CPR Notes

Know for Unit Test

Don't be Another Statistic~

Cardiac Arrest is rapidly becoming the leading cause of death in America.

Once the heart stops its function, the brain may survive without oxygen for up to 4 min.

Unfortunately, EMS may take 6,8, or even 10 min. Depending on your location.

CARDIO (heart)

PULMONARY (lungs)

RESUSCITATION (revive)

CPR Timeline:
0-4 min. brain damage unlikely
4-6 min. brain damage possible
6-10 min. brain damage probable
Over 10 min. probable brain death

*Artificial heartbeat

Why Important?

CPR may not SAVE the victim, but if started within 4 minutes of cardiac arrest & **defibrillation** is provided within **10 minutes**, a person has a **40%** chance of survival.
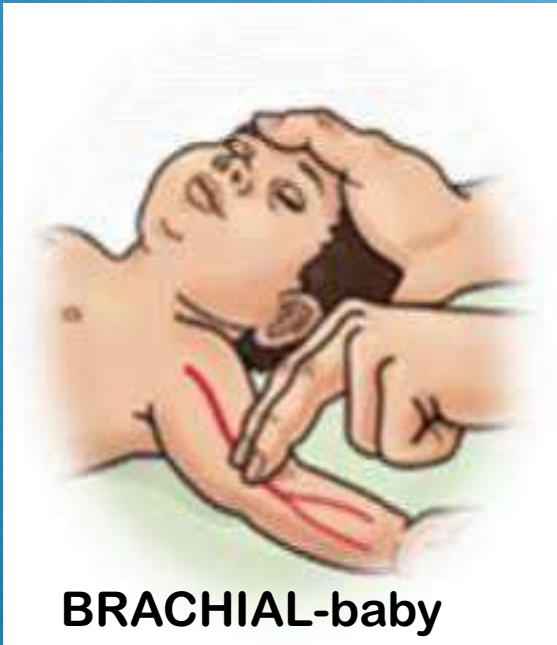
How to check for responsiveness?

Adult/Child: Tap and shout, "Are you ok"?

Infants: Tap feet and gently tap chest or shoulders.

If there is NO response, call 911 IMMEDIATELY and check the victim for circulation.

Where to check for a pulse?

Why do you think we need to check a different pulse from an infant than a child?

CAROTID -Adult

BRACHIAL-baby

RADIAL- Child

ABC's

Airway: Tilt head and life chin, open the airway and listen and feel for breaths.

Breathing: Feel any breaths against your ear and look towards their toes to see if their chest is rising and falling.

Circulation: Check for a pulse.

Infant CPR

Age Range: NB-12months

 Same as Adult

Hand Placement: One hand on forehead, other hand compress using two fingers.

How deep: 1/3 infants depth of chest

Child CPR

Age Range: 1-10/14 or the onset of adolescence as defined by the presence of secondary sex characteristics.

Compressions-how many? Same as adult.

Hand Placement: depends on size of child. Smaller children may only require one hand compressions, other may need to hands (just as an adult)

2 inches

Adult CPR

Hand Placement: 2 hands, center of breast bone (between nipples)

Compress chest 2 inches deep

3 compressions every 2 seconds. (beat of staying alive)

Where to check for a pulse-REVIEW~