

# ADULT CPR 9 YEARS AND OVER

IN AN  
EMERGENCY  
CALL  
**911**

## 1. Attempt to wake the victim and call for help.

If the victim is not breathing (or is just gasping for breath), call 911 immediately and go to step 2. If someone else is there to help, one of you call 911 while the other moves on to step 2.



## 2. Begin chest compressions.

If the victim is not breathing, place the heel of your hand in the middle of his chest. Put your other hand on top of the first with your fingers interlaced. Compress the chest at least 2 inches (4-5 cm). Allow the chest to completely recoil before the next compression. Compress the chest at a rate of at least 100 pushes per minute. Perform 30 compressions at this rate.

If you are not trained in CPR, continue to do chest compressions until help arrives or the victim wakes up.  
It's normal to feel tired and uncomfortable after CPR. If you're not going to make the victim awake.



## 3. Open the airway.

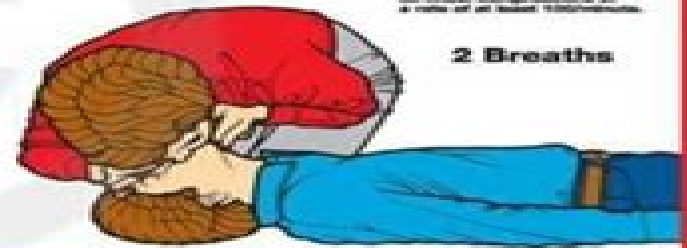
After 30 compressions, open the victim's airway using the head-tilt, chin-lift method. Tilt the victim's head back and make a seal over the victim's mouth with yours. Use a CPR mask if available.



## 4. Begin rescue breaths.

Give the victim a breath, just enough to make the chest rise. Let the chest fall, then repeat the rescue breath once more. If the chest doesn't rise on the first breath, reposition the head and try again. Whether it works on the second try or not, go to step 5.

If you don't feel comfortable with this step, just continue to do chest compressions at a rate of at least 100/minute.



## 5. Repeat chest compressions.

Repeat chest compressions. Do 30 more chest compressions just like you did the first time.

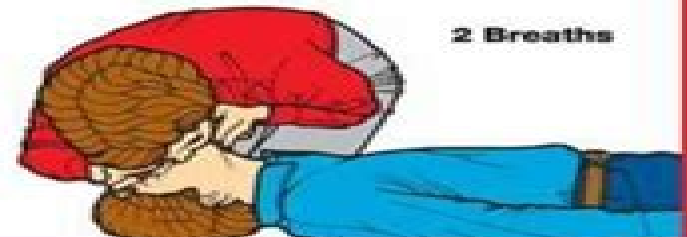
30 Compressions



## 6. Repeat rescue breaths.

Repeat rescue breaths. Give more breaths just like you did in step 4 (unless you're skipping the rescue breaths). Repeat steps 5 and 6 for about two minutes (about 5 cycles of 30 compressions and 2 rescue breaths).

2 Breaths



# American Heart Cpr Manual

**Marilyn J. Hockenberry, David  
Wilson, Cheryl C Rodgers**



## **American Heart Cpr Manual:**

ACSM's Resource Manual for Guidelines for Exercise Testing and Prescription David P. Swain,ACSM,Clinton A. Brawner,2012-12-26 ACSM s Resource Manual for Guidelines for Exercise Testing and Prescription was created as a complement to ACSM s Guidelines for Exercise Testing and Prescription and elaborates on all major aspects of preventative rehabilitation and fitness programs and the major position stands of the ACSM The 7th edition provides information necessary to address the knowledge skills and abilities set forth in the new edition of Guidelines and explains the science behind the exercise testing and prescription ACSM s Resource Manual is a comprehensive resource for those working in the fitness and clinical exercise fields as well as those in academic training AACN Procedure Manual for Progressive and Critical Care - E-Book AACN,2023-07-07 American Journal of Nursing AJN Book of the Year Awards 1st Place in Critical Care Emergency Nursing 2024 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Critical Care Edited by the American Association of Critical Care Nurses and written by more than 100 critical care experts under the direction of Karen L Johnson PhD RN FAAN this definitive reference represents the gold standard of care for procedures performed in progressive and critical care settings It guides you through procedures common to the adult critical care environment including those performed by advanced practice nurses in an illustrated step by step format This edition now in in full color features new procedures new and updated illustrations and updated content throughout reflecting the latest evidence based guidelines and national and international protocols Quick reference tabs make it easier than ever to locate content quickly This new edition integrates key AACN initiatives such as Practice Alerts and coordinates closely with the AACN Core Curriculum for Progressive and Critical Care Nursing 8th Edition Chapter specific quick links employ QR codes for instant access to high quality online references Edited by the American Association of Critical Care Nurses written by more than 100 expert critical care clinicians under the direction of Karen L Johnson PhD RN FAAN and extensively reviewed by more than 100 additional critical care experts to ensure the accuracy and currency Comprehensive coverage includes all procedures commonly performed in progressive and critical care settings including those performed by advanced practice nurses indicated by an AP icon Straightforward step by step organization uses consistent headings to make following a procedure and finding the various supporting elements quick and easy with bulleted lists tables and detailed illustrations throughout to ensure that content is easy to reference and follow Rationales for all interventions in patient and family education assessment patient preparation procedure and monitoring help students understand the rationale for every step and a level of evidence is provided when a research base exists to substantiate an intervention giving insight into the strength of recommendations NEW Additional procedures new and updated illustrations and updated content throughout reflect the latest evidence based guidelines and national and international protocols NEW Full color design with color reference tabs enhances navigation plus full color illustrations reinforce understanding UPDATED Key AACN initiatives such as Practice Alerts are integrated

throughout and content coordinates with the AACN Core Curriculum for Progressive and Critical Care Nursing 8th Edition NEW Chapter specific quick links via QR codes provide quick access to online references which have been updated and limited to the highest value sources

**The Comprehensive Respiratory Therapist Exam Review - E-Book** James R. Sills, 2010-04-12 Prepare for success on respiratory therapy credentialing exams Updated to reflect the 2009 National Board of Respiratory Care NBRC content outlines Sills The Comprehensive Respiratory Therapist s Exam Review 5th Edition helps you review for both entry and advanced level credentialing exams It covers every testable subject providing content review self assessment questions and study hints This title includes additional digital media when purchased in print format For this digital book edition media content is not included Unique Exam Hint boxes point out subjects that are frequently tested helping you study plan your time and improve your test taking skills Self study questions are included at the end of each chapter accompanied by answers and rationales in the back of the book Complexity level codes recall application and analysis help you prepare for questions in the way that is most appropriate e g memorization for recall or synthesis for analysis NBRC content outline coding provides a code for each topic so you can be sure that you have covered every topic that might appear on the exam CRT and RRT level codes speed your review by identifying the individual topics for the CRT and RRT exams as well as topics for both One text now covers both the entry and advanced levels of Respiratory Therapists credentialing exams so you need only one book to prepare for CRT and RRT credentials Updated content reflects the NBRC s new examination content outlines so you get an accurate current review New coverage includes subject areas such as CPAP BiPAP titration during sleep hemodynamic monitoring hyperinflation therapy laryngeal mask airway high frequency ventilation oxygen titration thoracentesis ultrasound and ventilator associated pneumonia protocols An Evolve website includes both CRT and RRT practice exams

**Textbook of Emergency & Trauma Care** Devendra Richhariya, 2018-02-28 This book is a comprehensive guide to emergency and trauma care covering the complete process from pre hospital care rapid and point of care assessment and triaging to care of the patient during transfer and in hospital care Beginning with a general overview of emergency care and resuscitation the following sections discuss the treatment of emergencies and trauma in different systems of the body A complete section is dedicated to paediatric emergencies The final chapters cover trauma management toxicology disaster management and environmental emergencies such as thermal and chemical burns and snake bites The descriptive text is further enhanced by more than 700 flowcharts tables diagrams clinical photographs and short notes to assist learning Key points Comprehensive guide to emergency and trauma care Covers management of emergencies in different systems of the body Includes section on paediatric emergencies Highly illustrated with flowcharts tables diagrams photographs and short notes

*Egan's Fundamentals of Respiratory Care E-Book* Robert M. Kacmarek, James K. Stoller, Albert J. Heuer, 2019-12-18 Textbook and Academic Authors Association TAA McGuffey Longevity Award Winner 2024 Learn the principles and skills you ll need as a respiratory therapist Egan s Fundamentals of Respiratory

Care 12th Edition provides a solid foundation in respiratory care and covers the latest advances in this ever changing field Known as the bible for respiratory care this text makes it easy to understand the role of the respiratory therapist the scientific basis for treatment and clinical applications Comprehensive chapters correlate to the 2020 NBRC Exam matrices preparing you for clinical and exam success Written by noted educators Robert Kacmarek James Stoller and Albert Heuer this edition includes new chapters on heart failure as well as ethics and end of life care plus the latest AARC practice guidelines Updated content reflects the newest advances in respiratory care preparing you to succeed in today s health care environment UNIQUE Mini Clinis provide case scenarios challenging you to use critical thinking in solving problems encountered during actual patient care Decision trees developed by hospitals highlight the use of therapist driven protocols to assess a patient initiate care and evaluate outcomes Rules of Thumb highlight rules formulas and key points that are important to clinical practice Learning objectives align with the summary checklists highlighting key content at the beginning and at the end of each chapter and parallel the three areas tested on the 2020 NBRC Exam matrices Learning resources on the Evolve companion website include an NBRC correlation guide image collection lecture notes Body Spectrum electronic anatomy coloring book and an English Spanish glossary Student workbook provides a practical study guide reflecting this edition of the text offering numerous case studies experiments and hands on activities Available separately Full color design calls attention to the text s special features and promotes learning Glossary includes key terms and definitions needed for learning concepts NEW Heart Failure chapter covers the disease that is the most frequent cause of unscheduled hospital admissions NEW Ethics and End of Life Care chapter explains related issues and how to help patients and their families NEW Improved readability makes the text easier to read and concepts easier to understand NEW Updated practice guidelines from the AARC American Association for Respiratory Care are included within the relevant chapters NEW Updated chapters include topics such as arterial lines stroke ACLS PALS hemodynamics polysomnography waveform interpretation and laryngectomy NEW Streamlined format eliminates redundancy and complex verbiage

**Manual of Clinical Exercise Testing, Prescription, and Rehabilitation** Ziya Altug, Janet L. Hoffman, 1993 Wong's Essentials of Pediatric Nursing - E-Book Marilyn J. Hockenberry, David Wilson, Cheryl C Rodgers, 2021-03-05 Selected for Doody s Core Titles 2024 with Essential Purchase designation in Pediatrics As the 1 title in the pediatric nursing market for over 40 years Wong s Essentials of Pediatric Nursing 11th Edition continues to leverage its trademark developmental approach as it equips readers with the very latest research and guidelines for treating children today The text utilizes a highly readable writing style and encourages a whole body approach beginning with child development and health promotion to better understand the later chapters on specific health problems This new eleventh edition also features Next Generation NCLEX style case studies and questions a new chapter covering all systems cancers additional case studies within the nursing care plans and updated and expanded evidence based content throughout to best reflect the latest standards and trends impacting pediatric

nursing care today Developmental approach clearly identifies developmental tasks and influences at each stage of a child's growth Emphasis on wellness features health promotion chapters for each developmental stage of childhood Critical thinking case studies with answers are found throughout the text Quality patient outcomes are highlighted within nursing management discussions for major diseases and disorders Drug alerts draw attention to potential safety issues reflecting QSEN safety initiative Family focus includes a separate family chapter as well as family content and Family Centered Care boxes integrated throughout the text Community Focus boxes provide resources and guidance on caring for children outside the clinical setting Evidence Based Practice boxes focus attention on the application of research and critical thought processes to support and guide the outcomes of nursing care Chapter on complementary alternative therapy cover timely topics to aid in providing complete comprehensive care Nursing care plans provide a model for planning patient care and include rationales that provide the why Research Focus boxes highlight current studies that impact pediatric nursing today Cultural content and Cultural Considerations boxes are integrated throughout the text to draw attention to customs and beliefs of different cultures that influence childcare Atraumatic Care boxes contain techniques for care that minimize pain discomfort or stress Nursing tips offer helpful hints and practical clinical information of a non emergency nature Nursing alerts feature critical information that MUST BE considered in providing care Emergency Treatment sections provide a quick reference in critical situations Nursing care guidelines provide clear step by step instructions for performing specific skills or procedures

Manual of Emergency Care Susan Budassi Sheehy, Gail Pisarcik Lenehan, 1999 An excellent comprehensive clinical reference thoughtfully revised to address new challenges facing emergency nurses emergency medical technicians and paramedics MANUAL OF EMERGENCY CARE details the basic principles of emergency care includes up to the minute advances in emergency care medical trauma and special case emergencies contains four entirely new chapters devoted to patient education allergies forensic nursing and legal issues and offers thoroughly revised more detailed chapters on sexual assault wound care and domestic violence Includes complete up to date and practical information for clinical practitioners and nursing students Presents a team approach to problem solving reflecting actual practices in emergency departments Covers assessment parameters diagnostic tests therapeutic interventions and other information pertinent to disorders and conditions NEW TO THIS EDITION Includes new chapter on forensic nursing thoroughly explaining the role of forensic nurses and the collection of forensic data Offers a new chapter on patient and family education stressing the growing importance of providing supports to help patients and their families continue recovery once they leave emergency care Presents basic legal issues for emergency nurses in a new chapter addressing hot legal topics including legal consent proper treatment of psychiatric patients appropriate handling of forensic issues and terms of the Emergency Medical Treatment and Active Labor Act EMTALA Provides a new chapter on allergies with detailed descriptions of reactions and the associated signs and symptoms interventions diagnostic tests latex allergies and patient education and support Contains an updated

extensively detailed chapter on sexual assault listing proper procedures for collecting securing and transferring evidence following up documenting the assault and testifying in court all in a bulleted easy to follow format Offers newly revised wound management chapter with more detailed definitions and descriptions of wounds and wound care Includes separate chapters on intravenous therapy and laboratory specimens

**2020 American Heart Association Guidelines for CPR and ECC** American Heart Association,2020-11-04 20 1101

Hurst's the Heart Manual of Cardiology, 12th Edition Robert A. O'Rourke,Richard Walsh,Valentin Fuster,2009-02-17 A complete pocket guide to diagnosing and treating the full range of heart problems A Doody's Core Title for 2011 4 STAR DOODY'S REVIEW This is an excellent counterpart to larger references including Hurst's the Heart 12th edition Fuster et al McGraw Hill 2008 as the original intent of the authors The chapters are short succinct and well written The handbook makes excellent use of tables algorithms diagrams and figures to synthesize key aspects of cardiovascular disease and care Treatment recommendations take into account current ACC/AHA Clinical Practice Guidelines and are very specific about the indications for therapy The chapters are written by established experts and are well referenced Its portability makes it an instant rapid access resource invaluable for physicians doing bedside rounds Doody's Review Service Summarizing the clinical sections of Hurst's the Heart 12e this point of care resource covers the key points of cardiovascular pathophysiology diagnosis and treatment in a quick access presentation making it essential for rounds at the bedside or on the wards NEW TO THIS EDITION Updated information on cardiovascular drugs highlights the latest indications important data and side effects Full coverage of vital topics such as metabolic syndrome diabetes and cardiovascular disease peripheral arterial disease stroke and cardiovascular disease in the elderly Current US and European practice guidelines and treatment protocols help reinforce clinical decision making Translation of genetic basis of arrhythmias to clinical practice provides a solid framework for diagnostic techniques

**Resource Manual for Guidelines for Exercise Testing and Prescription** American College of Sports Medicine,1988

**Health Fitness Instructor's Handbook** Edward T. Howley,B. Don Franks,1997 Health Fitness Instructor's Handbook is the most comprehensive and up to date book available for health and fitness professionals who want to learn about the latest advances in physical fitness Respected exercise scientists Edward T Howley and B Don Franks have teamed up with eight contributors to provide the latest information on the following the scientific foundations of physical activity and fitness nutrition body composition and weight management the components of fitness exercise prescription and exercise programming considerations This third edition has been updated according to 1995 ACSM objectives for Health Fitness Instructor and Exercise Leader certifications and the Surgeon General's Report on Physical Activity and Health Plus the book features a better organization with a heavier focus on exercise prescription new chapters on metabolic costs of physical activity weight management and exercise prescription for special populations new in text reviews linked to learning objectives and case studies for every chapter

*Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book* Sheryl L. Fairchild,2012-05-01 NEW Video clips

and skills activities on companion Evolve site illustrate the techniques and procedures described in the text NEW Content based on the ICF model the model currently endorsed by the APTA and AOTA reflects the current theories and practice guidelines of physical and occupational therapy NEW Information on professionalism teaches about the guidelines that currently exist and how to apply those guidelines to patient interactions Magill's Medical Guide, 2002 This reference to medical conditions and treatments updates the scientific information current trends and developments in the field of medicine *Textbook of Critical Care* Stephen M. Ayres, William C. Shoemaker, 1995 This text of critical care is updated and expanded to reflect the current clinically relevant information Conveniently compiled under one cover are the views of those authorities who have contributed to the science and art of caring for critically ill patients It covers the molecular cellular physiologic clinical ethical and service delivery aspects of critical care medicine This revised edition includes a new section on renal nephrology as well as new chapters on heat stroke hypothermia transfusion therapy trauma care of the elderly mediators of multi organ failure in sepsis and gene therapy Principles and Practice of Emergency Medicine George R. Schwartz, 1978 **Pediatric Dosage Handbook**, 2007 **American Book Publishing Record Cumulative 1993** R R Bowker Publishing, 1994-03 Cited in BCL3 Sheehy and Walford Compiled from the 12 monthly issues of the ABPR this edition of the annual cumulation lists by Dewey sequence some 41 700 titles for books published or distributed in the US Entry information is derived from MARC II tapes and books submitted to R R Bowker an **Sudden Cardiac Death** Patricia M. Owen, 1991 This book describes the incidence mechanisms pathology and risk factors related to sudden cardiac death noninvasive and electrophysiologic evaluation of sudden cardiac death survivors sudden cardiac death in children ethical considerations the nursing process as it relates to modern cardiac life support basic and advanced cardiac life support practice nursing diagnosis with pertinent assessment factors and interventions and much more As sudden cardiac death continues to be a major health and ethical challenge this outstanding new book provides the theoretical and practical background nurses need to care for sudden cardiac death patients Previews, 1979



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