

FOR YOUR HEALTH

Community Training Center

10411 Frederick Pike Vandalia, OH 45377



CPR REVIEW SHEETS And Study Guide For ADULT CHILD AND INFANT

A B C D's of CPR:

Airway, Breathing, Circulation and Defibrillation.

Age definitions:

Infant: birth to 1 year Child: 1 year to puberty.

Adult: over 8 years old

Compression depth for both 1 and 2 person CPR

Infant & Child - Infant 1/3 to 1/2 the depth of the chest.

Adult - 1.5 - 2 inches.

Compression rate for both 1 and 2 person CPR

Adult, child & Infant - 100 compressions per minute.

Compression ratio:

1&2 person Adult, 1 person child and Infant -

30 compressions and 2 breaths.

Child & Infant, 2 person - 15 compressions and 2 breath

Number of cycles to get to the first minute of CPR:

Adult, Infant and child - 5 cycles.

Approximately 2 minutes

Adequate Heart Circulation Assessment:

Do a pulse check for 10 seconds. Also look for apparent signs of breathing and look for movement.

Pulse check:

Infant - brachial artery (inside upper arm).

Adult and Child - carotid artery (at the neck).

Rescue breathing:

Infant and Child - 1 breath every 3 sec. (20 per min.).

Adult - 1 breath every 5 sec. (12 per min.)

Duration - 1 1/2 to 2 seconds each.

Hand placement for compressions; adult: Place the heel of your hands on the chest right between the nipples with your arms directly over the center of the chest. The heart is right under the heel of your hands. On some people you may have to do this differently. First locate the xiphoid. Place your ring finger on the xiphoid with your hand flat. Then place the heel of your other hand next to the fingers marking the xiphoid. The heel of your hand should now be on the lower half of the sternum in the center of the chest. The other hand is then placed over this hand and your arms should be directly over the center of the chest.

Hand placement for compressions; child: First visualize an imaginary line between the child's nipples. Then place the heel of one hand on the chest one finger's width below the imaginary nipple line. Your hand is on the lower half of the sternum in the center of the chest, directly over the child's heart. On a larger child, place your free hand over the placed hand and lace your fingers. On a smaller child, the other hand is placed on the child's forehead and positions the head so the airway is open.

Hand placement for compressions; infant: Place two fingers on the chest just below an imaginary line between the nipples. The fingers are on the sternum in the center of the chest. The other hand is placed just above the infant's forehead and positions the head so the airway is open.

Heartbeat Check and, "Looking for other signs of life." It is OK to briefly place your ear tightly against a victim's chest and listen for a heartbeat. Also be sure to look for other signs of life such as coughing, breathing and motion. A hard rock rule of thumb: ***If they are breathing, their heart is going. If they are not breathing, their heart is not going.***

Be really sure... The most common reason a child or infant's heart stops is because a foreign object (Airway Obstruction) stopped the breathing. It is more difficult to determine an open airway on a child and an infant because their airway is smaller than an adult. ***Be really sure*** the initial rescue breaths are delivered slowly and steady - too hard and too fast usually puts the air into the stomach. It is OK to place your hand on the child or infant's chest to feel for movement as you do the rescue breaths or check for breathing.

Typical study questions that help make CPR Classes easier.

Introduction.

1. What are emergency situations where you need to know CPR?
2. Heart attack and sudden cardiac arrest – what’s different?
3. Identify signs and symptoms of a heart attack.
4. What signs and symptoms are more frequent in women?
5. What do most people do about early signs and symptoms?
6. What is the symptom that cannot be ignored?
7. What does it look like?
8. Identify signs and symptoms of a stroke.
9. Why do you call 911 at the earliest signs of a heart attack?
10. Why is it important to call 911 at the earliest signs of a stroke?
11. What is the best way to reduce the need for CPR?

Answers:

- | | | | |
|---|---|---|---|
| <input type="checkbox"/> Healthy heart lifestyles, | <input type="checkbox"/> Elevated blood pressure. | <input type="checkbox"/> Harder to detect symptoms. | <input type="checkbox"/> Chest pain. |
| <input type="checkbox"/> Diet and exercise. | <input type="checkbox"/> Confusion and/or slurred speech. | <input type="checkbox"/> Referred pain, particularly back pain. | <input type="checkbox"/> The heart has essentially stopped. |
| <input type="checkbox"/> Brain function loss is reduced. | <input type="checkbox"/> Visual field changes. | <input type="checkbox"/> Indigestion and nausea | <input type="checkbox"/> Stroke. |
| <input type="checkbox"/> Fast arrival of a defibrillator and EMS. | <input type="checkbox"/> Cyanosis. | <input type="checkbox"/> Flu-like symptoms. | <input type="checkbox"/> Airway obstruction. |
| <input type="checkbox"/> One sided weakness. | <input type="checkbox"/> Gray with blue trim. | <input type="checkbox"/> Shortness of breath. | <input type="checkbox"/> Heart attack. |
| <input type="checkbox"/> Difficulty swallowing. | <input type="checkbox"/> Ignore them. | <input type="checkbox"/> Referred pain. | <input type="checkbox"/> Sudden cardiac arrest. |
| <input type="checkbox"/> Headache. | <input type="checkbox"/> Less specific symptoms | <input type="checkbox"/> Sweating. | |

Basic Overview.

12. What do you want to know when you get done:
13. What do they mean: **Cardio** _____ **Pulmonary** _____
Resuscitation: a. (Mostly) _____ b. (Sometimes) _____
14. OK, so what’s the big whoop? (**I need to...**)
15. The four other letters **more closely** associated with the CPR process are:.....
16. What do they mean? A. _____ B. _____ C. _____ D. _____
17. What are the links in the **A H A’s**, “**Chain of Survival?**”
a. Early _____ b. Early _____ c. Early _____ d. Early _____
18. CPR starts for the victim needing help **when they are...**
19. CPR starts for the person helping the victim **when I am...**
20. What are “**Standard Precautions**” you want to consider here?
21. How long should it take you to find the **alligators?**
22. CPR ends **when the...**
23. What is the relationship between CPR and First Aid? (**They both...**)
24. What did your mother neglect to tell you about CPR **alligators?**
a. Am I _____ b. Am I going to get _____ c. Is it going to _____

Answers:

- | | | | | |
|--|--|--|---|---|
| <input type="checkbox"/> Is it going to land on me? | <input type="checkbox"/> I checked first. | <input type="checkbox"/> Early EMS. | <input type="checkbox"/> Circulation. | <input type="checkbox"/> Bring them back. |
| <input type="checkbox"/> Am I going to get sued? | <input type="checkbox"/> Gloves and CPR face mask. | <input type="checkbox"/> Early Defibrillation. | <input type="checkbox"/> Breathing. | <input type="checkbox"/> Keep them alive. |
| <input type="checkbox"/> Am I safe? | <input type="checkbox"/> Breathing barrier device. | <input type="checkbox"/> Early CPR. | <input type="checkbox"/> Airway. | <input type="checkbox"/> Lung function. |
| <input type="checkbox"/> Happen at the same time. | <input type="checkbox"/> Survey the scene | <input type="checkbox"/> Early 911. | <input type="checkbox"/> A B C D. | <input type="checkbox"/> Heart function. |
| <input type="checkbox"/> EMS arrives and takes over. | <input type="checkbox"/> They are unresponsive. | <input type="checkbox"/> Defibrillation. | <input type="checkbox"/> Know the difference. | <input type="checkbox"/> C P R |

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AHA Training Manuals are available prior to, during and following CPR classes at cost.

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