

# THE ULTIMATE CPR GUIDE

EVERYTHING YOU NEED TO KNOW FOR ADULT, CHILD, INFANT AND PET CPR

## 5 STEPS TO PERFORMING CPR

### 1 ASSESS SCENE SAFETY



Check your surroundings for safety. If you are in danger, call 9-1-1 first.

### 2 CHECK FOR RESPONSIVENESS



Ask, "Are you okay?" Tap their shoulder and shout, "Are you okay?"

### 3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall.

### 4 CALL 9-1-1



If you are alone, call 9-1-1. If you are with another person, have them call 9-1-1. If you are with another person, have them call 9-1-1. If you are with another person, have them call 9-1-1.

### 5 START CPR



Use compressions and rescue breaths.

## ADULT

STEP 1: HOW TO PERFORM (ADULTS - 18 YRS+)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



### 3 GIVE CHEST COMPRESSIONS



### 4 STEPS: HOW TO HELP A CONSCIOUS ADULT



### 5 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is revived.  
This abdominal thrusts no longer dislodge the object.  
This abdominal thrusts no longer dislodge the object.  
This abdominal thrusts no longer dislodge the object.



CONTINUE COMPRESSIONS OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:



The victim begins to breathe.

An AED is ready to use.

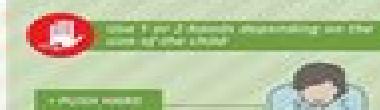
A trained rescuer arrives.

You are too exhausted to continue.

## CHILD

STEP 1: HOW TO PERFORM (CHILDREN - 1-11 YRS)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



### 3 GIVE 30 CHEST COMPRESSIONS



### 4 STEPS: HOW TO HELP A CONSCIOUS CHILD



### 5 CONTINUE ABDOMINAL THRUSTS UNTIL:

This patient is revived.  
This abdominal thrusts no longer dislodge the object.  
This abdominal thrusts no longer dislodge the object.  
This abdominal thrusts no longer dislodge the object.

## INFANT

STEP 1: HOW TO PERFORM (INFANTS - 1-11 M)

### 1 GIVE 30 CHEST COMPRESSIONS



### 2 GIVE 2 RESCUE BREATHS



### 3 STEPS: HOW TO HELP A CONSCIOUS INFANT



### 4 GIVE 5 BACK BLOWS



### 5 GIVE 5 CHEST THRUSTS



### 6 CONTINUE BACK BLOWS AND CHEST THRUSTS UNTIL:

This patient is revived.  
This abdominal thrusts no longer dislodge the object.  
This abdominal thrusts no longer dislodge the object.  
This abdominal thrusts no longer dislodge the object.

## PET

STEP 1: HOW TO PERFORM PET CPR

### 1 CHECK FOR BREATHING AND A PULSE



### 2 IF NO PULSE, START CPR



### 3 RESCUE BREATHS



### 4 CONTINUE RESCUE BREATHS UNTIL:



### 5 CONTINUE RESCUE BREATHS UNTIL:



### 6 CONTINUE RESCUE BREATHS UNTIL:



CONTINUE COMPRESSIONS OR 30 COMPRESSIONS AND 2 BREATHS UNTIL:

- The victim begins to breathe.
- An AED is ready to use.
- A trained rescuer arrives.
- You are too exhausted to continue.

# 2015 Red Cross Cpr Study Guide

**CO Houle**

## **2015 Red Cross Cpr Study Guide:**

**A TEXTBOOK OF COMMUNITY HEALTH NURSING For B.Sc. Nursing VII Semester** Mr. Prem Prakash Suman,Dr. Amita Joseph,Prof. (Dr.) Trilok Sompura,2024-11-19 Abdominal pain is a common symptom that can stem from a wide array of causes making it a significant concern for many individuals seeking medical attention This discomfort which can range from mild to severe might be acute occurring suddenly and intensely or chronic persisting over a long period The abdominal region encompassing everything from the lower ribs to the pelvis houses numerous vital organs including the stomach intestines liver pancreas spleen and kidneys Consequently pain originating from this area can be complex with a broad differential diagnosis depending on the organ involved and the nature of the pain

## **Elsevier's Canadian Comprehensive**

**Review for the NCLEX-RN® Examination - E-Book** Patricia A. Bradley,Karin L. Page-Cutrara,Linda Anne Silvestri,Angela Silvestri,2023-03-28 A truly Canadian edition of Elsevier s best selling NCLEX exam review book Elsevier s Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It s THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps to be taken in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts New graduate s perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 79 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan and includes four case study format questions for the NGN Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 30 new questions for the Next Generation NCLEX plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot and chart exhibit Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing you to choose completely customizable exams or study sessions

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Fairchild, Roberta O'Shea, Robin Washington, 2017-03-24 Master the basics of rehab patient care with Pierson and Fairchild's Principles Techniques of Patient Care 6th Edition This proven text not only provides clear how to information on everything from positioning and draping to patient transfers and ambulation activities but it also includes easy to understand rationales explaining the why behind these proven techniques This new edition has been thoroughly updated to reflect the most current accepted patient care standards principles and techniques Plus additional video clips and expanded learning resources will help ensure you have a solid mastery of patient care in the rehabilitation setting Content based on the World Health Organization's ICF model International Classification of Functioning Disability and Health the model currently endorsed by the APTA and AOTA ensures you are referencing information that stems from the most current theories and practice guidelines of physical and occupational therapy Procedures boxes with clear written instructions are accompanied by full color illustrations on performing a variety of proven techniques and patient care tasks such as proper lifting techniques patient transfers basic wound care and assessment of vital signs Insights into the rationales and physiological principles explain why specific techniques and procedures are used More than 800 full color photographs clearly demonstrate proper performance of techniques and procedures used in the assessment and management of patients in the rehabilitation setting Guidelines principles and precautions boxes throughout the text offer additional tips for optimal assessment and management of patients in the rehabilitation setting Self study and problem solving case study activities conclude each chapter to help you understand important concepts and improve your decision making and problem solving skills Video clips on companion Evolve website demonstrate the techniques and procedures described in the text Content on professionalism and the concept of professional values and ethics reinforce existing workplace guidelines and how to apply those guidelines to your patient interactions Online user resources on the companion Evolve website feature video clips and additional activities for you to hone your skills What additional activities NEW Procedures index lists all of the procedures covered in the text to help you quickly locate procedure descriptions while working in the clinical setting NEW Additional video clips

demonstrate patient transfers ambulation with aids donning and doffing PPE and maneuvering a wheelchair NEW Video clip table of contents lists over 30 video clips in the front matter of the text **Code of Federal Regulations, Title 46**,

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**Schafermeyer's Pediatric Emergency Medicine, Fifth Edition** Robert W. Schafermeyer,Milton Tenenbein,Charles G. Macias,Ghazala Sharieff,Loren Yamamoto,2018-09-22 Concise current need to know coverage of emergency medicine in children presented in full colorEndorsed by the American College of Emergency Physicians a comprehensive and current resource for anyone who cares for children in an acute setting from the office to the emergency department Its presentation is straightforward and the information is easy to read and assimilate It will be a valuable resource for those in the field of pediatric emergency medicine as well as other practitioners who occasionally care for sick children JAMA reviewing an earlier edition This clinically focused guide covers the entire field of pediatric emergency medicine Featuring a strong focus

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