








BASIC LIFE SUPPORT STEP-BY-STEP

SEQUENCE/ACTION	TECHNICAL DESCRIPTION
SAFETY 	<ul style="list-style-type: none"> • Make sure that you, the victim and any bystanders are safe
RESPONSE Check for a response 	<ul style="list-style-type: none"> • Shake the victim gently by the shoulders and ask loudly: <i>"Are you all right?"</i>
AIRWAY Open the airway 	<ul style="list-style-type: none"> • If there is no response, position the victim on their back • With your hand on the forehead and your fingertips under the point of the chin, gently tilt the victim's head backwards, lifting the chin to open the airway
BREATHING Look, listen and feel for breathing 	<ul style="list-style-type: none"> • Look, listen and feel for breathing for no more than 10 seconds • A victim who is barely breathing, or taking infrequent, slow and noisy gasps, is not breathing normally
ABSENT OR ABNORMAL BREATHING Alert emergency services 	<ul style="list-style-type: none"> • If breathing is absent or abnormal, ask a helper to call the emergency services or call them yourself • Stay with the victim if possible • Activate the speaker function or hands-free option on the telephone so that you can start CPR whilst talking to the dispatcher
SEND FOR AED Send someone to get an AED 	<ul style="list-style-type: none"> • Send someone to find and bring back an AED if available • If you are on your own, DO NOT leave the victim, but start CPR
CIRCULATION Start chest compressions 	<ul style="list-style-type: none"> • Kneel by the side of the victim • Place the heel of one hand in the centre of the victim's chest - this is the lower half of the victim's breastbone (sternum) • Place the heel of your other hand on top of the first hand and interlock your fingers • Keep your arms straight • Position yourself vertically above the victim's chest and press down on the sternum at least 5 cm (but not more than 6 cm) • After each compression, release all the pressure on the chest without losing contact between your hands and the sternum • Repeat at a rate of 100-120 min⁻¹

Basic Life Support Guidelines

Ruth Bowen, Wendy Taylor



Basic Life Support Guidelines:

Healthcare provider's manual for basic life support ,1988 Hagberg and Benumof's Airway Management,E-Book Carin A. Hagberg,2022-08-02 Considered the go to reference in airway management not only in anesthesia practice but also in emergency medicine and intensive care settings Hagberg and Benumof s Airway Management ensures that practitioners worldwide are familiar and proficient with the most recent developments in equipment and scientific knowledge in this fast changing area Covering all aspects of this fundamental practice the new 5th Edition facilitates the safe performance of airway management for all airway practitioners regardless of specialty using a concise how to approach carefully chosen illustrations and case examples and analysis throughout The only volume of its kind completely dedicated to airway management this edition features Well illustrated and tightly focused coverage with anatomical drawings charts algorithms photos and imaging studies for quick reference many new to this edition Key Points in every chapter as well as up to date information on the latest ASA guidelines Two new chapters covering Combination Techniques and Human Factors in Airway Management all other chapters have been thoroughly revised to reflect current thinking and practice A significantly expanded video library including intubating the COVID 19 patient and new videos on ultrasonography of the airway Enhanced eBook version included with purchase Your enhanced eBook allows you to access all of the text figures and references from the book on a variety of devices *Textbook of Adult Emergency Medicine E-Book* Peter Cameron,Mark Little,Biswadev Mitra,Conor Deasy,2019-05-23 Since the first edition of Textbook of Adult Emergency Medicine was published twenty years ago there has been enormous change in the way emergency care is delivered This has occurred both in countries where emergency medicine was originally developed and in those where its application was limited because of cost Emergency medicine is now perceived as the cornerstone of response to acute illness regardless of resources This fully revised Fifth Edition provides clear and consistent coverage of this constantly evolving specialty Building on the success of previous editions it covers all the major topics relevant to the practice of emergency medicine The book will prove invaluable to professionals working in this setting including nurse specialists and paramedics who require concise highly practical guidance incorporating the latest best practice and evidence based guidelines This edition comes with an enhanced electronic version with video and self assessment content providing a richer learning experience and making rapid reference easier than ever before anytime anywhere A comprehensive textbook of adult emergency medicine for trainee doctors covers all the problems likely to present to a trainee in the emergency department Chapters are highly readable and concise boxes summarise chapter key points and highlight controversial areas of treatment The content is highly practical clinically orientated and thoroughly updated in all the core subjects There have been major updates in topics such as airway shock and sepsis where guidelines have changed rapidly The imaging chapters have also evolved with changing practice and improved technology to be concordant with evidence on the importance of image interpretation by emergency clinicians There are

major sections on other skills and issues of key importance to today's advanced emergency medicine practitioner such as staffing overcrowding triage patient safety and quality measures In addition difficult topics such as death and dying the challenging patient ethics giving evidence and domestic violence are covered Governance training research and organisational subjects such as disaster planning and response humanitarian emergencies and refugee medicine are included to give the reader a framework to understand the complexity of managing major emergency systems of care

Advanced Paediatric Life Support Stephanie Smith, 2023-07-10 ADVANCED PAEDIATRIC LIFE SUPPORT A PRACTICAL APPROACH TO EMERGENCIES The gold standard for treating paediatric emergencies Advanced Paediatric Life Support A Practical Approach to Emergencies is the internationally renowned manual on emergency paediatric care Written to support the course run by the Advanced Life Support Group the book uses their structured approach a tried and tested practical method of treating children during the crucial first few hours of a life threatening illness or injury Advanced Paediatric Life Support is used by doctors nurses and allied health professionals dealing with emergencies in children Its clear layout and straightforward style make it a highly practical tool both for training and in the event of an emergency In the seventh edition you will find descriptions of both common and uncommon paediatric emergencies which you may encounter in clinical practice their causes and how to best treat them during the first hours after presentation This book offers a thoroughly evidence based approach to its subject which includes The latest International Liaison Committee on Resuscitation ILCOR 2021 guidelines A thorough introduction to the structured approach to paediatric emergencies including important non technical skills and communication Comprehensive explorations of the seriously ill child including airway and breathing circulation decreased consciousness seizures and exposure Practical discussions of the seriously injured child including examinations of chest abdominal brain and spinal injuries Evidence based life support treatment and the practical application of the Advanced Paediatric Life Support structured management Perfect for emergency care physicians nurses and other allied health professionals Advanced Paediatric Life Support A Practical Approach to Emergencies will also benefit paediatric clinicians doctors in training and anyone else with an interest in the team management and treatment of paediatric emergencies

Advanced Paediatric Life Support, Australia and New Zealand Advanced Life Support Group (ALSG), Advanced Paediatric Life Support (APLS), 2024-06-10 ADVANCED PAEDIATRIC LIFE SUPPORT The gold standard for treating paediatric emergencies Advanced Paediatric Life Support Australia and New Zealand A Practical Approach to Emergencies is the internationally renowned manual on emergency paediatric care This text reinforces the course developed by the Advanced Life Support Group and utilises their tried and tested method of treating children in the event of a life threatening illness or injury Adapted specifically for Australia and New Zealand this edition is a trusted resource used by qualified medical professionals dealing with emergencies involving paediatric patients With a clear layout and straightforward style this text can be used as a functional tool both for training and in the event of an emergency In this

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Advances in Pediatrics Anupam Sachdeva,AK Dutta,2012-08-31

Skills for Midwifery Practice

E-Book Ruth Bowen,Wendy Taylor,2021-12-16 Skills for Midwifery Practice is the go to book for all midwifery students who need to learn what to do in a range of situations how to perform a skill and why they need to do it in a certain way Written by midwifery educators Ruth Johnson and Wendy Taylor the book makes learning easy with background information learning outcomes helpful diagrams and lists to represent the skill flow It explains the underlying physiology associated with pregnancy and childbirth and clearly defines the nature and extent of current practice This version is fully updated and referenced throughout to provide a detailed evidence base to support learning and further study It is ideal for midwives in training qualified midwives returning to practice as well as other members of the obstetric healthcare team Clear and logical easy to follow and understand for training midwives Accurate up to date evidence base that is relevant to contemporary midwifery practice Each skill contextualized with background indications and contraindications to support both clinical practice and study Learning objectives and end of chapter self assessment exercises allow readers to monitor their progress New to this edition Latest guidelines and standards New information on resuscitation and other emergencies Now in full color throughout Expanded chapter on the use of standard precautions in light of the global pandemic Developed discussion of alternative feeding methods Latest guidelines and standards New information on resuscitation and other emergencies Now in full color throughout Expanded chapter on the use of standard precautions in light of the global pandemic Developed discussion of alternative feeding methods

Textbook of Pediatric Basic Life Support ,1988

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Life Support (BLS) Dr Emily Quinn, 2024-11-16 The Basic Life Support BLS A Complete Essential Guidelines for Emergency Cardiovascular Care and CPR 2024 2025 Provider Manual is a comprehensive guide designed to equip healthcare professionals and emergency responders with the knowledge and skills needed to perform basic life saving techniques It covers essential topics such as high quality cardiopulmonary resuscitation CPR for adults children and infants the use of automated external defibrillators AEDs and strategies for responding to choking emergencies The manual emphasizes critical concepts like the Chain of Survival teamwork and effective communication during emergencies It serves as the primary resource for individuals completing BLS certification and recertification courses **American Red Cross CPR Instructor's Manual** American Red Cross, 1988 Basic Life Support (BLS) Provider Handbook Karl Disque, 2016-11-14 The Save a Life Initiative has just released its newest course Basic Life Support This manual is based on the 2015 2020 Basic Life Support guidelines published by the American Heart Association The Basic Life Support BLS Provider Handbook is a comprehensive resource intended for health care professionals currently enrolled in a Basic Life Support Certification or Recertification Course It serves as the primary training material for BLS Certification and Recertification courses Although it is primarily intended for professionals to use during their courses the handbook was also created to serve as daily resource material for health care professionals Information covered in the handbook includes Basic Life Support instruction for adults and children AED usage airway obstruction and rescue breathing techniques and more Specific Algorithms for BLS and more are also included within the handbook All material included in this handbook is delivered in a manner meant to enhance learning in the most comprehensive and convenient way possible "Code of Massachusetts regulations, 2000" ,2000 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 *Nursing Times, Nursing Mirror* ,2001 **2008 Healthcare Standards Official Directory** ECRI Institute Staff, EcRI, 2007-12 *The Massachusetts register* ,1988 "Code of Massachusetts regulations, 1997" ,1997 Archival snapshot of entire looseleaf Code of Massachusetts Regulations held by the Social Law Library of Massachusetts as of January 2020 Intensive Care Manual T. E. Oh, 1997 The new edition first published 1979 last 1990 of this working textbook provides practical concise information on the background recent advances and controversial issues of most conditions encountered in an Intensive Care Unit Includes recent updates on such topics as HIV oxygen monitoring and delivery novel treatment for SIRS and pediatric intensive care Includes three new sections environmental injuries pharmacological considerations and transplantation Annotation copyrighted by Book News Inc Portland OR **Essential Med Notes 2022** Yuliya Lytvyn, Maleeha A. Qazi, 2022-02-16 The Toronto Notes for Medical Students Inc is excited to present the 38th edition of Essential Med Notes a trusted medical review text cherished by trainees and physicians throughout Canada and around the world Available now this comprehensive medical review textbook is aligned with the most recent MCCQE objectives making it ideal for students studying for licensing exams or looking to complement their medical

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