

## Background Information

- **Good Samaritan Law** - do only what you're trained in, only go onto scene if safe
- **Universal Precautions** - glove up and use rescue breather barrier to prevent contamination, always assume the victim is contaminated
- **Adult Health Conditions:** (*know signs and remedies for each*)
  - **Heart Attack/Acute Coronary Syndrome (ACS)** (blockage to heart)  
  
-chest pain/pressure, sweaty, lethargic, nauseous, radiating pain/pressure/numbness down left arm, back, jaw, neckline or abdomen.....can range from slight to severe  
  
(*Give O2 if trained, give Rx, give aspirin, sit down, loosen clothing, call 911*)
  - **Sudden Cardiac Arrest** (heart not pumping - shaking=Ventricular fibrillation=VF)  
  
-unresponsive, unconscious, gasping....in adults it is most commonly caused by ACS  
  
(*Call 911 1<sup>st</sup>, give CPR & AED*)
  - **Stroke** (blood supply to brain interrupted – 80% by blockage, 20% by bleeding)  
  
-sudden blurred vision, slurred/troubled speech, headache, nauseous, weak, dizzy, paralysis  
  
(*Ask to smile, raise both arms, complete simple sentence....if they cannot call 911 and sit down*)
  - **Choking** (FBAO=foreign body airway obstruction)  
  
– can no longer speak or cough, eyes watering, face discoloration (*seconds before unconscious, and brain damage happens within 4 minutes of this*)
- **Child/Infant Health Conditions:**
  - **Accidents & injuries** (respiratory arrest, mostly preventable)

## Procedure Chart – Professional 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)

**(Onset Puberty 12-14)**

**(1-Onset Puberty)**

**(-1)**

#### Adult

#### Child

#### Infant

Check responsiveness

Check responsiveness

Check responsiveness

Dial 911/ALS

Start now

Start now

Open airway (HTCL)

Open airway (HTCL)

Open airway (HTCL)

Look, Listen, Feel for breath

Look, Listen, Feel for breath

Look, Listen, Feel for breath

Pinch nose, seal mouth

Pinch nose, seal mouth

Seal mouth & nose

with your mouth

with your mouth

with your mouth

2 Slow easy breaths (**reposition**)

2 Slow easy breaths

2 Slow easy breaths

Check pulse (carotid)

Check pulse (carotid/femoral)

Check pulse (brachial)

5-10 sec.

5-10 sec.

5-10 sec.

No pulse do compressions

No pulse do compressions

No pulse do compressions

2 hands (**hard flat surface**)

**1 or 2 hands**

2 fingers (**just below nipple line**)

1 ½-2” deep w/recoil

**1/3-1/2 depth of chest w/recoil for child or infant**

100 per minute (**hard & fast for all**)

100 per minute

100+ per minute

30 compressions

30 compressions

30 compressions

2 breaths

2 breaths

2 breaths

5 cycles/reassess

5 cycles/reassess

5 cycles/reassess

Dial 911/ALS after 2 min.

Dial 911/ALS after 2 min.

**HAINES position**

HAINES position

HAINES position

*\*1 way to open airway HTCL=head tilt chin lift. If neck injured do jaw thrust w/no head extension.*

*\*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.*

*\*2 Rescuers 15:2 for infant/child, changing roles every 2 min./5 cycles. On infant use 2 thumbs encircling chest.*

*\*Sudden collapse=VF arrest for child call 911 1<sup>st</sup>, suffocation/drowning=hypoxic arrest give CPR 1<sup>st</sup>*

### Rescue Breathing

#### Adult

#### Child

#### Infant

10-12 breathes per min.

12-20

12-20

\*BVM increases O2 level from 17% to 21%...use E & C hand positions...use with 2 man

**\*Avoid excessive ventilation, it increases pressure in chest which decreases bloodflow & causes vomiting**

\*Cricoid pressure (squeeze esophagus against spine) prevents aspiration (stomach contents coming into lungs)

### 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

#### Child

#### Infant

Heimlich (abdominal thrusts)

Heimlich

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.*