

# BLS for Healthcare Professionals

## CABs of CPR

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1 year to signs of puberty)	INFANT (up to 1 year old)
Verify Scene Safety	Do not enter an unsafe environment. Call 9-1-1		
Check victim's responsiveness	If victim is unresponsive, shout for help. Call 9-1-1 with mobile device, if available. Send someone to find an AED.		
Activate 9-1-1	If you are alone and do not have a mobile device, leave the victim to call 9-1-1 first, then look for an AED. Return to perform CPR.	If you are alone and <b>WITNESS THE COLLAPSE</b>  Leave the victim to call 9-1-1 first, and look for an AED. Return to perform CPR.	
Determine if victim is breathing & has a pulse	Simultaneously check for breathing & pulse for no more than 10 seconds. NOTE: agonal breaths are not considered signs of breathing For children and infants, a pulse rate of less than 60 beats / minute is treated as no pulse.		
	Check carotid artery on your side of the victim's the neck.		Check brachial artery on inside of the victim's upper arm near the armpit.
Rescue Breathing  If victim has a DEFINITE detectable pulse, but is not breathing	1 breath every 5-6 seconds Check pulse every 2 minutes.	1 breath every 3-5 seconds Check pulse again every 2 minutes If pulse less than 60 beats per minute, or perfusion remains poor, add compressions	
	For suspected opioid overdose, administer naloxone, if available		
If victim has NO detectable pulse: <b>Begin CPR</b> Minimize interruptions	<b>1 rescuer:</b> 30 compressions : 2 breaths <b>2+ rescuers:</b> 30 compressions : 2 breaths  Use AED as soon as it arrives.	<b>1 rescuer:</b> 30 compressions : 2 breaths <b>2+ rescuers:</b> 15 compressions : 2 breaths  Use the AED as soon as it arrives.	
Compression rate	100 - 120 compressions per minute		
Hand placement	2 hands on lower half of breastbone	1 hand or 2 hands on lower half of breastbone	1 rescuer: 2 fingers 2+ rescuers: 2 thumbs on center of chest, just below nipple line
Compression depth	2 to 2.4 inches (5-6 cm)	1/3 the depth of the chest - about 2 inches (5 cm)	1/3 the depth of the chest - about 1.5 inches (4 cm)
Chest recoil	Allow for full chest recoil after each compression		
Minimize interruptions	Limit interruptions in chest compressions to no more than 10 seconds		
Use the AED as soon as it arrives	Turn on AED and follow instructions. Never remove the AED.		

# American Red Cross Cpr Study Guide

**Kim Cooper, Kelly Gosnell**



## **American Red Cross Cpr Study Guide:**

Study Guide for Foundations of Nursing - E-Book Kim Cooper,Kelly Gosnell,2022-06-01 Reinforce your understanding of LPN LVN nursing skills and prepare for the NCLEX PN exam Corresponding to the chapters in Foundations of Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and principles Review questions make it easier to achieve the chapter objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide provides you with an effective study tool for the NGN exam Variety of exercises reinforces student understanding of nursing fundamentals with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask students to apply their knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations of Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations of Nursing 9th Edition NEW Case studies allow students to practice and apply clinical judgment skills

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**American Red Cross CPR Instructor's Manual** American Red Cross,1988

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Lubin,2021-10-08 For more than 30 years the highly regarded Secrets Series has provided students and practitioners in all areas of health care with concise focused and engaging resources for quick reference and exam review Prehospital Emergency Medicine Care Secrets is an all new addition to this popular series offering practical up to date coverage of the full range of essential topics in this dynamic field This new resource features the Secrets popular question and answer format that also includes lists tables pearls memory aids and an easy to read style making inquiry reference and review quick easy and enjoyable The proven Secrets Series format gives you the most return for your time succinct easy to read engaging and highly effective Covers the full range of essential topics including disaster and multiple casualty incidents psychiatric emergencies and prehospital skills and procedures for in training or practicing professionals Fully revised and updated including protocols and guidelines that are continuously evolving and that increasingly dictate best practices Includes chapters on public health and EMS infectious disease emergencies sepsis telemedicine and emerging telecommunications transport of the highly infectious patient mass casualty evacuation and patient movement biological and chemical terrorism

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