



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>

Aha Cpr Guidelines 201

**American College of Sports
Medicine, Sanders, Mary**



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ACSM's Health/Fitness Facility Standards and Guidelines-5th Edition American College of Sports Medicine, Sanders, Mary, 2019 ACSM's Health Fitness Facility Standards and Guidelines Fifth Edition presents the current standards and guidelines to help health and fitness establishments provide high quality service and program offerings in a safe environment Revised by an expert team of professionals with expertise in architecture health and wellness law safety related practices and policies and the health and fitness club industry this authoritative guide provides a blueprint for health and fitness facilities to elevate the standard of care they provide their members as well as enhance their exercise experience

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 *Gregory's Pediatric Anesthesia* Dean B. Andropoulos, George A.

Gregory, 2020-05-18 Das Fachgebiet der Kinderanästhesie entwickelt sich stetig weiter Damit stehen auch Anästhesisten vor immer mehr Herausforderungen Gregory's Pediatric Anesthesia bereitet angehende Anästhesisten und gestandene Fachärzte für Anästhesie auf die neuen Anforderungen vor Sie erhalten das notwendige Wissen und Informationen zu den neuesten Verfahren um die Anästhesie von Kindern für eine Reihe von Operationen und anderen Eingriffen sicher durchzuführen Die Autoren präsentieren aktuelle Daten und Nachweise beleuchten auch grundlegende Prinzipien mögliche Komplikationen und Best Practice Verfahren und untermauern ihre Erkenntnisse mit ausführlichen Fallstudien zu allen wichtigen Fachrichtungen Die Neuauflage bietet Zugang zu anschaulichen Videos neue und erweiterte Kapitel auch zu folgenden Themen Anästhesie und Komplikationen bei Eingriffen an der Wirbelsäule auch postoperative Erblindung Robotergestützte Operationsverfahren bei Eingriffen am kindlichen Urogenitaltrakt Anästhesie bei Eingriffen an Personen mit angeborenen Herzerkrankungen Dieses neue Kapitel behandelt keine Herzoperationen Umfangreiche neue Ultraschallbilder bei richtiger Betäubung Wiederbelebung bei Neugeborenen Betreuung und Rekonvaleszenz von Kindern nach chirurgischen Eingriffen neues Kapitel Auch die 6. Auflage von Gregory's Pediatric Anesthesia ist ein verlässlicher und zugänglicher Leitfaden für Anästhesisten die jüngere Patienten

betreuen *The Textbook of Emergency Cardiovascular Care and CPR* John M. Field, Peter J. Kudenchuk, Robert O'Connor, Terry VandenHoek, 2012-11-07 With an editorial team of leading experts from the American College of Emergency Physicians and the American Heart Association this book is the first complete clinically oriented reference textbook in emergency cardiovascular care and CPR The book translates bench research to the clinician's bedside needs and addresses end of life issues The content is appropriate for a large audience including early caregivers emergency department and CCU nurses students residents fellows and hospitalists responsible for cardiovascular emergency situations A companion Website will include the fully searchable text instructional videos produced by the AHA and links to ACC AHA ASE ACEP and ILCOR guidelines and policy statements

CSI Cardiology Update 2018 Kewal C Goswami, 2019-02-28 SECTION 1 CORONARY ARTERY DISEASE RISK FACTORS SECTION 2 LIPIDS AND DIET SECTION 3 DIABETES AND HEART SECTION 4 HYPERTENSION SECTION 5 CHRONIC CORONARY ARTERY DISEASE SECTION 6 ACUTE CORONARY SYNDROMES SECTION 7 ST SEGMENT ELEVATION MYOCARDIAL INFARCTION SECTION 8 DUAL ANTIPLATELET THERAPY SECTION 9 CORONARY INTERVENTION SECTION 10 INTERVENTION IN STRUCTURAL HEART DISEASE SECTION 11 CARDIAC IMAGING SECTION 12 CARDIOVASCULAR PHARMACOLOGY SECTION 13 HEART FAILURE SECTION 14 SYNCOPE SECTION 15 ATRIAL FIBRILLATION SECTION 16 VENTRICULAR ARRHYTHMIAS SECTION 17 CARDIAC IMPLANTABLE ELECTRONIC DEVICES SECTION 18 CARDIAC SURGERY SECTION 19 STROKE SECTION 20 PERIPHERAL VASCULAR DISEASE SECTION 21 WOMEN AND HEART DISEASE SECTION 22 SYSTEMIC DISEASES AND HEART SECTION 23 EMERGING ISSUES IN CARDIOLOGY SECTION 24 MISCELLANEOUS Index

ACLS Study Guide - E-Book Barbara J Aehlert, 2016-10-06 Awarded second place in the 2017 AJN Book of the Year Awards in the Critical Care Emergency Nursing category Provide the best possible emergency cardiovascular care using the newest ECC guidelines ACLS Study Guide 5th Edition offers a complete full color overview of advanced cardiovascular life support An easy to read approach covers everything from airway management to cardiac arrest rhythms and their management electrical therapy acute coronary syndromes and acute stroke In addition to the latest ACLS treatment algorithms this edition includes case studies and hundreds of full color photos and illustrations Case studies present common realistic clinical situations helping you learn and apply skills in cardiac rhythm interpretation medication administration and other essential interventions ACLS Pearls boxes offer brief explanations of complex topics and useful tips for clinical practice End of chapter quizzes include answers and rationales helping you learn and remember the most important information Easy to understand approach simplifies your study of advanced cardiac life support thanks to Barbara Aehlert's unique conversational writing style NEW UPDATED content centers on evidence based practice recommendations including the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations NEW

Improved format integrates all case studies into the appropriate chapters so that you can apply concepts immediately to real world situations

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

Focused Ultrasound Techniques for the Small Animal Practitioner Gregory R. Lisciandro, 2014-01-28 Focused Ultrasound Techniques for the Small Animal Practitioner offers a highly practical guide to incorporating abbreviated ultrasound exams into the veterinary practice Focused point of care exams are an effective way to quickly detect conditions and complications not readily apparent through the physical exam laboratory diagnostics or radiographic findings Encompassing all the information needed to begin performing these techniques Focused Ultrasound Techniques for the Small Animal Practitioner is a useful tool for improving patient outcomes in clinical practice Covering focused exams in all body systems the book also outlines the principles of interventional radiology medical documentation and the basic fundamentals of using an ultrasound machine A companion website offers 87 video clips of AFAST TFAST and Vet Blue examinations with normal abnormal and incidental findings at www.wiley.com/go/lisciandro/ultrasound Focused Ultrasound Techniques for the Small Animal Practitioner is an essential purchase for veterinary practitioners and specialists wanting to implement these techniques in their veterinary practice

Rosen's Emergency Medicine - Concepts and Clinical Practice E-Book Ron Walls, Robert Hockberger, Marianne Gausche-Hill, Timothy B. Erickson, Susan R. Wilcox, 2022-06-13 For nearly 40 years Rosen's Emergency Medicine has provided emergency physicians residents physician assistants and other emergency medicine practitioners with authoritative accessible and comprehensive information in this rapidly evolving field The fully revised 10th Edition delivers practical evidence based knowledge and specific recommendations from clinical

experts in a clear precise format with focused writing current references and extensive use of illustrations to provide definitive guidance for emergency conditions With coverage ranging from airway management and critical care through diagnosis and treatment of virtually every emergency condition from highly complex to simple and common this award winning two volume reference remains your 1 choice for reliable up to date information across the entire spectrum of emergency medicine practice Please note the following important change for printed copies of Rosen s Emergency Medicine 10e On page 1029 in table 74 3 the dosage for Rivaroxaban should be 15mg by mouth You may contact Elsevier Customer Service to request a sticker Part no 9996133834 to make the correction in your printed copy Corrections have been made to the eBook versions of this title Offers the most immediately clinically relevant content of any emergency medicine resource providing diagnostic and treatment recommendations and workflows with clear indications and preferred actions Contains eight entirely new chapters covering coronaviruses COVID 19 the morbidly obese patient human trafficking sexual minority LGBTQ patients social determinants of health community violence and humanitarian aid in war and crisis Features over 1 700 figures including more than 350 new anatomy drawings graphs and charts algorithms and photos Includes new information across the spectrum of emergency care such as adult and pediatric airway management shock pandemic disease emergency toxicology sepsis syndrome resuscitation medical emergencies of pregnancy the immunocompromised patient child abuse pediatric sedation pediatric trauma and more Features revised and refined chapter templates that enhance navigation making it easy to find key information quickly Provides access to more than 1 200 questions and answers online to aid in exam preparation as well as two dozen new video clips showing how to best perform critical emergency procedures in real time Reviewed and verified cover to cover by a team of expert clinical pharmacists to ensure accuracy and completeness of all drug information and treatment recommendations 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 Please note the following important change for printed copies of Rosen s Emergency Medicine 10e On page 1029 in table 74 3 the dosage for Rivaroxaban should be 15mg by mouth You may contact Elsevier Customer Service to request a sticker Part no 9996133834 to make the correction in your printed copy Corrections have been made to the eBook versions of this title

Cardiac Arrest, An Issue of Emergency Medicine Clinics of North America, E-Book William J. Brady, Amandeep Singh, 2023-07-03 In this issue guest editors bring their considerable expertise to this important topic Contains 14 practice oriented topics including airway management of the cardiac arrest victim medications in cardiac arrest resuscitation strategies for maximizing survival team strategies and dynamics during resuscitation prognosis of cardiac arrest peri and post arrest considerations post cardiac arrest syndrome and more Provides in depth clinical reviews of cardiac arrest offering actionable insights for clinical practice Presents the latest information on this timely focused topic under the leadership of experienced editors in the field Authors synthesize and distill the latest research and practice guidelines to create clinically significant

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