








BASIC LIFE SUPPORT STEP-BY-STEP

SEQUENCE/ACTION	TECHNICAL DESCRIPTION
SAFETY 	<ul style="list-style-type: none"> • Make sure that you, the victim and any bystanders are safe
RESPONSE Check for a response 	<ul style="list-style-type: none"> • Shake the victim gently by the shoulders and ask loudly: "Are you all right?"
AIRWAY Open the airway 	<ul style="list-style-type: none"> • If there is no response, position the victim on their back • With your hand on the forehead and your fingertips under the point of the chin, gently tilt the victim's head backwards, lifting the chin to open the airway
BREATHING Look, listen and feel for breathing 	<ul style="list-style-type: none"> • Look, listen and feel for breathing for no more than 10 seconds • A victim who is barely breathing, or taking infrequent, slow and noisy gasps, is not breathing normally
ABSENT OR ABNORMAL BREATHING Alert emergency services 	<ul style="list-style-type: none"> • If breathing is absent or abnormal, ask a helper to call the emergency services or call them yourself • Stay with the victim if possible • Activate the speaker function or hands-free option on the telephone so that you can start CPR whilst talking to the dispatcher
SEND FOR AED Send someone to get an AED 	<ul style="list-style-type: none"> • Send someone to find and bring back an AED if available • If you are on your own, DO NOT leave the victim, but start CPR
CIRCULATION Start chest compressions 	<ul style="list-style-type: none"> • Kneel by the side of the victim • Place the heel of one hand in the centre of the victim's chest - this is the lower half of the victim's breastbone (sternum) • Place the heel of your other hand on top of the first hand and interlock your fingers • Keep your arms straight • Position yourself vertically above the victim's chest and press down on the sternum at least 5 cm (but not more than 6 cm) • After each compression, release all the pressure on the chest without losing contact between your hands and the sternum • Repeat at a rate of 100-120 min⁻¹

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SA Dillow



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ACLS Study Guide - E-Book Barbara J Aehlert, 2021-08-05 NEW Updated content includes the latest guidelines from the American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care and the International Consensus on Cardiopulmonary Resuscitation and Emergency Cardiovascular Care Science with Treatment Recommendations NEW 20 new illustrations are added to the book's hundreds of illustrations [Tabbner's Nursing Care](#) Jodie Hughson, 2016-09-01 The only text in the market written specifically for Diploma of Nursing students in Australia and New Zealand Written by Gabrielle Koutoukidis Kate Stainton and Jodie Hughson Tabbner's Nursing Care Theory and Practice 7th edition provides a solid foundation of theoretical knowledge and skills for nursing students embarking on an Enrolled Nurse career Reflecting the current issues and scope of practice for Enrolled Nurses in Australia this new edition focuses on the delivery of person centred care emphasises critical thinking throughout and demonstrates the application of the decision making framework across multiple scenarios Visit evolve.elsevier.com/AU/Koutoukidis_Tabbner_eBook on VitalSource Teaching resources Image collection all figures and tables from the textbook Test banks Student resources Answer guides to o Case studies o Critical thinking exercises o Decision making framework exercises o Review questions Australian Clinical Skills videos demonstrating core skills to help you link the theory to practice Weblinks Two new chapters o Nursing informatics and technology in healthcare o Quality and safety in healthcare 83 Clinical Skills aligned with the new 2016 Nursing and Midwifery Board of Australia Enrolled Nurse EN Standards for Practice to help you understand the skill and translate it into effective clinical practice Exercises on the decision making framework for the EN Examples of progress notes and nursing care plan documentation Aligned with the HLT Health Training Package Supported by a NEW companion skills workbook Essential Enrolled Nursing Skills for Person Centred Care Includes eBook on VitalSource ["Code of Massachusetts regulations, 2013"](#) ,2013 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 [TEXT BOOK OF HUMAN ANATOMY AND PHYSIOLOGY-I](#) Mr. Somanath Satyappa Janawad, Dr. Dipika K. Thale, Prashant Gupta, Dr. Suprabha Devi, Dr. Averineni Ravi Kumar, 2025-06-02 The Text Book of Human Anatomy and Physiology I is a foundational resource tailored for students beginning their journey into the biological sciences and healthcare fields It offers a comprehensive introduction to the structure and function of the human body starting with basic concepts such as the definitions and scopes of anatomy and physiology The book delves into the levels of structural organization beginning with cells the building blocks of life and progresses through tissues organs and systems Each chapter is methodically organized to build upon the previous one ensuring a logical progression of knowledge The cellular level of organization explains cell structures functions transport mechanisms division and intracellular signaling pathways In the tissue section the book details the classifications and functional significance of epithelial muscular nervous and connective tissues The integumentary system chapter highlights the structure and vital

protective functions of the skin The skeletal and muscular systems are examined in detail with emphasis on bone classification joint articulation and muscle physiology including neuromuscular junctions The book also includes essential insights into the body fluids and blood outlining components hematopoiesis coagulation and disorders The lymphatic system section presents the roles of lymph lymph nodes and organs in immunity Further the peripheral nervous system is thoroughly explored covering cranial and spinal nerves and the sympathetic and parasympathetic divisions Special senses are introduced with detailed coverage of the eye ear nose and tongue along with associated disorders The cardiovascular system chapter offers a deep dive into heart anatomy blood flow vessel structure and physiological processes like cardiac output and blood pressure regulation Each system is described in a student friendly manner supported by clear terminology and clinical relevance This book is not just a study guide but a stepping stone toward deeper understanding in the fields of medicine pharmacy and allied health sciences

Clinical Medical Assisting Jennifer L. Gibson, Brinda Shah, Rebecca Umberger, 2012-12-13 The purpose of this book is to offer a complete resource for clinical medical assistant training by providing a thorough education to prepare medical assistant students for clinical practice Provided by publisher

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Minagawa,Fenghua Tian,Xianchun Li,2022-09-14 First Aid for the Basic Sciences: Organ Systems, Second Edition Tao Le,Kendall Krause,2011-12-03 The essential companion for your first two years of medical school From Tao Le author of First Aid for the USMLE Step 1 First Aid for the Basic Sciences Organ Systems 2e provides you with a solid understanding of the basic sciences relative to human organ systems with which all medical students must be familiar The second edition has been completely revised to feature a more student friendly and approachable text an updated high yield rapid review section new images and more Delivers comprehensive single source coverage of the entire second year of medical school Includes important background material most other reviews leave out Covers the high yield topics and facts tested on the USMLE Offers full color images learning aids tables and concise text to streamline your study and help you excel in coursework and on the USMLE Provides a practical framework for understanding the anatomy physiology pathophysiology and pharmacology of each human organ system Mirrors the table of content of First Aid for the USMLE Step 1 to facilitate study Written by students who aced the USMLE and reviewed by top faculty *Principles of Basic Emergencycare 2/E Im* Beebe,Funk,2004-12 Delmar a part of Cengage Learning answers your call to help you prepare street smart EMTs It is critical for the EMT to be able to apply what is learned in class directly to what is done in the field Focusing on problem based learning PBL as a teaching method will help you train EMTs to be field ready when they complete their course work and certification This Instructor s Manual gets you started by introducing you to the PBL methodology and offering strategies for incorporating cases and discussion in the classroom Students educated with the PBL approach have a better working knowledge of EMS and should have an improved ability to problem solve using all available resources while in the field In short they will have the necessary tools to be competent entry level EMTs **Harrison's Principles and Practice of Internal Medicine 19th Edition and Harrison's Principles of Internal Medicine Self-Assessment and Board Review, 19th Edition (EBook)Val-Pak** J. Larry Jameson,Anthony S. Fauci,Dennis L. Kasper,Stephen L. Hauser,Dan L. Longo,Joseph Loscalzo,Charles Weiner,2017-11-18 SPECIAL OFFER SAVE WHEN YOU PURCHASE HARRISON S PRINCIPLES OF INTERNAL MEDICINE 19e ALONG WITH THE COMPANION BOARD REVIEW BOOK This dollar saving Harrison s bundle includes two great resources Harrison s Principles of Internal Medicine Nineteenth Edition Through six decades no resource has matched the authority esteemed scholarship and scientific rigor of Harrison s Principles of Internal Medicine Capturing the countless advances and developments across the full span of medicine the 19th edition of Harrison s provides a complete update of essential content related to disease pathogenesis clinical trials current diagnostic methods and imaging approaches evidence based practice guidelines and established and newly approved treatment methods Here are just a few of the outstanding features of the Nineteenth Edition Presented in two volumes Volume 1 is devoted to foundational principles cardinal manifestations of disease and approach to differential diagnosis Volume 2 covers disease pathogenesis and treatment NEW chapters on important topics such as Men s Health The Impact of Global Warming on

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