

## C-A-B of CPR for Adults, Children, and Infants\*

Component	Recommendations				
	Adults	Children	Infant		
Recognition	Unresponsive (for all ages) Check for responsiveness and breathing simultaneously				
	No breathing or no normal breathing (ie, only gasping)	No breathing or only gasping			
	Activate 911 and get the AED or send second rescuer (if available) to do this				
	Check a pulse for no more than 10 seconds				
CPR sequence	C-A-B: Chest compressions, Airway, Breathing				
Compression rate	At least 100/min on the lower half of the breastbone				
Compression depth	At least 2 inches (5 cm)	At least 1/3 AP diameter About 2 inches (5 cm)	At least 1/3 AP diameter About 1 1/4 or 1.5 inches (4 cm)		
Chest wall recoil	Allow complete recoil between compressions Rotate compressors every 2 minutes to reduce fatigue during CPR				
Compression interruptions	Minimize interruptions in chest compressions Attempt to limit interruptions to <10 seconds				
Airway	Head tilt–chin lift (suspected trauma: jaw thrust). Avoid excessive ventilation.				
Compression-ventilation ratio	30:2 Single rescuer or 2-rescuers	30:2 Single rescuer 15:2 Two rescuers			
Ventilations with advanced airway	1 breath every 6–8 seconds (8–10 breaths/min) Asynchronous with chest compressions (at least 100/min) About 1 second per breath with visible chest rise				
Defibrillation	Attach and use AED as soon as available. Minimize interruptions in chest compressions before and after shock; resume CPR beginning with compressions immediately after each shock.				

Abbreviations: AED, Automated External Defibrillator; AP, Anterior-Posterior; CPR, Cardiopulmonary Resuscitation.

\* Excluding the newly born, in whom the etiology of an arrest is mainly always asphyxial.

### BLS for Healthcare Providers Critical Concepts

High-quality CPR improves a victim's chances of survival. The critical characteristics of high-quality CPR include:

- Start compressions within 10 seconds of recognition of cardiac arrest. It is important to compress to the appropriate depth to create blood flow. Compressions are important because they pump blood to the rest of the body.
- Push hard, push fast: Compress at a rate of at least 100/min with a depth of at least 2 inches (5cm) for adults, approximately 2 inches (5cm) for children, and approximately 1 1/4 or 1.5 inches (4cm) for infants.
- Allow complete chest recoil after each compression. Complete chest recoil contributes to effective CPR by allowing the heart to refill with blood between compressions.
- Minimize interruptions in compressions (try to limit interruptions to < 10 seconds).
- Give effective breaths that make the chest rise.
- Avoid excessive ventilation.

### Automated External Defibrillator-AED

- As soon as an AED becomes available, the first step the rescuer should perform is to turn on the AED.
- After the AED delivers a shock, the rescuer should immediately restart CPR, beginning with chest compressions.
- Using an AED for a child less than 8 years of age, adult pads/dose may be used if pediatric pads/dose attenuator are not available.

## Bls Study Guide

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## **Bls Study Guide:**

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**Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 9th edition** Judith E. Tintinalli, O. John Ma, Donald Yealy, Garth D. Meckler, J. Stephan Stapczynski, David M. Cline, Stephen H. Thomas, 2019-10-22 Publisher's Note Products purchased from Third Party sellers are not guaranteed by the publisher for quality authenticity or access to any online entitlements included with the product The long awaited new edition of the world's most widely used and highly regarded textbook and reference of emergency medicine A Doody's Core Title for 2019 Tintinalli's Emergency Medicine is THE essential resource for everyone working in and teaching emergency medicine The Ninth Edition provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine in today's fast paced environments This comprehensive text is an important clinical resource for physicians residents and students advance practice providers emergency nurses EMTs and paramedics It is a necessary resource for in training and board examinations and recertification Tintinalli's Emergency Medicine covers everything from prehospital care disaster preparedness and basic and advanced resuscitative techniques to all the significant medical traumatic and environmental conditions requiring emergency treatment in adults children and neonates Highlights of the Ninth Edition Full color design with more tables than ever to succinctly present key information Extensive updates to all sections incorporating the latest clinical and evidence based information Online access to over 100 videos covering a wide range of diagnostic and therapeutic procedures and POCUS for obstetric gynecologic pediatric musculoskeletal and vascular conditions World class pediatric section on the care

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**Bottleneckers** William Mellor,Dick M. Carpenter II,2016-12-13 Bottleneckers n a person who advocates for the creation or perpetuation of government regulation particularly an occupational license to restrict entry into his or her occupation thereby accruing an economic advantage without providing a benefit to consumers The Left Right and Center all hate them powerful special interests that use government power for their own private benefit In an era when the Left hates fat cats and the Right despises crony capitalists now there is an artful and memorable one word pejorative they can both get behind bottleneckers A bottlenecker is anyone who uses government power to limit competition and thereby reap monopoly profits and other benefits Bottleneckers work with politicians to constrict competition entrepreneurial innovation and opportunity They thereby limit consumer choice drive up consumer prices and they support politicians who willingly overstep the constitutional limits of their powers to create maintain and expand these anticompetitive bottlenecks The Institute for Justice's new book Bottleneckers coins a new word in the American lexicon and provides a rich history and well researched examples of bottleneckers in one occupation after another from alcohol distributors to taxicab cartels pointing the way to positive reforms

**BLS Certification Exam Q&a with Explanations** Michele G. Kunz,Jr. Joseph C. Kunz,2017-01-15 This book is specifically geared toward healthcare students and new healthcare professionals that are preparing to take the BCLS CPR certification exam for the first time This book will also give the seasoned healthcare professional lots of great review information as well as a way to update themselves on the latest research and guidelines

**Tintinalli's Emergency Medicine: A Comprehensive Study Guide, Seventh Edition** Judith Tintinalli,J. Stapczynski,O. John Ma,David Cline,Rita Cydulka,Garth Meckler,2010-11-12 The landmark emergency medicine text is now in full color 17 additional chapters available for download With 418 contributors representing over 120 medical centers around the world Tintinalli's Emergency Medicine is the most practical and clinically rigorous reference of its kind It covers everything from prehospital care disaster

preparedness and basic resuscitative techniques to all the major diseases requiring emergency treatment such as pulmonary emergencies renal and GU disorders and hemophilia This authoritative in depth coverage makes this classic text indispensable not only in emergency departments but also for residents and practitioners when studying or preparing for any exam they may face While continuing to provide the most current information for acute conditions the seventh edition of Tintinalli's Emergency Medicine has been substantially revised and updated to cover all of the conditions for which patients seek emergency department care in a concise and easy to read manner NEW Features Full color design with more figures and tables than ever Reader friendly chapter presentation makes it easy to find important material Updated tables covering drugs and important clinical information Patient safety considerations and injury prevention are integrated into chapters as appropriate Total revision of the dermatology section enables diagnosis by lesion description and body area affected and provides current treatment Organ systems sections reorganized to reflect considerations for actual clinical practice New chapters New adult chapters include Natural Disasters Aneurysms of the Aorta and Major Arteries Hip and Knee Pain Aortic Dissection Acute Urinary Retention Subarachnoid Hemorrhage and Intracranial Bleeding Clotting Disorders Community acquired Pneumonia and Noninfectious Pulmonary Infiltrates Type I Diabetes Type II Diabetes Anemia Tests of Hemostasis Clotting Disorders Head Injury in Adults and Children the Transplant Patient Grief Death and Dying and Legal Issues in Emergency Medicine Twelve new pediatric chapters including The Diabetic Child Hematologic Oncologic Emergencies Ear and Mastoids Eye Problems in Infants and Children Neck Masses GI Bleeding Nose and Sinuses Urologic and Gynecologic Procedures in children Renal emergencies in children Behavioral and Psychiatric Disorders in children Pediatric Procedures Pediatric ECG Interpretation Greater coverage of procedures throughout for the most common conditions seen in the emergency department Available content for download includes an additional 17 chapters such as Hyperbaric Oxygen Therapy Principles of Imaging Prison Medicine Military Medicine The Violent Patient Forensics Wound Ballistics and Drug Interactions Free downloads also feature videos and animations for teaching and learning performance of important procedures especially Ultrasound Guided Procedures *Tintinalli's Emergency Medicine: A Comprehensive Study Guide, 8th edition* Judith E. Tintinalli, J. Stephan Stapczynski, O. John Ma, David M. Cline, Garth D. Meckler, 2016-03-22 The most widely used and highly regarded textbook and reference of emergency medicine Endorsed by the American College of Emergency Physicians The 8th edition of Tintinalli's Emergency Medicine provides the depth and breadth of coverage that reflects the complexity and expertise needed to practice emergency medicine successfully in today's fast paced environments It is an important contemporary clinical emergency care resource for physicians NPs and PAs who practice emergency medicine and for emergency medicine and pediatric emergency medicine fellows It remains the preferred study guide for in training and board examinations and recertification NEW to this edition Full color design with more tables than ever to succinctly present key information Extensive updates to all sections incorporating the latest guidelines evidence based

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Americans experienced a sense of relief and joy knowing they could again participate in a vibrant business environment that offers them the power of self determination and the freedom to pursue their life goals and live according to their faith unencumbered by political correctness and the stifling ideology of creeping socialism For the last fifty or so years the dark side left have though academia the entertainment industry deep state bureaucrats and the liberal big media successfully been undoing the centuries old institutions of free market economies which has created unprecedeted wealth the world over In its place the dark side left have been molding these institutions to reflect their warped ideology of a new socialist world order with no boarder and based on a Marxist progressive left utopia an oxymoron if there ever is one The long term strategy for achieving their transition relies on undermining the economic engine by enacting burdensome big government regulations by imposing political correctness and identity politics into our daily conversations social interactions and norms and finally by attacking one's religious faith and values The dark side left's long march through the culture has resulted in the indoctrination of each new generation using the direct influence of academia movies and television programs the daily news coverage and government policy Miraculously as if by divine intervention after just one year of his presidency Donald Trump has managed to force into the open this sinister plot by the dark side left with the world now acutely aware of the

serious bias of the liberal big media the corruption present at the senior levels of the intelligence branches left behind by the Obama administration the serious extent of liberal bias in academia and their effort to restrict free speech and the self interest of lawmakers seeking self enrichment from Washington s swamp dwelling domestic and foreign lobbyists With his unwavering commitment to work on behalf of the American people Trump has almost single handedly inflicted journalists and the political elites with varying degrees of Trump derangement syndrome and exposing their warped self serving values resulting in them becoming almost totally incapable of providing unbiased insightful political arguments on current issues for their audience Because of President Trump the world is witnessing the excruciating collapse of the dark side left and the Washington swamp His ability to navigate through the minefields laid by the bipartisan swamp and the liberal big media can only be answered through our faith in God who in all his wisdom has chosen this man to save free market countries and its people from the evils of the dark side left and their elitist minions     Catalogue of Copyright Entries ,1954     Daily Labor Report ,1986     *The Bachelor of Liberal Studies Program at the University of Oklahoma* Frederick Joseph Adelman,1973

*Hearings, Reports and Prints of the Joint Economic Committee* United States. Congress. Joint Economic Committee,1962

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