

CPR Review

Signs/Symptoms of Heart Attack: Pain or pressure in the chest, possibly radiating to the left arm, back (between the shoulder blades) or jaw. Look for sweating, a pale face, light-headedness, shortness of breath. **Call 911.**

Signs/symptoms of Stroke: Severe headache or weakness on one side of the body or face. Confusion may be apparent. The person's speech, vision, or mobility may be off. Check for weakness **Face/Arms/Speech/Time to call!**

When to dial 911: After checking for Responsiveness and breathing at the same time:

Usually, the Adult survival statistics are highest with use of a defibrillator, so for cardiac arrest, call 911 immediately. If there is an AED close by, get it and set it up even before starting CPR if you are by yourself.

Getting started: Make sure the scene is safe. Check for responsiveness; tell someone to call for help or do it yourself, if alone; then look for normal breathing for 5-10 secs, **start compressions within 10 seconds.** **C.A.B. = Compressions, Airway, Breaths:** Compressions should be followed by head-tilt, chin lift to open the Airway, then give 2 Breaths if possible. Start with 5 sets of 30:2 without interruption, when possible; switch places with someone every 2 min.

Breaths: After one set of 30 compressions, give 2 breaths. When using a mask or mouth-to-mouth breathing, avoid getting air in the stomach by watching the chest and giving one- second breaths.

CPR REVIEW:

Location of Compressions: Adult/Child: between the nipples Infant: 1 finger width below nipples

Ratios of Compression to Breaths

30:2 for Adult w/ 2 hands Child w/1- 2 hands Infant w/2 fingers.

Depth of Compressions: Adult: 2 inches Child: 2 in Infant: 1.5 in

Rate of compressions: a minimum of **100 – 120 per minute** for all age groups

FULL “recoil” of each compression and the depth are equally important to make sure the heart refills/empties completely.

AED: Automated External Defibrillator

It is important to give early defibrillation. The probability of successful defibrillation diminishes rapidly over time.

We do NOT need to wait for CPR to be started to use AED. If CPR is in progress, interrupt when pads are ready.

TURN THE AED “ON” FIRST

1. Clear the chest by removing medication patches, excessive hair, jewelry and moisture.
2. Place the AED pads on correctly (as indicated by directions/pictures on pads). Do not use child pads on Adult.
3. **Listen to the monitor for prompts:** CLEAR “Analyzing heart rhythm”.
4. Listen to the monitor for prompt: **CLEAR** for Shock!
5. Follow prompts to “Shock” and be prepared to do CPR for 2 minutes after each shock .

OBSTRUCTED AIRWAY - Conscious:

- Use abdominal thrusts on a conscious choking Child or Adult - location directly above the naval.
- Use chest thrust on someone who is pregnant or obese – location same as compressions for CPR
- Use 5 Back slaps and 5 chest thrusts on a conscious choking Infant 0 – 1 year

Locations: Back slaps are between shoulder blades using heel of one hand

Chest thrusts are 1 finger width below imaginary nipple line (using 2 fingers to thrust)

Unconscious Obstructed Airway: When a person becomes unconscious from choking, **start CPR** with a mouth check before each time you try to ventilate. Blow gently to see if the air will go in, not forcefully. If air doesn't go in, re-tilt and try again.

*Turn cell phones off! No cell phone use allowed during class, including texting.
You will get an e-card good for two years from ASHI, look for an email from @hsi.com.*