

CPR - AED

- first aid: immediate care given to a person w/ injury/illness until more advanced care is available.
- Good Samaritan Law: laws that protect people who willingly aid those without compensation
- * YOU MUST OBTAIN CONSENT FROM A CONSCIOUS PERSON *
- ↳ no consent, no care (call 911)
- ↳ unconscious victim = implied consent

EMERGENCY ACTION STEPS

- check: scene for safety
 - victim(s)
- call: 911 or emergency #
 - don't need to approach
- care: provide care
 - if scenario is safe

POSSIBLE WARNINGS OF DISTRESS

- unusual sound - crash, crying, yelling, shot, broken glass
- unusual behavior - lethargic, confused, violent
- unusual odor - gas, smoke
- silence

LIFETHREATENING EMERGENCIES

- unconscious/unresponsive
- breathing problems - trouble breathing or none
- chest pain (heart attack/stroke)
- severe bleeding
- cardiac arrest - no pulse
- seizure

CAUSES OF SUDDEN DEATH (unexpected)

- cardiovascular
- electrocution
- drowning
- choking
- overdose (mixing substances / children)
- allergic reaction
- suffocation
- poisoning

cardiac
arrest

- > heart stops beating
- > no pulse / breathing
- > check carotid pulse (neck)

TYPES OF DEATH

Clinical Death

- heart stops
- no breathing
- no pulse

conduct
CPR
if no
DNR

Biological Death

- no brain activity
- no breathing
- no pulse

prevents
(4-6 mins)
til

signs

- * > unconscious
- * > no breathing
- * > no pulse
- > pale, ashen, blue
- > cold to the touch

DISEASE PREVENTION

- don't have direct contact with another person's fluids (blood, saliva, vomit)
- use a barrier (face shield, latex free gloves, etc)
 - ↳ avoid touching other surfaces while wearing gloves
 - ↳ remove gloves & wash hands after providing care

CPR

cardio-pulmonary resuscitation

- lungs: breathing/ventilation/1 sec, breath
- heart: circulation/chest compressions

↳ compressions =

- > 2 hands on center of chest
- > compress 2 inches
- > 30 compressions to 2 ventilations

-assessment:

- ↳ airway - head tilt chin lift
- ↳ breathing - look, listen, feel (5-10 secs)
- ↳ circulation - check carotid pulse (5-10 secs)

WHEN TO STOP ^(STOP)

• continue until...

1. signs of life (breathing/pulse)
2. AED is ready to use
3. EMS arrives & assumes responsibility
4. you are too exhausted (ineffective)
5. scene becomes unsafe

CARDIAC CHAIN OF SURVIVAL

- recognition - activate EMS
- early CPR - hands only
- rapid defibrillation - AED
- advanced life support
- post cardiac care

hands only

- check, call, care
- chest compressions
 - ↳ push hard & fast
 - center of chest 2 in
 - 100-120/minute

AED

automated external defibrillator

- each minute CPR & defibrillator is delayed it reduces the chance of survival by about 10 percent
- AED should be used asap
- resets electrical activity of the heart
- asystole, v-tech, v-fib

HOW TO USE (talks you through it)

1. Turn on
 2. Wipe chest dry
 3. Apply pads to victim's bare chest
 - ↳ upper right & lower left
 4. Plug in connector (if needed)
 5. Analyze (stand clear - do not touch victim)
 6. Shock advised stand clear
 7. Press button - SHOCK
- (if no electricity in heart, AED may not advise shock)

⚠ PRECAUTIONS

- do not use alcohol to wipe chest
- do not touch during analyzing/defibrillating
- do not use in vehicle
- do not use phone within 6ft of AED
- remove patches with gloved hand (if in the way)