**Adult CPR/AED Review Sheet (2015)**

**Implied Consent:** an unconscious victim is unable to give consent, therefore consent is implied.

**Good Samaritan Laws:** help to protect people who voluntarily give care without accepting something in return.

**CPR:** Cardiopulmonary Resuscitation- purpose is to circulate oxygenated blood to the vital organs and tissues of the human body until an AED is ready to use or advanced medical personnel take over.

**AED:** Automated External Defibrillator- pads are placed on the upper right and lower left portions of the chest

**Defibrillation:** electrical shock that interrupts the heart’s chaotic electrical activity

**Steps of the Cardiac Chain of Survival:**

1. Early recognition and early access to care
2. Early CPR
3. Early defibrillation
4. Early advanced medical care

**Standard Precautions:** protect the caregiver and injured person by minimizing the risk of disease transmission

1. Avoid contact with blood and bodily fluids
2. Use protective barriers such as masks and gloves
3. Wash hands after giving care **(for at least 15 seconds)**

**Check-Call-Care** (you must have consent to give care)

**Life Threatening Emergencies:**

-unconscious -stroke

-not breathing/trouble breathing -seizures

-choking -severe bleeding

-persistent chest pain (heart attack) -severe burns

-no signs of life -shock

**Shock:** life threatening condition in which not enough blood is being delivered to all parts of the body and can result from injury or illness. Never give a person who is in shock anything to eat or drink.

**Heart Attack:** when heart muscle is damaged from a lack of oxygen and blood supply by either disease or trauma

**Signals of a Heart Attack:**

-persistent chest pain or pressure (lasting more than 3-5 min. or goes away and comes back)

-chest pain spreading to shoulders, neck, jaw or arms

-shortness of breath or trouble breathing -sweating

-nausea or vomiting -dizziness, fainting, pale or bluish skin

**\*\*\*Early CPR and early defibrillation can save the lives of more people in cardiac arrest\*\*\***

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| **CPR**  1. Check the scene  2. Ask if “OK”  3. Call 911, get an AED  4. Check for signs of life for **no more than 10 sec.**  5. Give CPR if no signs of life  -30 compressions, 2 breaths  -Each breath should last approximately 1 sec.  -compression rate: 100 times per min.  -5 cycles every 2 min.  6. Do not stop CPR until:  - there is evidence of signs of life  -AED is ready to use  -EMS or an advanced professional take over  -scene becomes unsafe  -you become too exhausted to continue | **Conscious Choking**  1. Check the scene  2. Ask if “choking”  3. Call 911  4. get consent  5. 5 back blows  6. 5 abdominal thrusts  7. repeat until:  -object becomes dislodged  -more advanced help takes over  -person becomes unconscious |
| **Unconscious Choking**  1. Try to give 2 breaths  -retilt the head if breaths don’t go in on first  breath  2. Give 30 chest compressions  3. check for a foreign object in the victim’s mouth; sweep the object out only if you see it  4. give two breaths  - if breaths go in, check for signs of life  -if breaths don’t go in, continue with chest  compressions  \*make sure 911 was called | **AED**  1. First thing you do is turn the AED on!  2. Follow the prompts of the AED  3. Attach pads to upper right and lower left chest for an adult (children chest and back)  -chest must be dry, free of hair  -pads cannot touch each other  4. make sure no one is touching the victim when the AED is analyzing and shocking  \*defibrillation is an electrical shock that may help the heart to resume an effective rhythm to a person in sudden cardiac arrest  \*while waiting for the AED, start CPR  \*when an AED is available, it should be used as soon as possible |