

## Background Information

- **Good Samaritan Law** - do only what you're trained in, only go onto scene if safe, once you start you don't stop until you are relieved by ALS
- **Universal Precautions** - glove up and use rescue breather barrier to prevent contamination, always assume the victim is contaminated
- **Adult Health Conditions:** (*know signs and solutions for each*)

### **1-Heart Attack/Acute Coronary Syndrome (ACS)** (blockage to heart)

**Signs:** chest pain/pressure, sweaty, lethargic, nauseous, radiating pain/pressure/numbness down left arm, back, jaw, neckline or abdomen.....can range from slight to severe

**Solutions:** Give O2 if trained, give Rx or give aspirin, sit down, loosen clothing, call 911

### **2-Sudden Cardiac Arrest** (heart not pumping - shaking=Ventricular fibrillation=VF)

**Signs:** unresponsive, unconscious, gasping, sudden collapse (adults most commonly caused b ACS)

**Solutions:** Call 911 first with all ages, give CPR & AED (AED 1<sup>st</sup> if you have it right there)

### **3-Stroke** (blood supply to brain interrupted – 80% by blockage, 20% by bleeding)

**Signs:** blurred vision, slurred/troubled speech, headache, and nauseous, weak, dizzy, paralysis

**\*Test/Solutions:** Ask to smile, raise both arms, and complete simple sentence, if they can't 911

### **4-Choking** (FBAO=foreign body airway obstruction)

**Signs:** can no longer speak or cough, eyes watering, face discoloration/lips blue

**Solutions:** Heimlich/abdominal thrusts with anyone over 1, back blows/chest thrusts with infants,

unconscious call 911 and begin CPR checking mouth first before you blow

### ➤ **Child/Infant Health Conditions:**

- **Accidents & injuries** (leads to respiratory arrest, mostly preventable)

## Procedure Chart – Community Level

**A=Airway**

**B=Breathing**

**C=Circulation**

**D=Defibrillation**

**Adult Chain of Survival – recognition, 911, CPR, AED, ALS**  
**Child/Infant Chain of Survival – prevention, CPR, 911, ALS**

### CPR (Cardio Pulmonary Resuscitation)

**(8+)**

**Adult**

Check responsiveness  
Dial 911/ALS  
**Open airway (HTCL)**  
Look, Listen, Feel 5-10 sec  
Pinch nose, seal mouth  
2 Slow easy breaths  
**NO PULSE CHECK**  
Compressions:  
2 hands (hard flat surface)  
1 ½-2” deep w/recoil  
100 per minute (**hard & fast for all**)  
30 compressions  
2 breaths  
5 cycles/reassess  
  
**HAINES position**

**(1-8)**

**Child**

Check responsiveness  
Start now  
Open airway (HTCL)  
Look, Listen, Feel 5-10 sec.  
Pinch nose, seal mouth  
2 Slow easy breaths  
**NO PULSE CHECK**  
Compressions:  
1 or 2 hands  
**1/3-1/2 depth of chest w/recoil for child or infant**  
100 per minute  
30 compressions  
2 breaths  
5 cycles/reassess  
Dial 911/ALS after 2 min.  
HAINES position

**(-1)**

**Infant**

Check responsiveness  
**Start now**  
Open airway (HTCL)  
Look, Listen, Feel 5-10 sec.  
Seal mouth & nose  
2 Slow easy breaths  
**NO PULSE CHECK**  
Compressions:  
2 fingers (**just below nipple line**)  
100+ per minute  
30 compressions  
2 breaths  
5 cycles/reassess  
Dial 911/ALS after 2 min.  
HAINES position

*\*1 way to open airway HTCL=head tilt chin lift.*

*\*ALS=advanced life support (EMS), ACLS=advanced cardiac life support*

*\*HAINES position=high arm in endangered spine=recovery position....Never move a victim unless you have to.*

### AED = Automatic External Defibrillator (shocker paddles)

\*Within 3-5 min. you offer the best overall chance for survival of someone in cardiac arrest. If you don't have pediatric paddles for a child use adult ones. For infants there is insufficient data to make recommendation for or against use of adult paddles on them. AED takes precedence over CPR w/SCA but not in place of CPR, you utilize both together, **shocking 1st if you have an AED followed by 5 cycles of CPR. \*Electrocution give CPR 1<sup>st</sup>, clear then give 1 shock.**

\*No liquid, metal, hair or medical patches on body with AED. Leave pads on body and AED turned on. Implanted devices keep 1” away from pads. With O2 do not use....possible fire.

### FBAO (Choking)

**Adult**

Heimlich (**abdominal thrusts**)

**Child**

Heimlich

**Infant**

**5 Back blows/5 chest thrusts**

\*If unconscious, lay down, 911, CPR, look into mouth before giving breath. Never blind finger sweep child/infant.

*\*Implied consent=unconscious, an unattended child, or mentally unstable adult.*