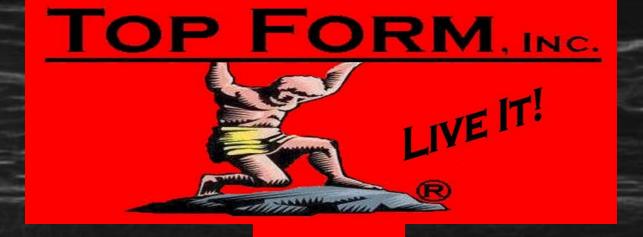


### CPR / AED

# INFORMATION AND SKILLS PRESENTATION





### Corporate Structure

SPORTS MEDICINE
&
PERFORMANCE
CENTER

EDUCATION CENTER

NUTRITION
MANAGEMENT
CENTER

FRANCHISING

ATHLETIC TRAINER CENTER



### The REAL Problem

- CVD
- Thought you were healthy
- Heart Attach
- Prevention
  - Nutrition = What Mr Top Form Does=Purium
  - Exercise



## Before Providing Care

- Look for signs of an emergency
  - Noises
  - Odors
  - Unusual Behaviors / Appearances
- Obtain Consent!!!
- Removal of an Injured Person
  - When?
    - Scene become unsafe
    - Need to get to another victim with a more serious injury
    - Need to move them to give emergency care
- Standard Precautions
  - Gloves
  - Face Shield
    - Why?



### Check / Call /Care

- Steps of an Emergency
  - Check
    - Danger
    - Bystanders
    - The Victim
      - Tap and Shout
        - "Are You OK"
  - Call
    - When to Call?
    - 911 or Emergency #
    - Get an AED
  - Care
    - A, B, C Sign's of Life



### Look for Signs of Life

- Look For: BREATHING
- Look For Signs of LIFE: Circulation
  - Check Pulse
  - Normal Breathing
  - Movement
- Check for <u>NO MORE</u> than 10 Seconds!
  - Movement / Normal Breathing
- Start Compressions 30:2breaths



#### **CPR**

- Why do we do CPR?
- IF THERE ARE NO SIGNS OF LIFE AND BREATHS GO IN = BEGIN CPR
  - Compress the chest 30 times / 2 Breaths
  - Rate of 5 Cycles in 2 min/100min
  - Compress at least 2"
  - CONTINUE UNTIL:
    - 911 help arrives
      - Someone with equal or higher training takes over
      - You become too exhausted to continue/Switch every two minutes if needed
      - An AED is ready to use
      - Or there are normal signs of life!

### Conscious Choking

- Signs of Troubled Breathing
  - Noisy or painful breathing
  - Unusually deep or shallow breathing
  - Changes in skin color
- REMEMBER!
  - Check, Call, <u>CONSENT</u>,& Care!!!

#### CARE

- 5 Back Blows
  - Palm of Hand between the shoulder blades
  - Good base of Support!!!
- 5 Abdominal Thrusts (Heimlich Maneuver)
  - Hand in a fist, thumb side in, just above the belly-button, up and in.
  - Good base of Support!!!
- Until something comes out or they go unconscious.



### **Unconscious Choking**

- Check / Call / Care
- IF BREATHS DO NOT GO IN
  - Re-Tilt and Try Again
  - Still Do Not go in = Choking
  - 30 chest compressions / Look in mouth (remove object if needed) / 2 breaths / Continue Compressions, look, and breaths until the object is removed and breaths go in or more advanced help arrives. CPR!

#### **AED**

- Why do we want to use?
- TURN IT ON!!! (Make sure you have checked for signs of life first!)
- Pads = Upper R / Lower L ON THE VICTIM
  - may need to plug in connector also
- ANALYZE
  - Stand Clear DO NOT touch the victim
  - May need to push button
- SHOCK
  - STAND CLEAR!!!
    - ❖ If touching AED may not deliver enough charge
    - You and / or a bystander may be injured by the shock
    - You might prevent the AED from analyzing the heart rhythm correctly
  - If not needed AED will tell you to begin CPR
  - If needed AED will charge and then tell you to push the shock button —
    it will then tell you no shock advised and you will resume CPR



### **AED**

- Early Defibrillation will save more lives of people in cardiac arrest!
- Every minute it is delayed reduces the survival rate by 10%
- Medical Patches, Jewelry, Metal, etc. in the area need to be removed!!!
- DO NOT USE ON CONDUCTIVE SURFACES!!!



### Additional Information / Review

- Heart Attack
  - Signs and Symptoms
- Shock
  - What to do?
- Recovery Position
- June Classes
- Questions????
- TEST TIME!!!

