

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 the area for any safety hazards that may be harmful to you

2 CHECK FOR RESPONSIVENESS



Shout loudly

Tap the victim's shoulder and shout, "Are you OK?"

3 LOOK FOR NORMAL BREATHING



Look for normal chest rise and fall

4 CALL 9-1-1



If no response, call 9-1-1 or your emergency responder. If you are alone, you must call 9-1-1 first and then return to the victim.

5 START CPR



If not breathing and no response, start CPR

ADULT

STEPS FOR HOW TO PERFORM ADULT CPR (18 YEARS+)

- GIVE 30 CHEST COMPRESSIONS**
 - Push hard
 - Push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

Repeat the cycle until help arrives, but only recommended for child and infant CPR

CHILD

STEPS FOR HOW TO PERFORM CHILD CPR (1 YEAR - 12 YEARS)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the child
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

INFANT

STEPS FOR HOW TO PERFORM INFANT CPR (0 - 1 YEAR)

- GIVE 30 CHEST COMPRESSIONS**
 - Use 2 fingers
 - Push hard, push fast
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

PET

STEPS FOR HOW TO PERFORM PET CPR

- CHECK FOR BREATHING AND A PULSE**
 - Check pulse: Artery where your dog's heart is located. If no pulse, start CPR.
- GIVE 30 CHEST COMPRESSIONS**
 - Use 1 or 2 hands depending on the size of the pet.
- GIVE 2 RESCUE BREATHS**
 - Head-tilt, chin-lift
 - Pinch nose
 - Give 2 breaths

ADULT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING ADULT

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the victim's abdomen, just above the navel.
 - Cover your fist with your other hand.
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out.
 - The victim can cough, breathe, or speak.
 - The victim becomes unconscious. Call 9-1-1 if not alone.

CHILD

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING CHILD

- GIVE CONTINUOUS ABDOMINAL THRUSTS**
 - Place a fist with the thumb side against the middle of the child's abdomen, just above the navel.
 - Cover your fist with your other hand.
- CONTINUE ABDOMINAL THRUSTS UNTIL:**
 - The object is forced out.
 - The child can cough, breathe, or speak.
 - The child becomes unconscious. Call 9-1-1 if not alone.

INFANT

STEPS FOR HOW TO HELP A CONSCIOUS CHOKING INFANT

- GIVE 5 BACK BLOWS**
 - Place the infant on your forearm, with their head lower than their chest.
- GIVE 5 CHEST THRUSTS**
 - Place the infant on your forearm, with their head lower than their chest.

CONTINUE COMPRESSION 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

American Heart Association Cpr Study Guide 2013

**Joseph T. DiPiro, Robert L. Talbert, Gary
C. Yee, Gary R. Matzke, Barbara G.
Wells, L. Michael Posey**

American Heart Association Cpr Study Guide 2013:

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 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 Improvise Medicine: Providing Care in Extreme Environments, 2nd edition Kenneth V. 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 FROM REVIEWS OF THE FIRST EDITION Dr Iserson has given us a most remarkable book Many readers may be familiar with David Werner s lay healthworker book Where There Is No Doctor this new volume could be titled Where There Is a Doctor But No Stuff Drawing from his experience providing care in international wilderness and disaster settings he has compiled an impressive collection of bare bones equipment and work around strategies to provide the best possible care in resource poor settings While presenting many creative examples the purpose of the book is not to offer an exhaustive list of solutions to missing resource challenges but to inspire creativity in readers who may find themselves needing to improvise 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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Reichman's Emergency Medicine Procedures, 3rd Edition Eric F. Reichman, 2018-12-25 The most clear complete and easy to understand review of emergency medicine procedures enhanced by an animation library and more than 1 500 full color photographs

Doody's Core Titles for 2021 Reichman's Emergency Medicine Procedures Third Edition is written to provide a detailed step by step approach to more than 200 procedures performed in an emergency or acute care setting This trusted classic will provide medical students residents advanced practice clinicians and the seasoned emergentologist with a reliable one stop procedural reference on which to base clinical practices and technical skills The Third Edition is enhanced by added chapters algorithms clinical pictures radiographs tables and coverage of cutting edge technological advancements Features

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includes key information cautions and important facts highlighted in bold The techniques presented in this book will dramatically expand your understanding of emergency medicine procedures and most importantly your ability to deliver positive patient outcomes Wilderness EMS Seth C. Hawkins, 2017-10-16 Wilderness EMS is designed for EMS providers and leaders who deliver medical care in the wilderness and those practicing wilderness medicine as part of a formal team The textbook is a comprehensive expertly written reference ideal for this fast changing and multidisciplinary specialty This first of its kind text provides specialized instruction and best practices for wilderness EMS practitioners and students crucial information for the success of today's rescue missions A strong foundation in evidence based medicine clinical experience and field applicability makes it especially useful for any EMS provider in a wilderness environment **Hurst's the Heart, 14th Edition: Two Volume Set** Valentin Fuster, Robert A. Harrington, Jagat Narula, Zubin J. Eapen, 2017-03-22 Cardiology's cornerstone text thoroughly updated to reflect the latest clinical perspectives and cutting edge topics Hailed for its authority currency and ability to translate the latest technical and clinical advances into clinical application Hurst's The Heart is the field's landmark text and cardiology's longest continuously published reference text A previous edition of this trusted classic was described by Doody's as an outstanding choice for those who strive for a firm foundation in cardiovascular medicine as well as an up to date and user friendly source that addresses every discipline in the field Readers will find succinct visually appealing summaries of all the major new trials and guidelines along with tips for optimizing outcomes and health quality The Fourteenth Edition has been completely updated to reflect the latest technical therapeutic and clinical advances while still maintaining a strong focus on patient care Other enhancements include the addition of textual features such as Practice Points Common Clinical Questions and an increased number of the acclaimed Hurst's diagrams NEW TO THIS EDITION Section on Metabolic Disorders and Cardiovascular Disease Cigarette Smoking and Cardiovascular Disease Enhanced by more than 1 500 full color illustrations and more than 500 tables Brand new chapters include Arrhythmogenic Cardiomyopathy Ischemic Mitral Regurgitation Degenerative Mitral Valve Disease Left Ventricular Noncompaction Evaluation and Management of Acute Heart Failure Carotid Artery Stenting Race Ethnicity and Cardiovascular disease The only comprehensive cardiology reference to publish every 2 5 years to allow for reporting of the latest trials and guidelines **Pharmacotherapy A Pathophysiologic Approach 9/E** Joseph T. DiPiro, Robert L. Talbert, Gary C. Yee, Barbara G. Wells, L. Michael Posey, 2014-03-22 25 ADDITIONAL CHAPTERS AVAILABLE ONLINE THE LANDMARK TEXT ON HOW TO ACHIEVE OPTIMAL PATIENT OUTCOMES THROUGH EVIDENCE BASED MEDICATION THERAPY Pharmacotherapy A Pathophysiologic Approach is written to help you advance the quality of patient care through evidence based medication therapy derived from sound pharmacotherapeutic principles The scope of this trusted classic goes beyond drug indications and dosages to include the initial selection proper administration and monitoring of drugs You will find everything you need to provide safe effective drug therapy across the full range of therapeutic categories This edition is enriched by more than

300 expert contributors and every chapter has been revised and updated to reflect the latest evidence based information and recommendations Important features such as Key Concepts at the beginning of each chapter Clinical Presentation tables that summarize disease signs and symptoms and Clinical Controversies boxes that examine the complicated issues faced by students and clinicians in providing drug therapy make this text an essential learning tool for students patient focused pharmacists and other health care providers NEW TO THIS EDITION A section on personalized pharmacotherapy appears in most sections All diagnostic flow diagrams treatment algorithms dosing guideline recommendations and monitoring approaches have been updated in full color to clearly distinguish treatment pathways New drug monitoring tables have been added Most of the disease oriented chapters have incorporated evidence based treatment guidelines that often include ratings of the level of evidence to support the key therapeutic approaches Twenty five online only chapters are available at www.pharmacotherapyonline.com

Interventional Cardiology, Second Edition Habib Samady, William Fearon, Alan C. Yeung, Spencer B. King, 2018-01-12 The first and best primer for the cardiovascular interventionalist updated with more than twenty new chapters and all new Q A A Doody's Core Title for 2021 Filling a crucial gap in procedural knowledge this groundbreaking reference was the first to focus on interventional cardiovascular procedures Interventional Cardiology Second Edition includes a completely updated section on procedures as well as chapters on the necessary scientific foundation to which specialists will refer every day in their clinical practice In addition each procedural chapter is enhanced by valuable tips and pitfalls from an internationally recognized group of experts The comprehensive coverage of this groundbreaking resource is highly accessible thanks to a well organized full color format that synthesizes important information and provides a consistent template in describing each procedure Throughout the book charts and tables help to summarize key concepts and can serve as the basis for a detailed overview FEATURES NEW to this edition Multiple choice questions with answers at the end of most chapters 21 NEW CHAPTERS including History of Interventional Cardiology Publishing Interventional Cardiology Research Web Based Learning Medical Simulation in Interventional Cardiology Emerging Clinical Applications of Physiologic and Intravascular Imaging Tools An Overview of MitraClip Procedure Cell Therapy for Cardiovascular Disease and more Edited by some of the foremost experts in the field and featuring contributions from key opinion leaders in interventional cardiology Top to bottom coverage of the latest interventional cardiology techniques Valuable perspectives on avoiding and properly managing complications Up to date information on devices Numerous high quality full color images and figures throughout High yield content makes it valuable for board review More than 1 500 illustrations including more than 600 full color photographs

Pharmacotherapy Principles and Practice, Third Edition Marie Chisholm-Burns, Terry Schwinghammer, Barbara G. Wells, Patrick Malone, Joseph T. DiPiro, 2013-03-08 Learn the essential principles of pharmacotherapy and how they apply to today's healthcare Pharmacotherapy Principles Practice Third Edition uses a solid evidence based approach to teach you how to design implement monitor and evaluate

medication therapy This trusted text provides everything you need to gain an in depth understanding of the principles essential optimal pharmacotherapy of disease In order to be as clinically relevant as possible the disease states and treatments discussed focus on disorders most often seen in clinical practice Chapters were written or reviewed by pharmacists nurse practitioners physician assistants and physicians who are authorities in their fields The book opens with an introductory chapter followed by chapters on pediatrics geriatrics and palliative care The remainder of the text consists of ninety eight disease based chapters that review etiology epidemiology pathophysiology and clinical presentation followed by therapeutic recommendations for drug selection dosing and patient monitoring *Pharmacotherapy Principles and Practice, Third Edition* Joseph DiPiro, 2013-01-23 Pharmacotherapy Principles Practice pares back the exhaustive coverage of Pharmacotherapy A Pathophysiologic Approach 7 e by over 1 000 pages to topics and a depth of coverage the editors have identified as essential to pharmacy practice Collectively this textbook represents the work of over 160 authors and 145 reviewers **Oregon Administrative Rules Compilation**, 2014 **Pharmacotherapy: A Pathophysiologic Approach, Eleventh Edition** Joseph T. DiPiro, Gary C. Yee, L. Michael Posey, 2020-07-03 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 25 additional chapters available online The classic guide to driving optimal patient outcomes using evidence based medication therapies updated with the latest advances and guidelines Presented in full color Pharmacotherapy A Pathophysiologic Approach 11th Edition helps you deliver the highest quality patient care through evidence based medication therapy derived from sound pharmacotherapeutic principles It takes you beyond drug indications and dosages showing how to properly select administer and monitor drugs everything you need to provide safe effective drug therapy across all therapeutic categories With all new monitoring tables and authoritative content from 300 expert contributors this new edition has been fully updated to reflect the latest evidence based information and recommendations You'll find Key Concepts at the beginning of each chapter Clinical Presentation tables that summarize disease signs and symptoms and Clinical Controversies boxes that examine the complicated issues faced by students and clinicians in providing drug therapy Why Pharmacotherapy A Pathophysiologic Approach is perfect for students pharmacists and other healthcare providers All chapters provide the most current reliable and relevant information available Key concepts kick off every chapter Clinical Presentation Tables summarize disease signs and symptoms The majority of sections include personalized pharmacotherapy content Clinical Controversies Boxes clarify the most complex drug therapy issues you'll face Diagnostic flow diagrams treatment algorithms dosing recommendations and monitoring approaches have been updated in full color to distinguish treatment pathways Most disease oriented chapters are enhanced by updated evidence based treatment guidelines which often include ratings of the level of evidence to support key therapeutic approaches Instructors who adopt this text are eligible for a PowerPoint presentation of all images and answers to Self Assessment Questions The most trusted guide of its

kind for decades Pharmacotherapy A Pathophysiologic Approach is the go to text for students and practitioners seeking clear objective coverage of core pathophysiologic and therapeutic elements *Goldfrank's Toxicologic Emergencies, Eleventh Edition* Lewis S. Nelson, Robert S. Hoffman, Mary Ann Howland, Neal A. Lewin, Lewis R. Goldfrank, 2018-08-22 Goldfrank's is the premier toxicology textbook that should be in every emergency department or poison center library Whether you are a student resident or faculty there is something here for you If you are a toxicology fellow or poison specialist studying for your boards this is your go to book I highly recommend this work The Journal of Emergency Medicine The best edition yet of the landmark text in medical toxicology A Doody's Core Title for 2021 Covering every aspect of poison management this indispensable case based resource has been thoroughly refreshed to deliver evidence based principles viewed through the lens of an active bedside clinical practice In no other reference will you find such a diverse roster of esteemed editors and authors who deliver expert insights into every type of toxicologic emergency whether due to substance abuse or exposure to toxins Fully referenced and supported by a cohesive organization and full color format Goldfrank's begins with a historical perspective on medical toxicology principles and the general approach to the patient It then progresses to the fundamental principles of medical toxicology encompassing biochemical and molecular concepts the effect of xenobiotics on vital organs and body systems and toxicologic principles in special populations The Eleventh Edition of Goldfrank's Toxicologic Emergencies is the most rigorous volume to date driven by a precise analysis of the latest medical literature and complex cases designed to facilitate differential diagnosis New to this Edition Additional cases and Special Considerations chapters designed to enhance clinical decision making and patient outcomes New Antidotes in Depth provides timely critical information on toxicologic treatment strategies New content on toxicogenomics explores its increasingly important role in predictive toxicology Chapter ending bulleted summaries of key points Updated coverage of synthetics such as K2 Revised chapters on medical clinical and chemical toxicology include updated insights on poison emergencies treatment strategies and risk assessment tools **Basic & Clinical Pharmacology, Thirteenth Edition, SMARTBOOK™** Bertram G. Katzung, Anthony J. Trevor, 2014-12-22 Gain a full understanding of the basic science and clinical use of drugs with the most up to date and comprehensive pharmacology text in the health sciences A Doody's Core Title for 2017 400 ILLUSTRATIONS MANY IN FULL COLOR Organized to reflect the course sequence in many pharmacology courses and in integrated curricula Basic Clinical Pharmacology covers the important concepts students need to know about the science of pharmacology and its application to clinical practice Selection of the subject matter and order of its presentation are based on the authors many years of experience in teaching this material to thousands of medical pharmacy dental podiatry nursing and other health science students Coverage that spans every aspect of medical pharmacology Encompasses every aspect of medical pharmacology including botanicals and over the counter drugs New chapter on pharmacogenomics with important examples Emphasis is placed on discussion of drug groups and prototypes Clinically relevant the book includes sections that specifically

address the clinical choice and use of drugs in patients and the monitoring of their effects Full color presentation with more than 400 illustrations Case studies introduce clinical problems in most chapters Summary tables and diagrams encapsulate important information Includes many new drugs A Generic Name Trade Name Table appears at the end of most chapters for easy reference when writing a chart order or prescription Pharmacotherapy: A Pathophysiologic Approach, Tenth Edition Joseph T. DiPiro, Robert L. Talbert, Gary C. Yee, Gary R. Matzke, Barbara G. Wells, L. Michael Posey, 2017-01-23 The most comprehensive text available on the use of evidence based medication therapies for optimal patient outcomes updated with the latest breakthroughs and guidelines A Doody's Core Title for 2019 Pharmacotherapy A Pathophysiologic Approach is written to help you advance the quality of patient care through evidence based medication therapy derived from sound pharmacotherapeutic principles The scope of this trusted classic goes beyond drug indications and dosages to include the initial selection proper administration and monitoring of drugs You will find everything you need to provide safe effective drug therapy across the full range of therapeutic categories Presented in full color the Tenth Edition is enriched by more than 300 expert contributors and every chapter has been updated to reflect the latest in evidence based information and recommendations This sweeping updates include tables charts algorithms and practice guidelines This edition is also enhanced by a timely all new chapter on Travel Health Here's why this is the perfect learning tool for students patient focused pharmacists and other health care providers All chapters have been updated to provide the most current reliable and relevant information possible Key Concepts at the beginning of each chapter Clinical Presentation Tables summarize disease signs and symptoms Clinical Controversies Boxes examine the complicated issues faced by students and clinicians in providing drug therapy Color coded diagnostic flow diagram treatment algorithms dosing recommendations and monitoring approaches clearly distinguish treatment pathways Most disease oriented chapters include updated evidence based treatment guidelines that often include ratings of the level of evidence to support the key therapeutic approaches Edition after trusted edition Pharmacotherapy A Pathophysiologic Approach has been unmatched in its ability to clearly and impartially impart core pathophysiological and therapeutic elements that students and practitioners must be familiar with

Cardiac Surgery in the Adult 5/e Lawrence H. Cohn, David H. Adams, 2017-09-08 The most comprehensive and current full color cardiac surgery resource updated by leading surgeons A Doody's Core Title for 2024 2022 In Cardiac Surgery in the Adult Fifth Edition the world's foremost cardiovascular surgeons deliver thorough up to date coverage of operative strategy decision making technique and pre and post operative management for treating the adult cardiac patient Unmatched in both scope and clinical rigor this classic text contains 63 chapters that highlight every important topic in cardiovascular surgery Presented in full color Cardiac Surgery in the Adult takes readers through the optimal treatment of congenital acquired infectious and traumatic diseases of the heart and great vessels The book opens with a history of cardiac surgery and basic cardiac science then moves into all types of cardiac surgery providing both practicing surgeons and residents with insight

into the very latest surgical protocols Cardiac Surgery in the Adult is logically divided into ten sections Basics includes history anatomy physiology pharmacology computed tomography risk assessment simulation and the fully integrated cardiovascular center Perioperative Intraoperative Care Ischemic Heart Disease Aortic Valve Disease Mitral Valve Disease Surgery of the Great Vessels Rhythm Surgery Other Cardiac Operations including congenital heart disease pericardial disease and cardiac neoplasms Transplant and Mechanical Circulatory Support The Fifth Edition has been updated throughout and includes the latest advances in minimally invasive surgery and simulation

Medical Books and Serials in Print, 1979 R. R. Bowker LLC,1979-05 *Code of Federal Regulations, Title 46, Shipping, PT. 1-40, Revised as of October 1, 2015* Office Of The Federal Register (U S,Office of the Federal Register (U S),2015-12-29 6 CFR Parts 1 to 40 continues coverage on the Coast Guard within the Department of Homeland Security In this volume you will find information on vessel inspections marine casual an investigations boundary lines waivers of navigation and vessel inspection laws and regulations boundary lines vessel inspection alternatives extra compensation for overtime services manning requirements certification of tanker man chemical testing firefighting equipment operations vapor control systems towing vessels requirements general provisions elevated temperature cargoes and more Audience Key Information Users Deck engineers electrical engineers maritime officers sailors seaman motormen cruise directors vessel masters yacht brokers boat builders designers and technicians may refer to this volume for successful implementation of the processes and regulations Other products pertaining to this topic that may be of interest include the following Medical Management of Chemical Casualties Handbook can be found at this link <https://bookstore.gpo.gov/products/sku/008/023/00149/9> Merchant Vessel Inspection Guide Training Support Package Binder With Printed Material DVD and CD ROM Controlled Item Kit requires special approval of order prior to shipment U S Coast Guard Incident Management Handbook 2014 can be found at this link <https://bookstore.gpo.gov/products/sku/050/012/00516/8> Shipyard Industry Standards can be found at this link <https://bookstore.gpo.gov/products/sku/029/001/03484/9> Fire Management Today can be found at this link <https://bookstore.gpo.gov/products/sku/701/023/00000/5> Field Operations Guide for Disaster Assessment and Response can be found at this link <https://bookstore.gpo.gov/products/sku/001/001/00680/7> *Consumer Health & Nutrition Index* ,1994 [Journal of Applied Physiology](#) ,1988

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