Demonstrates techniques with abundant illustrations photographic images and videos Includes abundant instructor resources

The ESC Textbook of Intensive and Acute Cardiovascular Care Marco Tubaro,Pascal Vranckx,Susanna Price,Christiaan Vrints,Eric Bonnefoy,2021-03-08 The ESC Textbook of Intensive and Acute Cardiovascular Care is the official textbook of the Acute Cardiovascular Care Association ACVC of the ESC Cardiovascular diseases CVDs are a major cause of premature death worldwide and a cause of loss of disability adjusted life years For most types of CVD early diagnosis and intervention are independent drivers of patient outcome Clinicians must be properly trained and centres appropriately equipped in order to deal with these critically ill

cardiac patients This new updated edition of the textbook continues to comprehensively approach all the different issues relating to intensive and acute cardiovascular care and addresses all those involved in intensive and acute cardiac care not only cardiologists but also critical care specialists emergency physicians and healthcare professionals The chapters cover the various acute cardiovascular diseases that need high quality intensive treatment as well as organisational issues cooperation among professionals and interaction with other specialities in medicine SECTION 1 focusses on the definition structure organisation and function of ICCU s ethical issues and quality of care SECTION 2 addresses the pre hospital and immediate in hospital ED emergency cardiac care SECTIONS 3 5 discuss patient monitoring diagnosis and specific procedures Acute coronary syndromes ACS acute decompensated heart failure ADHF and serious arrhythmias form SECTIONS 6 8 The main other cardiovascular acute conditions are grouped in SECTION 9 Finally SECTION 10 is dedicated to the many concomitant acute non cardiovascular conditions that contribute to the patients case mix in ICCU This edition includes new chapters such as low cardiac output states and cardiogenic shock and pacemaker and ICDs troubleshooting and chapters have been extensively revised Purchasers of the print edition will also receive an access code to access the online version of the textbook which includes additional figures tables and videos to better to better illustrate diagnostic and therapeutic techniques and procedures in IACC The third edition of the ESC Textbook of Intensive and Acute Cardiovascular Care will establish a common basis of knowledge and a uniform and improved quality of care across the field **American Film Festival** ,1985 Fire Fighter Safety and Survival Don Zimmerman,2013-12-19 Fire Fighter Safety and Survival is an essential guide designed to keep fire fighters safe from the many hazards they will face on the job Developed around the 16 Firefighter Life Safety Initiatives this textbook provides scores of real life examples from the fire service and other high risk industries to illustrate the dangers of fire fighting More importantly these examples help readers to stay safe in similar situations by offering helpful information on risk management how to incorporate safety procedures within their department and how to foster a culture of safety to ensure that Everyone Goes Home The Second Edition features Coverage of the Fire and Emergency Services Higher Education FESHE Firefighter Safety and Survival model curriculum Updated statistics references and examples from recent events Over 100 real life examples from the fire service and nuclear medical military and airline industries to provide readers with a complete understanding of risk management safety systems and situational awareness principles Fire science students seasoned professionals and rookies alike can turn to Fire Fighter Safety and Survival Second Edition for the knowledge and tools needed to make a difference in their departments without sacrificing cherished long standing traditions Description of Films and Filmstrips Shown ,1985 The Work Boat ,1990

Respiratory Care ,1991 Miller's Anesthesia, 2-Volume Set E-Book Michael A. Gropper,Lars I. Eriksson,Lee A. Fleisher,Jeanine P. Wiener-Kronish,Neal H. Cohen,Kate Leslie,2019-10-07 Covering everything from historical and international perspectives to basic science and current clinical practice Miller s Anesthesia 9th Edition remains the

preeminent reference in the field Dr Michael Gropper leads a team of global experts who bring you the most up to date information available on the technical scientific and clinical issues you face each day whether you re preparing for the boards studying for recertification or managing a challenging patient care situation in your practice Contains fully revised and updated content throughout including numerous new videos online Includes four new chapters Clinical Care in Extreme Environments High Pressure Immersion and Hypo and Hyperthermia Immediate and Long Term Complications Clinical Research and Interpreting the Medical Literature Addresses timely topics such as neurotoxicity palliation and sleep wake disorders Streamlines several topics into single chapters with fresh perspectives from new authors making the material more readable and actionable Features the knowledge and expertise of former lead editor Dr Ronald Miller as well as new editor Dr Kate Leslie of the University of Melbourne and Royal Melbourne Hospital Provides state of the art coverage of anesthetic drugs guidelines for anesthetic practice and patient safety new techniques step by step instructions for patient management the unique needs of pediatric patients and much more all highlighted by more than 1 500 full color illustrations for enhanced visual clarity 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 in addition to accessing regular updates related websites and an expanded collection of procedural videos The initial printing of Miller s Anesthesia 9e contained a dosage error in chapter 26 Intravenous Drug Delivery Systems on page 771 Table 26 5 Manual Infusion Schemes A maintenance infusion of Dexmedetomidine was mistakenly reported as 0 3 0 7 mcg kg min instead of 0 3 0 7 mcg kg hr or 0 005 0 015 mcg kg min As of October 2 2020 all stock has been corrected If you find that you have a book with this error please contact publisher for correction sticker

Emergency Medical Services David Cone, Jane H. Brice, Theodore R. Delbridge, J. Brent Myers, 2014-12-30 *Emergency Medical Services Clinical Practice and Systems Oversight* is the official textbook of the National Association of EMS Physicians™ NAEMSPTM National EMS Medical Directors Course and Practicum™ Now paired with a companion website featuring self assessment exercises audio and video clips of EMS best practices in action and more this essential study aid guides students through the core knowledge they need to successfully complete their training and begin their careers as EMS physicians *Emergency Medical Services Clinical Practice and Systems Oversight* consists of Volume 1 Clinical Aspects of EMS Volume 2 Medical Oversight of EMS Companion website featuring supportive self assessment exercises audio and video clips

Wong's Essentials of Pediatric Nursing: Second South Asian Edition A. Judie, 2018-09-15 Content adapted for the current South Asian nursing setup Current data and statistics pertaining to the South Asian region assimilated Newest concepts and literature added to reflect the regional perspective Regional pictures added to provide regional look and feel

Health Care Software Sourcebook & IT Buyer's Guide, 1999

National Library of Medicine Audiovisuals Catalog National Library of Medicine (U.S.), 1992

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