

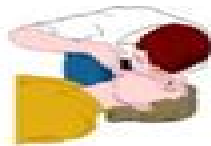
BASIC LIFE SUPPORT STUDY GUIDE

• 1-RESCUER ADULT CPR (puberty and older)

1. Assess for responsiveness.

- Tap victim's shoulder and shout "Are you all right?"
- If no response, shout for help.

2. If alone, activate EMS and get AED (if available). If someone responds, send person to activate EMS and get AED (if available).



3. Open airway and check breathing (take at least 5 seconds and no more than 10 seconds)

- Use **head tilt-chin lift**
- **Look** for chest to rise & fall; **listen** for air during exhalation; **feel** for flow of air on your cheek

4. If not adequate breathing, give **2 breaths**. Pinch nose and seal your mouth over victim's or use barrier device (e.g., face mask or bag/mask)

- **1 second per breath**; watch for **chest rise**



5. Check pulse (take at least 5 seconds and no more than 10 seconds).

- use 2-3 fingers of 1 hand; check **carotid pulse** between trachea & muscles at side of neck
- if **DO** feel a definite pulse, give 1 breath every 5 seconds. Recheck pulse every 2 minutes.

6. If do NOT definitely feel a pulse, perform **5 cycles of compressions and ventilations (30:2 ratio)**

- remove clothing from victim's chest
- put heel of 1 hand on center of victim's chest between the nipples
- put heel of other hand on top of first hand
- **push hard & fast (100/minute)**; press straight down **1½ - 2 inches** with each compression
- after each compression, allow chest to recoil and re-expand completely
- deliver compressions at **rate of 100/minute**
- **do NOT interrupt chest compression often or for long**
- continue 30:2 until AED arrives, ALS providers take over, or victim starts to move



7. Give 5 cycles of CPR before using AED:

- **Shockable rhythm:** give 1 shock, resume CPR immediately for 5 cycles, check rhythm again
- **No shockable rhythm:** resume CPR for 5 cycles, check rhythm every 5 cycles

8. Continue until ALS providers take over or victim starts to move

• 1-RESCUER CPR FOR CHILDREN (1 year of age to puberty)

1. Assess for responsiveness.

- Tap victim's shoulder and shout "Are you all right?"
- If no response, shout for help.

2. If someone responds, send person to activate EMS and get AED (if available).

If alone, give 5 cycles of CPR before activating EMS and get AED (if available).

If alone and there has been a sudden collapse, activate EMS and get AED (if available).

Basic Life Support Study Guide 2013

**Judith E. Tintinalli,O. John Ma,Donald
Yealy,Garth D. Meckler,J. Stephan
Stapczynski,David M. Cline,Stephen H.
Thomas**

Basic Life Support Study Guide 2013:

Pediatric Advanced Life Support Study Guide Aehlert, 2017-01-16 Fully revised to meet the 2015 CPR ECC Guidelines and to prepare students and professionals for PALS certification and recertification *Pediatric Advanced Life Support Study Guide Fourth Edition* provides a clear and complete approach to managing pediatric emergencies Designed for use by the spectrum of healthcare professionals the Fourth Edition provides users with the critical information needed to approach real life pediatric emergencies The Fourth Edition includes End of chapter quizzes with answers and objectives as well as a comprehensive posttest to gauge material comprehension Case studies at the end of appropriate chapters for practice with real world material application Clear procedural explanations written in descriptive yet accessible language A refined Table of Contents including standalone chapters on cardiac dysrhythmias for focused learning and study PALS Pearl boxes for text to everyday clinical application In text references for deeper research if desired **ACLS Study Guide - E-Book** Barbara J Aehlert, 2016-10-06 Awarded second place in the 2017 AJN Book of the Year Awards in the Critical Care Emergency Nursing category Provide the best possible emergency cardiovascular care using the newest ECC guidelines *ACLS Study Guide 5th Edition* offers a complete full color overview of advanced cardiovascular life support An easy to read approach covers everything from airway management to cardiac arrest rhythms and their management electrical therapy acute coronary syndromes and acute stroke In addition to the latest ACLS treatment algorithms this edition includes case studies and hundreds of full color photos and illustrations Case studies present common realistic clinical situations helping you learn and apply skills in cardiac rhythm interpretation medication administration and other essential interventions ACLS Pearls boxes offer brief explanations of complex topics and useful tips for clinical practice End of chapter quizzes include answers and rationales helping you learn and remember the most important information Easy to understand approach simplifies your study of advanced cardiac life support thanks to Barbara Aehlert's unique conversational writing style NEW UPDATED content centers on evidence based practice recommendations including the 2015 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the 2015 International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science With Treatment Recommendations NEW Improved format integrates all case studies into the appropriate chapters so that you can apply concepts immediately to real world situations *The Final FFICM Structured Oral Examination Study Guide* Eryl Davies, 2022-12-30 This book is the definitive guide to the Final Fellowship of the Faculty of Intensive Care Medicine FFICM Structured Oral Examination With a broad coverage of the clinical curriculum it equips candidates to tackle this challenging examination Each chapter contains sample questions with concise answers focusing on key concepts to facilitate deeper understanding The content is organised by subject enabling more structured revision in an easy to use format This text provides references to guidance that will remain relevant in the ever changing landscape of intensive care medicine Not only is this book an essential resource for

studying intensivists but it also forms a useful reference for any professional encountering the world of critical care in their practice

Focus on Adult Health Linda Honan, 2018-01-25 *Focus on Adult Health Medical Surgical Nursing 2E* separates the wheat from the chaff by drilling down to the essential content that students need to know This book provides the foundation of medical surgical nursing with core content values and skills *Focus on Adult Health Medical Surgical Nursing 2E* is not designed to answer every question related to internal medical and surgical care Instead the intentional design of the book is to give depth and breadth to the essentials Written by nurses active in clinical practice these expert clinicians know what qualifies as need to know content This book includes rigorously researched current references and innovative technologies

Auerbach's Wilderness Medicine E-Book Paul S. Auerbach, Tracy A Cushing, N. Stuart Harris, 2016-09-21 Now in its 7th edition *Auerbach's Wilderness Medicine* continues to help you quickly and decisively manage medical emergencies encountered in any wilderness or other austere setting World renowned authority Dr Paul Auerbach and 2 new associate editors have assembled a team of experts to offer proven practical visual guidance for effectively diagnosing and treating the full range of issues that can occur in situations where time and resources are scarce This indispensable resource equips physicians nurses advanced practice providers first responders and rescuers with the essential knowledge and skills to effectively address and prevent injuries and illnesses no matter where they happen Brand new 2 volume format ensures all content is available in print and online to provide you easy access Face any medical challenge in the wilderness with expert guidance from hundreds of outstanding world experts edited by Dr Auerbach and 2 new associate editors Drs Tracy Cushing and N Stuart Harris New and expanded chapters with hundreds of new photos and illustrative drawings help increase your visual understanding of the material Acquire the knowledge and skills you need with revised chapters providing expanded discussions of high altitude medicine improvisation technical rescue telemedicine ultrasound and wilderness medicine education Ten new chapters cover Acute High Altitude Medicine and Pathophysiology High Altitude and Pre Existing Medical Conditions Cycles Snowmobiles and other Wilderness Conveyances Medical Wilderness Adventure Races MedWAR Canyoneering and Canyon Medicine Evidence Based Wilderness Medicine National Park Service Medicine Genomics and Personalized Wilderness Medicine Forestry and Earth Sciences 30 Expert Consult online videos cover survival tips procedural demonstrations and detailed explanations of diseases and incidents Expert Consult eBook version included with purchase This enhanced eBook experience allows you to search all of the text figures images videos and references from the book on a variety of devices

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

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Iserson, 2016-01-07 Deliver quality healthcare in the most challenging field conditions Comprehensive yet compact practical and enduring *Improvised Medicine: Providing Care in Extreme Environments* Second Edition is the one book to toss into your bag when going to practice medicine in global disaster or other resource poor settings including theaters of war regions of civil unrest and economically deprived areas Full of practical clinical pearls and field tested strategies this indispensable guide provides detailed instructions on how to work successfully outside of your comfort zone It demonstrates how to devise effective treatment solutions when the traditional tools medications equipment and staff are unavailable or when providing care outside your primary area of expertise In any crisis from power failures and computer crashes to floods tsunamis and earthquakes knowing how to deal with the unique challenges encountered saves lives and communities This reference gives

you that knowledge and inspires innovative crisis resolution

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Family Medicine There is a lot of material here and if nothing else it may motivate more people to practice low tech medicine and be willing to go where health care is dependent more on caring than on cost I recommend this book to anyone who must practice in austere environments and it will be in my rucksack when I respond to the next disaster

The Journal of Emergency Medicine FEATURES Simple to follow directions diagrams and illustrations describing practical techniques and improvised equipment necessary to provide quality care during crises Contains improvisations in anesthesia and airway management dentistry gynecology obstetrics infectious disease laboratory diagnosis internal medicine otolaryngology pediatrics and malnutrition orthopedics psychiatry and surgery Covers situational analysis and basic needs in a crisis specific triage diagnosis and stabilization efforts medical interventions for surgical and non surgical problems and debunks some commonly reported improvised techniques Features public health measures basic disaster communication techniques post disaster forensics a model hospital disaster plan and innovative patient transport methods New to the second edition More concisely written more extensively illustrated and updated improvisations and references

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First Aid for the USMLE Step 1 2013 Tao Le, Vikas Bhushan, 2013-01-05 THE WORLD'S BESTSELLING MEDICAL REVIEW BOOK WITH MORE THAN 1 200 FREQUENTLY TESTED FACTS AND MNEMONICS Conveniently organized by organ system and general principles 125 color clinical photographs integrated throughout the text Hundreds of full color illustrations clarify essential concepts and improve retention Rapid review section for last minute cramming Detailed test taking strategies to help you maximize your study time Hundreds of student recommended USMLE Step 1 review resources Advice from students who aced the 2012 exam 1200 frequently tested facts and mnemonics Hundreds of high yield color images and diagrams throughout Student ratings of

more than 300 review products *Emergency Nursing Certification (CEN): Self-Assessment and Exam Review* Jayne McGrath, Andi Foley, 2016-12-22 The most thorough and up to date review available for the Certified Emergency Nurse Exam Emergency Nursing Certification is a complete step by step guide that thoroughly covers everything you need to know to pass the Certified Emergency Nurse CEN examination Presented in short easy to read chapters the book includes subject specific practice exams allowing you to target your study and quickly identify weak areas In addition the Key Points and Knowledge Competencies features highlight what s important to know for the exam and alerts you to the number of questions you should expect on every given topic Everything you need to pass the Certified Emergency Nurse CEN exam Core areas of Emergency Nursing practice arranged by body system Valuable test taking tips to help you perform your best on the exam Practice questions at the end of each chapter with multiple choice questions and complete answer explanation Content covers every topic you will see on the exam including Cardiovascular Emergences Gastrointestinal Emergencies Neurologic Emergencies Maxillofacial and Ocular Emergencies Orthopedic and Wound Emergencies Respiratory Emergencies Medical Emergencies and Communicable Diseases Professional Issues **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

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Iowa Administrative Bulletin , 2013-07 **Guide to Pediatric Physical Therapy: A Clinical Approach** Martha Bloyer, Tricia Catalino, Eric Shamus, Cindy Miles, 2025-01-10 Everything you need to know to perform safe effective physical therapy on babies children and teens Guide to Pediatric Physical Therapy provides pedagogy from top experts in the field to help you master the practice of PT for kids This dynamic easy to follow resource is filled with cases that help you apply concepts to real world situations along with art and illustrations that reinforce what you have learned Each chapter opens with a case which is followed by two or three additional cases presented as boxed features Critical information is presented in tables particularly effective in helping you quickly digest key concepts With more than 75 collective years teaching pediatric physical therapy this author team are masters of the subject matter

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