

CPR Study Guide

Adult Chain of Survival (Adult Standards apply to anyone over age 8)

1st LINK: EARLY ACCESS

Recognize unresponsiveness, Activate EMS - CALL 911

Recognize early warning signs of heart attack, stroke, Activate EMS - CALL 911

Recognize cardiac arrest, Activate EMS -CALL 911

2nd LINK: EARLY CPR, begin the ABCs

a=airway, open airway

b= breathing, look, listen & feel for breathing

c=circulation, check pulse, look for signs of circulation – coughing, movement, breathing

Note - CPR delivers oxygenation blood to brain, kidneys and other vital organs

3rd LINK: EARLY DEFIBRILLATION

Leading cause of cardiac arrest for adults is heart rhythm irregularity.

4TH LINK: EARLY ADVANCED CARE

American Heart Association Emphasizes Four Medical Emergencies

Heart Attack – Typical symptoms are a pressure like or chest pain lasting several minutes. Other symptoms may include nausea, vomiting, sweating, and radiation of pain to neck or jaw and shortness of breath. Atypical signs are more likely to occur in women, & patients with diabetes.

Stroke – Symptoms include one sided weakness, paralysis and/or numbness, facial drooping, slurred speech, double vision.

Choking- Universal sign of Choking. Ask, “Are you Choking, Can you speak”, if not state you can help. Perform abdominal thrusts until object is expelled or person becomes unresponsive.

Cardiac Arrest- this victim is unresponsive, not breathing and no pulse. The best treatment is a combination of CPR and Defibrillation within 3-5 minutes.

Cardiovascular Risk Factors

Uncontrollable – risk factors you cannot change

Age, Heredity, Gender, Race

Controllable – risk factor you can change

Smoking, Hypertension, High Cholesterol, Physical Inactivity

Note: Uncontrolled Hypertension is one of the most powerful modifiable risk factors for stroke

Steps of Adult CPR

After establishing unresponsiveness, initiate the Adult Chain of Survival

Call 911

Begin the ABCs of CPR

Airway

Breathing

Circulation

Pediatric (Infant & Child) Chain of Survival

Infants include newborn to one year of age

Children include ages 1-8 years of age

1st LINK: Prevention of Cardiac Arrest

Note: Leading cause of cardiac arrest for Infants and Children is breathing difficulty

2nd LINK: EARLY CPR, begin the ABCs

a=airway, open airway

b= breathing, look, listen & feel for breathing

c=circulation, check pulse, look for signs of circulation – coughing, movement, breathing

Note - CPR delivers oxygenation blood to brain, kidneys and other vital organs

3rd LINK: EARLY ACCESS, ACTIVATE EMS – CALL 911

4TH LINK: EARLY ADVANCED CARE

NOTE: The leading cause of all deaths for infants and children are accidents and injuries.

Overview and Key Points

	Adult (over 8 years)	Child (1-8)	Infant (newborn – 1)
Open Airway	Head tilt chin lift. IF trauma present, use Jaw Thrust.	Head tilt chin lift. IF trauma present, use Jaw Thrust.	Head tilt chin lift. IF trauma present, use Jaw Thrust.
Check for breathing , Look, listen & feel. If victim is breathing put in recovery position. If not breathing give 2 effective breaths.	Always 2 initial breaths (if chest does not rise, reposition airway) volume of air is enough to make the chest rise	Always 2 initial breaths (if chest does not rise, reposition airway) volume of air is enough to make the chest rise	Always 2 initial breaths (if chest does not rise, reposition airway) volume of air is enough to make the chest rise
Circulation Check pulse and signs of circulation, coughing, movement, breathing.	Check Carotid Pulse	Check Carotid Pulse	Check Brachial Pulse
If, has signs of circulation. Begin rescue breathing.	1 breath every 5 seconds 12 breaths per minute	1 breath every 3 seconds 20 breaths per minute	1 breath every 3 seconds 20 breaths per minute
IF, no signs of circulation begin compressions Compression Landmarks Compression Ratio Compression Rate	Use both hands, heel of one hand with other on top Place hands two finger above Xyphoid Process- lower half of sternum 15:2 100 per minute (this means one is performing compressions faster than one per second)	Use heel of one hand Place hand two finger above Xyphoid Process- lower half of sternum 5:1 100 per min	Use two fingers Two fingers – one finger below nipple line 5:1 greater than 100 per minute
Choking – Foreign Body Obstruction	Abdominal Thrusts	Abdominal Thrusts	5 Back Blows, 5 Chest Thrusts – Keep repeating until object is expelled or baby becomes unresponsive