

CPR STUDY GUIDE 2011-2012 (2010 Updates)

SIGNS & SYMPTOMS OF A HEART ATTACK – Call 911!

Heart's major blood vessels become blocked, lack of oxygen causes symptoms:

- Severe pain or pressure in the center under the breastbone (lasting several minutes)
- Lightheadedness
- Shortness of breath
- Cold sweat
- Denial
- Person awake and responsive most of the time

SIGN OF CARDIAC ARREST – Call 911!

Heart has stopped pumping blood to brain & body

- Person becomes/is unresponsive

SIGNS & SYMPTOMS OF STROKE – Call 911!

Area of the brain is deprived of blood (blood clot in blood vessel) causes symptoms:

- Facial droop
- Arm weakness
- Difficulty with speech
- Loss of balance

SIGNS & SYMPTOMS OF CHOKING – If the victim becomes unconscious, Call 911!

Foreign Body Airway Obstruction (FBAO); something is blocking the airway. Look for:

- Person cannot speak, cough or breathe
- Universal sign---hands criss-crossed across the throat
- Stiff body/Big eyes (non-verbal communication that victim is choking)
- Face discoloration (blue)
 - IF the victim becomes unconscious, Call 911 and begin steps of CPR while looking for the object to remove it after compressions, before giving breathes. See it, remove it, give breathes. If you do not see it, give breathes and continue sequence.

Risk Factor leads to a premature death.

Hypertension=high blood pressure; normal 120/80; elevated when above 140/90

- Risk factor that **can** be controlled.
- Person can incorporate a healthy diet and exercise program.
- Doctor can prescribe medication in most severe cases.

Automated External Defibrillator (AED) can analyze the heart rhythm of an unresponsive person, recognize an abnormal rhythm that may require a shock, and gives a shock if needed - stopping the abnormal heart rhythm and allowing a normal heart rhythm to return.

4 Special Situations in AED Use:

Hairy Chest: Shave chest with a razor or place child pads firmly; then, quickly rip pads off (waxing).

Water/Wet or Sweaty: If victim is lying in water, move the person away from water and dry off chest. Shocking on a wet surface not transmit the full shock needed. If wet/sweaty, dry off chest before applying pads.

Implanted Pacemaker/Defibrillator: Place an AED electrode away from implanted device – not ON the device.

Medication Patch: Remove the patch and wipe the skin clean before attaching the AED – may cause burns to the victim's skin and won't transmit the full shock.

ADULT CPR

- 1) Check the scene to see if it is safe.
- 2) Are you okay? ---**Check for responsiveness.**
- 3) **Yell for help and send someone to call 911 and get an AED – If ALONE, call before doing CPR**
- 4) Scan the victim to determine if he/she is breathing. If no breathing, begin CPR!
- 5) **Start CPR with Chest Compressions:**
 - ◆ Place heel of hand on center of the chest between the nipples
 - ◆ Interlock the other hand on top using the heel of your hands
 - ◆ Use your body weight and lean forward so that your shoulders are over your straightened arms and hands. You should look down at your hands.
 - ◆ Provide compressions at a rate of AT LEAST **100** compressions per minute, compress 2”
 - ◆ After 30 compressions, provide 2 breaths – enough to make the chest rise
 - ◆ Continue until victim is responsive, medical help arrives or you can no longer continue
 - ◆ If breathing, turn onto the side recovery position to prevent choking on vomit & keep airway open

CHILD CPR

- Check the scene to see, if it is safe.
- Are you okay? ---**check for responsiveness**
- **Yell for help and send someone to call 911 and get an AED**
- Scan the victim to determine if he victim is breathing. If NO breathing, begin CPR
- Give 30 compressions - compress downward at a rate of at least **100** times per min., compress 2”
Use one hand for a small Child (center of the chest between nipples) and give chest compressions.
- Give 2 breaths (enough to make the chest rise)
- Do five sets of CPR before using the AED (use Child pads; if the Child pads are not available, use Adult pads).
- **Call 911, after 5 sets of CPR (If you are ALONE with the Child)**

INFANT CPR

- Check to see, if the scene is safe.
- Check for responsiveness, tap feet and say “Are you okay?”
- Call for help – If someone is with you send him/her to call 911 and get an AED
- Give 30 compressions and two breaths
- Give chest compressions: place the 2 fingers just below the nipple line.
- Compress the chest at a rate of at least **100** times per min., 1.5”
- **Call 911 after 5 sets of CPR (If you are alone with the Infant)**

INFANT CHOKING

- Give 5 back blows; then, give 5 chest compressions, repeat until the object is removed or the victim becomes responsive.
- If Infant becomes unresponsive, send someone to call 911!
- Begin with 30 chest compressions and if you see an object before giving breaths, remove it. If you do not see the object, give breaths anyway and continue to give compressions. Your goal is to get the **“object out and air in!”** An AED is NOT used on an Infant.

