

Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	If a mobile device is available, phone emergency services (9-1-1)		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb—encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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Bls Study Guide 2013

**Ivy M. Alexander, Versie Johnson-
Mallard, Elizabeth Kostas-
Polston, Catherine Ingram Fogel, Nancy
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The Final FFICM Structured Oral Examination Study Guide Eryl Davies, 2022-12-30 This book is the definitive guide to the Final Fellowship of the Faculty of Intensive Care Medicine FFICM Structured Oral Examination With a broad coverage of the clinical curriculum it equips candidates to tackle this challenging examination Each chapter contains sample questions with concise answers focusing on key concepts to facilitate deeper understanding The content is organised by subject enabling more structured revision in an easy to use format This text provides references to guidance that will remain relevant in the ever changing landscape of intensive care medicine Not only is this book an essential resource for studying intensivists but it also forms a useful reference for any professional encountering the world of critical care in their practice

Encyclopedia of Human Services and Diversity Linwood H. Cousins, 2014-09-05 Encyclopedia of Human Services and Diversity is the first encyclopedia to reflect the changes in the mission of human services professionals as they face today's increasingly diverse service population Diversity encompasses a broad range of human differences including differences in ability and disability age education level ethnicity gender geographic origin religion sexual orientation socioeconomic class and values Understanding the needs and problems of Asian Americans Hispanic Americans the deaf the blind the LGBT community and many other groups demands an up to date and cutting edge reference This three volume encyclopedia provides human services students professors librarians and practitioners the reference information they need to meet the needs of an increasingly diverse population Features 600 signed entries are organized A to Z across three volumes Entries authored by key figures in the field conclude with cross references and further readings A Reader's Guide groups related articles within broad thematic areas such as aging community mental health family and child services substance abuse etc A detailed index the Reader's Guide and cross references combine for search and browse in the electronic version A helpful Resource Guide guides students to classic books journals and web sites and a glossary assists them with the terminology of the field Available in both print and electronic formats Encyclopedia of Human Services and Diversity is an ideal reference for students practitioners faculty and librarians

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Women's Health Care in Advanced Practice Nursing, Second Edition Ivy M. Alexander, Versie Johnson-Mallard, Elizabeth Kostas-Polston, Catherine Ingram Fogel, Nancy Fugate Woods, 2017-06-28 Replete with vital information the second edition of this authoritative women s health text provides graduate nursing students and nurse practitioners with the resources to deliver optimal health to women of all ages Edited by a team of highly distinguished clinicians scholars and educators chapters retain a distinctive sociocultural lens that gives a view of women s health as it relates to women s lives and identities Eighteen new chapters address clinical primary care topics genetics environmental and occupational health promotion health considerations for female caregivers transgender care urologic health concerns dementia care and more An instructor s toolkit includes multiple resources to enhance critical thinking and case studies engage critical thinking skills to apply the multidimensional content in context This uniquely comprehensive resource examines women s health through a variety of clinical practice and theoretical frameworks such as feminism feminist theory and globalization The second edition retains the important focus on prevention managing symptoms and health problems that are unique to women Chapters address relevant legal issues health throughout the life span nutrition and exercise sleep difficulties mental health LGBTQ health fertility substance abuse violence against women and dozens of specific health disorders NEW TO THE SECOND EDITION Updated to include the most current evidence based primary care management guidelines in women s health Includes 18 new chapters addressing health promotion and symptom management Provides a robust instructor s toolkit to foster critical thinking Organized to enhance easy retrieval of numerous clinical topics Includes theoretical frameworks for women s health health promotion and prevention and women s health management Presents brand new information on genetics transgender health endocrine related problems health

considerations for caregivers and dementia care

KEY FEATURES Distills cutting edge information on women s health issues through a sociocultural framework Offers a comprehensive investigation of key topics in women s health Edited by renowned scholar educators for advanced practice nursing students

The Trump Effect L. Rowand Archer,2022-11-03 With the election of Donald Trump on November 8 2016 Americans experienced a sense of relief and joy knowing they could again participate in a vibrant business environment that offers them the power of self determination and the freedom to pursue their life goals and live according to their faith unencumbered by political correctness and the stifling ideology of creeping socialism For the last fifty or so years the dark side left have though academia the entertainment industry deep state bureaucrats and the liberal big media successfully been undoing the centuries old institutions of free market economies which has created unprecedented wealth the world over In its place the dark side left have been molding these institutions to reflect their warped ideology of a new socialist world order with no boarder and based on a Marxist progressive left utopia an oxymoron if there ever is one The long term strategy for achieving their transition relies on undermining the economic engine by enacting burdensome big government regulations by imposing political correctness and identity politics into our daily conversations social interactions and norms and finally by attacking one s religious faith and values The dark side left s long march through the culture has resulted in the indoctrination of each new generation using the direct influence of academia movies and television programs the daily news coverage and government policy Miraculously as if by divine intervention after just one year of his presidency Donald Trump has managed to force into the open this sinister plot by the dark side left with the world now acutely aware of the serious bias of the liberal big media the corruption present at the senior levels of the intelligence branches left behind by the Obama administration the serious extent of liberal bias in academia and their effort to restrict free speech and the self interest of lawmakers seeking self enrichment from Washington s swamp dwelling domestic and foreign lobbyists With his unwavering commitment to work on behalf of the American people Trump has almost single handedly inflicted journalists and the political elites with varying degrees of Trump derangement syndrome and exposing their warped self serving values resulting in them becoming almost totally incapable of providing unbiased insightful political arguments on current issues for their audience Because of President Trump the world is witnessing the excruciating collapse of the dark side left and the Washington swamp His ability to navigate through the minefields laid by the bipartisan swamp and the liberal big media can only be answered through our faith in God who in all his wisdom has chosen this man to save free market countries and its people from the evils of the dark side left and their elitist minions

Exploring Lifespan Development Laura E. Berk,2022-06-27 Now published by Sage Exploring Lifespan Development Fourth Edition the essentials version of Development Through the Lifespan Seventh Edition by best selling author Laura E Berk includes the same topics the same number of chapters and the same outstanding features with a focus on the most important information and a greater emphasis on practical real life applications The text s up to date research

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Labor Relations Reference Manual, 1946 *Iowa Transfer Guide* University of Iowa. Office of Admissions, 2013

Work Zone Speed Management John W. Shaw, Madhav V. Chitturi, William Bremer, David Alan Noyce, 2015 This synthesis documents information regarding the current state of practice for work zone speed management The report compiles data procedures techniques and technical issues related to observing and comparing work zone speeds The speed management measures have been organized into four categories engineering operational enforcement and public education and outreach Information included in this study was acquired through a review of the literature two surveys of state department of transportation representatives in all states a compilation of state agency public information campaigns and follow up interviews with select survey respondents from several U S states and one Canadian province **Books in Print**, 1977 **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

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An Analysis of Collective Bargaining Agreements, 1986 **The Business Review**, 2015

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Investing in Skills for Inclusive Trade Marc Bacchetta, Cornelius Gregg, Stela Rubinová, Bolormaa Tumurchudur, 2017 In recent decades the global economy has experienced a profound transformation due to trade integration and technological progress as well as important political changes. This transformation has been accompanied by significant positive effects at the global level as increased trade integration has helped to raise incomes in advanced and developing economies lifting millions out of poverty. At the same time it has translated into changes experienced by individuals, companies and communities. While overall better job opportunities are on the rise, workers who are forced to leave their existing jobs may find it difficult to share in these improvements. Policies aimed at facilitating adjustment can reduce the number of those left behind by trade or technology while at the same time raising the net gains from these developments, improving overall efficiency and boosting incomes. Given the role of skills in productivity and in trade performance as well as in access to employment and wage distribution, a strong emphasis on skills development is vital.

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Libraries,1979 **Who's Here in Library Science** University of Michigan. School of Library Science,1978

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