

CPR Education

Tools for Life[®]

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Introduction

- 1 million deaths each year related to cardiovascular disease. Two-thirds occur out of a hospital and most within 2 hours of the onset of symptoms
- ECC (Emergency Cardiac Care) System
- 4 links: 1) early access to EMS System, 2) Early CPR, 3) Early Defibrillation, 4) Early ACLS (Advanced Cardiac Life Support)

Heart/Lung Function

- Heart: Pumps blood to the Lungs and the Body. It is a double pump, the right side receives unoxygenated blood, the left forces oxygenated blood to the body.
- It does this at a rate of 60-100 beats per minute on ave.

Heart/Lung Function

- Lungs: Brings oxygen from the outside air into the blood and eliminates carbon dioxide from the body (bi-product of using oxygen)
- It does this at a rate 10-12 breaths per minute

CHD Facts & Definitions

- It is estimated that 6.3 million Americans have significant Coronary Heart Disease
- Arteriosclerosis, Atherosclerosis, Angina Pectoris, Coronary Artery Disease, Coronary Heart Disease, Myocardial Infarction
- Warning Signs: 1) Pain - an uncomfortable pressure in the center of the chest. May spread to arms, neck, lower jaw, or upper back, 2) Cold sweats, nausea, shortness of breath, weakness, and anxiety, 3) Denial

Stroke

- Change of level of consciousness
- Severe pain in head or neck
- Aphasia-slurring of speech
- Face muscles asymmetric
- Paralysis of 1 or more limbs on same side of body
- Partial loss of vision or Double vision
- Fear of light & sounds

Risk Factors/Prevention

- Risk Factors: 1) Smoking, 2) Hypertension, 3) Elevated blood lipids, 4) Lack of exercise, 5) Obesity, 6) Stress 7) Diabetes, 8) Gender (male), 9) Heredity

and 10) Age

- Prudent Heart Living: 1) Seek timely medical advice and follow it, 2) Consistency 3) Take things in moderation, and 4) Discipline

Basic Life Support

- BLS is the phase of ECC that 1) prevents respiratory or cardiac arrest or insufficiency through prompt recognition and intervention or 2) supports the ventilation and circulation of a victim of cardiac arrest with CPR
- ABC's: Assess, Breathing, Circulation

CPR

- Assess: 1) Determine unresponsiveness, 2) Determine breathlessness, 3) Determine pulselessness
- Breathing: 1) Open airway, 2) Give 2 initial breaths
- Circulation: 1 person CPR=2 breaths after 15 compressions, 2 person CPR=1 breath every 5 compressions, 1/3-1/2 the depth of chest

Child CPR

- Assess: Same as adult.
- Breathing: Same as adult. Rate of 1 breath after 5 compressions for 1 or 2 person.
- Circulation: Same as adult except you should maintain the head with one hand and compress with the other - 1/3-1/2 the depth of the chest at a rate of 100 per minute

Infant CPR

- Assess: Same as adult.
- Breathing: Mouth to Nose. Only fill up cheeks. Rate of 1 breath to 5 compressions. Take pulse at brachial artery.
- Circulation: Lower half of sternum between nipples. One hand maintains head. Use 2 or 3 fingers. Compress 1/3-1/2 the depth of the chest at a rate of 100 per minute

AED (Automatic External Defibrillation)

- Will see in every police car and airplane
- Sends 2+ times the watts through the body as an electric chair - 100,000 vs. 40,000

Foreign Body Airway Obstruction

- Recognition: Partial: Good - wheezing
Poor - weak, ineffective cough, high pitched noise while inhaling
Complete: Unable to speak, breathe, or cough
- Universal Distress Sign
- Ask if choking

Maneuvers

- Manual Thrusts
- Chest Thrusts
- Finger Sweep
- Sequence: 1) Open mouth, check, finger sweep, 2) Attempt rescue breath, 3) Not able to ventilate- Thrusts up to 5 times, 4) Recheck, repeat, EMS