Adult CPR/AED Review Sheet (2017)

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

Steps of the Cardiac Chain of Survival: *helps improve the chance of survival*
1. Early recognition and early access to care
2. Early CPR
3. Early defibrillation
4. Early advanced medical life support
5. Integrated post cardiac arrest 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)**
4. Change gloves after providing care from one person to another

Steps to follow in an emergency **-Check-Call-Care** (you must have consent to give care)

S- Signs and symptoms
A- Allergies
M- Medications
P- Pertinent medical history
L- Last food or drink
E- Events that led up to the incident

Life Threatening Emergencies: *must call to 911*

-unresponsive   -stroke   -choking   -shock   -seizures   -severe burns
-not breathing/trouble breathing   -severe bleeding   -no signs of life   -persistent chest pain (heart attack)

Cardiac arrest: stoppage of the heart or beating ineffectively. It is not always caused by cardiovascular disease.

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

-persistent chest pain or pressure	-sweating
-chest pain spreading to shoulders, neck, jaw or arms	-dizziness, fainting, pale or bluish skin
-shortness of breath or trouble breathing	-nausea or vomiting

Continue CPR until:

-The person shows signs of life	-The scene becomes unsafe
-You are alone and are too physically exhausted to continue	-The AED is ready to be used
-Another trained person can help relieve you while switching off	
-EMS arrives and can take over	

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

CPR	Responsive Choking

1. Check the scene
2. Ask if "OK"
3. Call 911, get an AED
4. Check for signs of life for **5-10 seconds.**
5. Give CPR if no signs of life
    -30 compressions, 2 breaths
    -Each breath should last approximately 1 sec.
    -compression rate: 100-120 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
 	
Adult- compress chest at least 2 inches deep
Child- compress chest about 2 inches deep
	1. Check the scene
	2. Ask if "choking"
	3. Call 911
	4. get consent
	5. 5 back blows between the shoulder blades
	6. 5 abdominal thrusts just above the navel
	7. repeat until:
	    -object becomes dislodged
	    -more advanced help takes over
	    -person becomes unconscious

Unresponsive Choking	**AED**

1. Try to give 1 rescue breath
    -re-tilt the head if breath doesn't go in on first Breath
  Give second rescue breath. If second breath doesn't go in, proceed to step 2.
 	
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
	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