



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



HAND PLACEMENT

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



COMPRESSION DEPTH

AT LEAST 2 INCHES (5 CM)

08



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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American Heart Cpr Guidelines 2013:

ASPC Manual of Preventive Cardiology Ezra A. Amsterdam, Nathan Wong, Ezra Amsterdam, MD, Roger Blumenthal, MD, FACC, FAHA, 2014-10-23 Endorsed by the American Society for Preventive Cardiology this highly practical resource focuses on the application of current guidelines and practice standards in the clinical management of cardiovascular risk factors The Manual presents concise descriptions of each major cardiovascular risk factor and practical to the point discussions of current best practices in clinical management In addition the Manual includes chapters on peripheral arterial disease stroke smoking contemporary cardiovascular imaging heart failure metabolic syndrome thrombosis nutrition special populations novel risk factors and psychosocial stress Throughout the Manual recommendations are based on the most recent prevention guidelines of the American College of Cardiology and American Heart Association including those on Risk Assessment Lifestyle Recommendations Blood Cholesterol and Obesity as well as the new guidelines on Hypertension Chapter authors are recognized leaders in each area of practice and special efforts have been made by the authors and editors to ensure that the content of all chapters is as up to date as possible Key Features Presents a highly practical focus on the application of current guidelines and practice standards regarding cardiovascular risk factors Recommendations based on the most recent prevention guidelines Authored by recognized leaders in the field Covers all major cardiovascular risk factors key methodologies in risk assessment and special issues regarding specific patient populations 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 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

Collins-Bride & Saxe's Clinical Guidelines for Advanced Practice Nursing Yoonmee Joo, J. V. Gatewood, Mary Anne M. Israel, Kelly Wong McGrath, 2024-05-28 Collins Bride Frailty Common Gerontology Syndromes Cancer Survivorship Lipid Disorders Acne pediatrics section Manual of Critical Care Nursing - E-Book Marianne Saunorus Baird, 2021-10-13 Selected for Doody's Core Titles 2024 in Critical Care Coverage of more than 75 disorders most commonly seen in progressive and critical care settings equips you with all the content needed to handle problems in critical care nursing Consistent easy to use format mirrors a practicing nurse's approach to patient care and facilitates quick reference to vital information Diagnostic Tests tables highlight the definition purpose and abnormal findings for each test Gerontologic considerations and bariatric considerations are highlighted throughout to direct attention to patients with unique needs in critical care settings NOC outcomes and NIC interventions apply standardized nursing taxonomies to the disorders and conditions most commonly encountered in progressive and critical care settings Portable size makes it ideal for use on the unit or at the bedside Safety Alert and High Alert boxes call attention to issues vital to patient safety

Guidelines for Cardiac Rehabilitation Programs American Association of Cardiovascular & Pulmonary Rehabilitation, 2021 Guidelines for Cardiac Rehabilitation Programs Sixth Edition offers procedures for providing patients with low cost high quality programming that moves them toward a lifelong commitment to disease management

Essential Facts in Cardiovascular Medicine Yerem Yeghiazarians, 2017-11-29 The treatment and management of cardiovascular disease has seen rapid advances in recent years as a trainee or practitioner of cardiovascular medicine it can be difficult to find the time to stay abreast of recent updates in information Unlike standard exhaustive text and reference titles Essential Facts in Cardiovascular Medicine provides the most critical facts and clinical pearls of cardiovascular medicine in a high yield concise bulleted format that can fit in your pocket Essential Facts in Cardiovascular Medicine is the perfect guide to enhance your cardiovascular knowledge prepare for board examinations and improve clinical practice Essential Facts in Cardiovascular Medicine covers numerous important topics from the basics of Statistics to

factoids in General Cardiology Physical Exam EKG Congenital Heart Disease Valvular Heart Disease Heart Failure Transplant Acute Coronary Syndromes Pericardial Diseases Electrophysiology Pharmacology Pregnancy Pulmonary Hypertension Peripheral Vascular Disease Echocardiography Formulas Interventional Cardiology and Cardiac Tumors

Medical-Surgical Nursing Donna D. Ignatavicius, M. Linda Workman, PhD, RN, FAAN, 2015-02-09 Using a unique collaborative care approach to adult health nursing Medical Surgical Nursing Patient Centered Collaborative Care 8th Edition covers the essential knowledge you need to succeed at the RN level of practice Easy to read content includes evidence based treatment guidelines an enhanced focus on QSEN competencies and an emphasis on developing clinical judgment skills This edition continues the book's trendsetting tradition with increased LGBTQ content and a new Care of Transgender Patients chapter Written by nursing education experts Donna Ignatavicius and M Linda Workman this bestselling text also features NCLEX Exam style challenge questions to prepare you for success on the NCLEX Exam Cutting edge coverage of the latest trends in nursing practice and nursing education prepares you not just for today's nursing practice but also for tomorrow's UNIQUE Collaborative care approach organizes all medical surgical nursing and other interventions within the framework of the nursing process mirroring the nurse's role in the coordination management of care in the real world of medical surgical nursing UNIQUE A focus on nursing concepts relates concepts learned in Nursing Fundamentals with the disorders you will study in Medical Surgical Nursing Easy to read direct address writing style makes this one of the most readable medical surgical nursing textbooks available UNIQUE A focus on QSEN emphasizes patient safety and evidence based practice with Nursing Safety Priority boxes including Drug Alerts Critical Rescues and Action Alerts UNIQUE Emphasis on clinical judgment teaches you to develop skills in clinical reasoning and clinical decision making when applying concepts to clinical situations with Clinical Judgment Challenge questions throughout the chapters An emphasis on prioritization stresses the most important patient problems and nursing interventions with patient problems presented in a single prioritized list of nursing diagnoses and collaborative problems UNIQUE NCLEX preparation tools include chapter opening Learning Outcomes and chapter ending Get Ready for the NCLEX Examination sections organized by NCLEX Client Needs Categories plus NCLEX Examination Challenge questions with an answer key in the back of the book and on the Evolve companion website Practical learning aids include NCLEX Examination Challenges Clinical Judgment Challenges Best Practice for Patient Safety on prioritization delegation and supervision skills on long term care issues and on preparation for the NCLEX Examination and consistency with the 2013 NCLEX RN Test Plan NEW UNIQUE Care of Transgender Patients chapter discusses the unique health care needs and issues specific to the transgender community Improved delineation of NANDA I nursing diagnoses clearly differentiate NANDA diagnoses from collaborative problems NEW photos and drawings show patient care skills as well as the latest in nursing education and practice **Clinical Decision Making for Adult-Gerontology Primary Care Nurse Practitioners** Thanavaro, Karen S. Moore, 2016-03-15

Clinical Decision Making for Adult Gerontology Primary Care Nurse Practitioners provides a systematic approach to clinical decision making for a wide variety of commonly encountered primary care issues in adult and geriatric practice Unlike other textbooks it details a progressive approach to handling such issues by focusing on the complete visit from history intake through management and follow up care The goal of this text is to enable students to learn a systematic approach to clinical problems and use evidence based guidelines to direct their management decisions Designed for both the student and the newly practicing NP this text serves as a guide to increase the practitioner's confidence with the application of assessment skills diagnostic choices and management approaches Throughout the text students will find guidelines for the adult gerontology nurse practitioner role as well as a real life case studies that demonstrate what an NP may encounter in the clinical practice environment The text is written at an application level employs up to date evidence based literature and features practice questions all of which make this a strong resource for certification preparation Stroke Revisited:

Diagnosis and Treatment of Ischemic Stroke Seung-Hoon Lee,2017-08-30 This book presents state of the art knowledge on stroke management in a unique organizational style Ischemic stroke is extensively covered with inclusion of overviews that dynamically describe all relevant diagnostic and therapeutic processes in a time sequence mirroring real practice The individual components of management and key issues are fully discussed with the aid of complementary illustrations that facilitate understanding of practical aspects and enable the reader to retrieve fundamental information quickly In addition the book considers the various causes of stroke and provides detailed guidance on means of secondary prevention The recent demonstration of the substantial benefit of intra arterial thrombectomy using stentriever in patients with acute ischemic stroke represents a great moment in the history of stroke management As we embark on a new era there is an urgent need to review and evaluate current modalities for stroke diagnosis and treatment In tackling this task this book will be invaluable for physicians angiographic interventionists surgeons and students seeking to acquire up to date knowledge on stroke

Nutrition and Diet Therapy Carroll A Lutz,Erin Mazur,Nancy Litch,2014-08-14 Meet the ever changing demands of providing quality nutritional care for patients across the lifespan This popular text provides a strong foundation in the science of nutrition and a clear understanding of how to apply that knowledge in practice recognizing the need for nurses to work with other healthcare professionals to ensure optimal nutrition in patient care **GeNeDis 2022** Panagiotis

Vlamos,2023-08-15 The 5th World Congress on Genetics Geriatrics and Neurodegenerative Diseases Research GeNeDis 2022 focuses on the latest major challenges in scientific research new drug targets the development of novel biomarkers new imaging techniques novel protocols for early diagnosis of neurodegenerative diseases and several other scientific advances with the aim of better safer and healthier aging This volume focuses on the sessions from the conference on Neuroscientific Advances Clinical Cardiology Demosthenes Katritsis,A. John Camm,Bernard J. Gersh,2016 An essential tool for the busy clinician providing succinct yet detailed access to the most recent trial and guideline data supporting practice and patient

management in cardiology Primary Care, Second Edition Joanne K. Singleton, Robert V. DiGregorio, PharmD, BCACP, Carol Green-Hernandez, Stephen Paul Holzemer, PhD, RN, Eve S. Faber, MD, Lucille R. Ferrara, Jason T. Slyer, 2014-11-12 Print CourseSmart *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 **Congestive Heart Failure and Cardiac Transplantation** Daniel J. Garry, Robert F. Wilson, Zeev Vlodaver, 2017-06-01 This book is a comprehensive overview of heart failure and cardiac transplantation and integrates scientific and clinical information about the physiology pathophysiology diagnosis and treatment of this disorder Organized into five parts it reviews the history and basic mechanisms of heart failure etiology of heart failure heart failure disease progression advanced therapies for heart failure and cardiac transplantation The book presents basic concepts in the physiology molecular biology pathology and epidemiology of the normal and failing heart known causes of heart failure such as right heart failure valvular cardiomyopathy molecular mechanisms of sarcomeric cardiomyopathies and neuromuscular cardiomyopathy cardiorenal syndrome neurohormonal activation cardiac resynchronization ventricular assist devices regenerative mechanisms orthotopic heart transplantation early and late management of the post transplant patient heart transplantation and antibody mediated rejections heart lung transplantation and cardiac xenotransplantation Featuring contributions from leaders in the fields of heart failure cardiac transplantation cardiac pathology and cardiovascular molecular research Congestive Heart Failure and Cardiac Transplantation is a valuable compendium for cardiologists cardiothoracic surgeons researchers trainees and students *Cardiovascular Intervention E-Book* Deepak L. Bhatt, 2023-09-08 Selected for 2025 Doody s Core Titles in Cardiology Part of the renowned Braunwald family of references Cardiovascular Intervention A Companion to Braunwald s Heart Disease provides today s clinicians with clear authoritative guidance on every aspect of catheterization of the heart and vasculature and the latest imaging technologies This practical reference on interventional cardiology is organized from a procedural perspective with chapters focused exclusively on how to manage complex cardiovascular disease Now fully updated from cover to cover the 2nd Edition offers authoritative and current point of care coverage of this highly complex technology driven specialty an ideal resource for practitioners at all levels of experience Offers concise focused coverage of all aspects of managing interventional cardiology patients highlighting cautions procedural nuances and tips and outcomes Covers all the newest catheterization techniques and equipment including new generation stents mechanical support devices imaging technology and closure devices Offers complete coverage of structural heart disease and new developments in heart valve disease including TAVI and mitral valve procedures Provides updates on the latest procedures devices and clinical guidelines for evidence based practice Uses a

clear easy to follow organization with separate sections on coronary artery interventions peripheral artery interventions cerebrovascular interventions venous interventions structural heart interventions and congenital heart disease Features more than 506 high quality illustrations and access to 176 procedural videos Any additional digital ancillary content may publish up to 6 weeks following the publication date **Practical Cardiology** Majid Maleki,Azin Alizadehasl,Majid Haghighi,2017-08-25 From basic clinical facts to new advanced guidelines Practical Cardiology by Drs Majid Maleki Azin Alizadehasl and Majid Haghighi is your new go to resource for new developments in cardiology knowledge imaging modalities management techniques and more This step by step practical reference is packed with tips and guidance ideal for residents fellows and clinicians in cardiology as well as internal medicine cardiac surgery interventional cardiology and pediatric cardiology Features a wealth of information including practical points from recently published guidelines ECGs hemodynamic traces of advanced imaging modalities in real patients and much more Offers a comprehensive review of cardiovascular medicine from basic to advanced *Goodman and Fuller's Pathology E-Book* Catherine Cavallaro Kellogg,Kenda S. Fuller,2020-10-09 Selected for Doody s Core Titles 2024 in Physical Therapy The only pathology textbook written specifically for physical therapy this edition continues to provide practical and easy access to information on specific diseases and conditions as they relate to physical therapy practice Coverage includes guidelines precautions and contraindications for interventions with patients who have musculoskeletal or neuromuscular problems as well as other medical conditions such as diabetes or heart disease Logically organized content offers at a glance access to essential information on common illnesses diseases adverse drug effects organ transplantation laboratory values and more to ensure the most reliable and effective physical therapy for patients Up to date coverage with contributions from more than 100 content experts in pathology and physical therapy Revised content throughout provides the most current information required to be an effective practitioner Full color interior design photos and illustrations visually reinforce key concepts A Therapist s Thoughts offers personal and clinical insights from experienced therapists specializing in cancer diabetes cystic fibrosis women s health lymphedema psychological problems and much more Special Implications for the Therapist boxes provide information and ideas to consider when formulating a plan of care that addresses precautions contraindications and best practice specific to physical therapy Current information on conditions medical testing and treatment and practice models keeps students up to date on the latest research findings and recent changes in the field Key information presented in an at a glance format is organized by body system for easy reference Basic science information addresses the clinical implications of disease within the rehabilitation process covering common illnesses and diseases adverse effects of drugs organ transplantation laboratory values and much more Coverage includes updated information on standard precautions Separate chapter addresses laboratory tests and values that are important in physical therapy practice Separate appendix provides guidelines for activity and exercise A focus on health promotion and disease prevention is featured throughout the text Core Curriculum for

Vascular Nursing Cynthia Rebik Christensen, Patricia A. Lewis, 2014 An official publication of the Society for Vascular Nursing the Second Edition of the Core Curriculum for Vascular Nursing provides the core knowledge needed by the novice entering the specialty It also serves as a manual for the nursing instructor a study guide for cardiovascular certification and a reference for the experienced vascular clinician caring for the challenging vascular patient Topics include the evolution of vascular nursing vascular assessment and diagnosis vascular nursing research and guideline directed medical endovascular and surgical therapy for the treatment of carotid artery stenosis aortic aneurysm renal artery stenosis vascular access venous disease vascular trauma amputations and lymphedema

Manual of Critical Care Nursing Marianne Saunorus Baird, 2015-10-01 The compact yet comprehensive Manual of Critical Care Nursing Nursing Interventions and Collaborative Management 7th Edition is your students a go to reference for to help you provide safe high quality nursing care in the clinical critical care settings Written in an abbreviated outline format this easy to use Manual presents essential information on more than 75 disorders and conditions as well as concepts relevant to caring for all critically ill patients and functioning in the critical care environment Award winning clinical nurse specialist Marianne Baird separates the content first by body system and then by disorder with each disorder including a brief description of pathophysiology assessment diagnostic testing collaborative management nursing diagnoses desired outcomes nursing interventions and patient teaching and rehabilitation With the latest NANDA I nursing diagnoses and new sections on Bariatric Considerations and Caring for the Elderly this practical manual is designed to help critical care nurses and nursing students better care for any critically ill patient Coverage of more than 75 disorders most commonly seen in critical care units Consistent easy to use format facilitates quick reference so you can find information exactly where you expect it to be Portable size makes it ideal for use in the unit or bedside and is also easy to carry on campus Research Briefs boxes present abstracts of selected research studies and emphasize the use of evidence to guide care recommendations NANDA approved diagnoses are marked with an icon to familiarize you with NANDA terminology Chapters mirror a practicing nurse s approach to patient care making it quicker and easier to find information Diagnostic Tests tables highlight the definition purpose and abnormal findings for each test Collaborative Management tables concisely summarize relevant performance measures while incorporating the best available patient care guidelines Safety Alert and High Alert icons call attention to issues important to a patient s safety Chapter outlines display major heads care plans and their respective page numbers and provide easy access to disorders NEW Bariatric Considerations section added to assessment sections to help you assess and prevent complications and improve care in overweight and obese patients NEW Section on Caring for the Elderly added to assessment sections to provide you with tips and guidelines unique to elderly patients including recognizing differences in measuring pain providing appropriate nutritional support improving communication and preventing infection NEW Updated content throughout keeps you current in the field of critical care nursing NEW Geriatric icon highlights considerations relating to the care of older adults NEW The

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