

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 arms over your hands - 90° to the ground. 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 nose and make a seal over the victim's mouth with yours. Use a CPR mask if available.

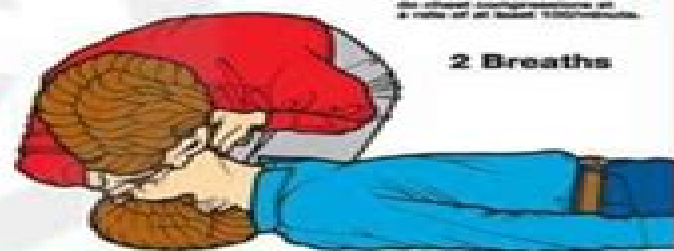


4. Begin rescue breaths.

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.

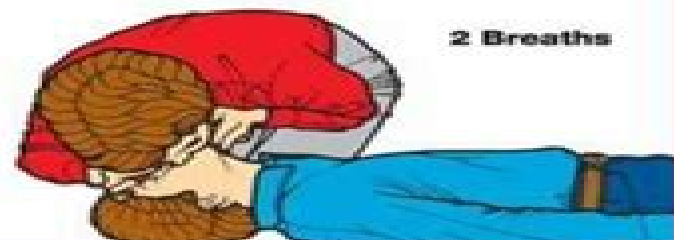
30 Compressions



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

United States. War Department



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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 care clinicians under the direction of Karen L Johnson PhD

RN FAAN and extensively reviewed by more than 100 additional critical care experts to ensure the accuracy and currency Comprehensive coverage includes all procedures commonly performed in progressive and critical care settings including those performed by advanced practice nurses indicated by an AP icon Straightforward step by step organization uses consistent headings to make following a procedure and finding the various supporting elements quick and easy with bulleted lists tables and detailed illustrations throughout to ensure that content is easy to reference and follow Rationales for all interventions in patient and family education assessment patient preparation procedure and monitoring help students understand the rationale for every step and a level of evidence is provided when a research base exists to substantiate an intervention giving insight into the strength of recommendations NEW Additional procedures new and updated illustrations and updated content throughout reflect the latest evidence based guidelines and national and international protocols NEW Full color design with color reference tabs enhances navigation plus full color illustrations reinforce understanding UPDATED Key AACN initiatives such as Practice Alerts are integrated throughout and content coordinates with the AACN Core Curriculum for Progressive and Critical Care Nursing 8th Edition NEW Chapter specific quick links via QR codes provide quick access to online references which have been updated and limited to the highest value sources **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 that might appear on the exam CRT and RRT level

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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 **Nomination** United States. Congress. Senate. Committee on Labor and Human Resources,1982 **Catalog of Copyright Entries. Third Series** Library of Congress. Copyright Office,1977 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

Cumulated Index Medicus ,1993

Critical Care Medicine E-Book Joseph E. Parrillo,R. Phillip Dellinger,2018-11-12 Now completely revised to bring you up to date with the latest advances in the field Critical Care Medicine Principles of Diagnosis and Management in the Adult 5th Edition delivers expert practical guidance on virtually any clinical scenario you may encounter in the ICU Designed for intensivists critical care and pulmonology residents fellows practicing physicians and nurse practitioners this highly regarded text is clinically focused and easy to reference Led by Drs Joseph Parrillo and Phillip Dellinger the 5th Edition introduces numerous new authors who lend a fresh perspective and contribute their expertise to that of hundreds of top authorities in the field Includes new chapters on current applications of bedside ultrasound in the ICU both diagnostic and procedural mechanical assist devices and extra corporeal membrane oxygenation ECMO Contains new administrative chapters that provide important information on performance improvement and quality length of stay operations working with the Joint Commission and more Features new videos and images that provide visual guidance and clarify complex topics Keeps you up to date with expanded chapters on echocardiography in the ICU and valvular heart disease including TAVR Includes separate chapters on mechanical ventilation of obstructive airway disease and acute respiratory distress syndrome ARDS including the many recent changes in approach to positive end expiratory pressure setting in ARDS Covers key topics such as patient ventilator synchrony and non invasive ventilation for treating chronic obstructive pulmonary disease patients with acute respiratory failure Reflects the recent literature and guidance on amount of fluids type of fluid vasopressor selection mean arterial pressure target and decision on steroid use in septic shock Provides questions and answers in every chapter perfect for self assessment and review 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

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Table of Contents American Heart Association Cpr Manual

1. Understanding the eBook American Heart Association Cpr Manual
 - The Rise of Digital Reading American Heart Association Cpr Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying American Heart Association Cpr Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an American Heart Association Cpr Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from American Heart Association Cpr Manual
 - Personalized Recommendations
 - American Heart Association Cpr Manual User Reviews and Ratings
 - American Heart Association Cpr Manual and Bestseller Lists
5. Accessing American Heart Association Cpr Manual Free and Paid eBooks
 - American Heart Association Cpr Manual Public Domain eBooks
 - American Heart Association Cpr Manual eBook Subscription Services
 - American Heart Association Cpr Manual Budget-Friendly Options

6. Navigating American Heart Association Cpr Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - American Heart Association Cpr Manual Compatibility with Devices
 - American Heart Association Cpr Manual Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of American Heart Association Cpr Manual
 - Highlighting and Note-Taking American Heart Association Cpr Manual
 - Interactive Elements American Heart Association Cpr Manual
8. Staying Engaged with American Heart Association Cpr Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers American Heart Association Cpr Manual
9. Balancing eBooks and Physical Books American Heart Association Cpr Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection American Heart Association Cpr Manual
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine American Heart Association Cpr Manual
 - Setting Reading Goals American Heart Association Cpr Manual
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of American Heart Association Cpr Manual
 - Fact-Checking eBook Content of American Heart Association Cpr Manual
 - 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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