

# BLS for Healthcare Professionals

## CABs of CPR

CPR	ADULT & OLDER CHILD (puberty and older)	CHILD (1 year to signs of puberty)	INFANT (up to 1 year old)
Verify Scene Safety	Do not enter an unsafe environment. Call 9-1-1		
Check victim's responsiveness	If victim is unresponsive, shout for help. Call 9-1-1 with mobile device, if available. Send someone to find an AED.		
Activate 9-1-1	If you are alone and do not have a mobile device, leave the victim to call 9-1-1 first, then look for an AED. Return to perform CPR.	If you are alone and <b>WITNESS THE COLLAPSE</b> Leave the victim to call 9-1-1 first, and look for an AED. Return to perform CPR.	
Determine if victim is breathing & has a pulse	Simultaneously check for breathing & pulse for no more than 10 seconds. NOTE: agonal breaths are not considered signs of breathing For children and infants, a pulse rate of less than 60 beats / minute is treated as no pulse.		
	Check carotid artery on your side of the victim's the neck.		Check brachial artery on inside of the victim's upper arm near the armpit.
Rescue Breathing  If victim has a DEFINITE detectable pulse, but is not breathing	1 breath every 5-6 seconds Check pulse every 2 minutes.	1 breath every 3-5 seconds Check pulse again every 2 minutes If pulse less than 60 beats per minute, or perfusion remains poor, add compressions	
	For suspected opioid overdose, administer naloxone, if available		
If victim has NO detectable pulse: <b>Begin CPR</b> Minimize interruptions	<b>1 rescuer:</b> 30 compressions : 2 breaths <b>2+ rescuers:</b> 30 compressions : 2 breaths Use AED as soon as it arrives	<b>1 rescuer:</b> 30 compressions : 2 breaths <b>2+ rescuers:</b> 15 compressions : 2 breaths Use the AED as soon as it arrives	
Compression rate	100 - 120 compressions per minute		
Hand placement	2 hands on lower half of breastbone	1 hand or 2 hands on lower half of breastbone	1 rescuer: 2 fingers 2+ rescuers: 2 thumbs on center of chest, just below nipple line
Compression depth	2 to 2.4 inches (5-6 cm)	1/3 the depth of the chest - about 2 inches (5 cm)	1/3 the depth of the chest - about 1.5 inches (4 cm)
Chest recoil	Allow for full chest recoil after each compression		
Minimize interruptions	Limit interruptions in chest compressions to no more than 10 seconds		
Use the AED as soon as it arrives	Turn on AED and follow instructions. Never remove the AED.		

Per the 2015 updated AHA ECC Guidelines

# American Red Cross Cpr Study Guide 2015

**Dorothy Rogers**



## **American Red Cross Cpr Study Guide 2015:**

**A TEXTBOOK OF COMMUNITY HEALTH NURSING For B.Sc. Nursing VII Semester** Mr. Prem Prakash Suman, Dr. Amita Joseph, Prof. (Dr.) Trilok Sompura, 2024-11-19 Abdominal pain is a common symptom that can stem from a wide array of causes making it a significant concern for many individuals seeking medical attention This discomfort which can range from mild to severe might be acute occurring suddenly and intensely or chronic persisting over a long period The abdominal region encompassing everything from the lower ribs to the pelvis houses numerous vital organs including the stomach intestines liver pancreas spleen and kidneys Consequently pain originating from this area can be complex with a broad differential diagnosis depending on the organ involved and the nature of the pain      **Study Guide for Foundations and Adult Health Nursing - E-Book** Kim Cooper, Kelly Gosnell, 2022-06-29 Reinforce your understanding of LPN LVN fundamentals and medical surgical nursing Corresponding to the chapters in Foundations and Adult Health Nursing 9th Edition this study guide provides a variety of exercises to help you review practice and apply nursing concepts and skills and care for patients with common disorders Review questions make it easier to achieve the objectives from the textbook and critical thinking activities help you develop clinical judgment skills Now with Next Generation NCLEX NGN style case studies and questions this guide helps you prepare for the NCLEX PN examination Variety of exercises reinforces your understanding of adult health nursing with multiple choice matching and select all that apply questions as well as crossword puzzles Critical thinking activities ask you to apply your knowledge to clinical scenarios Textbook page references are included for questions and activities simplifying lookup and review Answer key is provided on the Evolve website for Foundations and Adult Health Nursing NEW Next Generation NCLEX NGN style questions provide practice for the new question formats on the NCLEX PN exam NEW Updated exercises correspond to the new and revised content in Foundations and Adult Health Nursing 9th Edition NEW Case studies allow you to practice and apply clinical judgment skills

**Elsevier's Canadian Comprehensive Review for the NCLEX-RN® Examination - E-Book** Patricia A. Bradley, Karin L. Page-Cuttrara, Linda Anne Silvestri, Angela Silvestri, 2023-03-28 A truly Canadian edition of Elsevier's best selling NCLEX exam review book Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 3rd Edition provides everything you need to prepare for the NCLEX exam complete content review more than 5 000 NCLEX practice questions in the book and online and preparation for the Next Generation NCLEX In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question Integrating Canadian approaches to nursing throughout the text this book is the only comprehensive NCLEX review written from a Canadian perspective It's THE book of choice for NCLEX preparation Completely up to date coverage from a Canadian perspective reflects Canadian approaches to nursing and health care including the addition of the latest Canadian statistics research legislation regulations references clinical practice guidelines and more More than 5 000 practice questions in the text and online offer ample testing practice

UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps to be taken in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts New graduate s perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 79 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan and includes four case study format questions for the NGN Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 30 new questions for the Next Generation NCLEX plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot and chart exhibit Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing you to choose completely customizable exams or study sessions UNIQUE Audio review summaries on the Evolve companion website cover pharmacology acid base balance and fluids and electrolytes

**Handbook of Research on Blended Learning Pedagogies and Professional Development in Higher Education** Keengwe, Jared, 2018-07-20 Online and blended courses are becoming increasingly prevalent in higher education settings and the pressures to incorporate these environments highlights the increased demand to serve a generation that prefers learning through experience or through interacting with learning tools Challenges arise in assisting instructors in facilitating and designing blended learning environments that will provide effective learning for all students The Handbook of Research on Blended Learning Pedagogies and Professional Development in Higher Education is a critical research publication that delves into the importance of effective professional development for educators planning and teaching online or blended courses It also establishes the benefits of technology mediated learning environments over traditional learning methods Highlighting a wide array of topics such as online learning environments active learning model and educational development this publication explores technology based teaching methods in higher education This book is targeted toward educators educational administrators academicians researchers and professionals within the realm of higher education

Pierson and Fairchild's Principles & Techniques of Patient Care - E-Book Sheryl L. Fairchild, Roberta O'Shea, Robin Washington, 2017-03-24 Master the basics of rehab patient care with Pierson and Fairchild s Principles Techniques of Patient Care 6th Edition This proven text not only provides clear how to information on everything from positioning and draping to patient transfers and ambulation activities but it also includes easy to understand rationales explaining the why behind these proven techniques This new edition has been thoroughly updated to reflect the most current accepted patient care standards principles and techniques Plus

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**Sport First Aid** Robb S. Rehberg, 2025-06-02 Approximately 90 percent of high school student athletes report sustaining an injury while participating in sports With only about one third of high schools in the United States having full time athletic trainers and another third lacking any athletic trainer services you the coach are often the first responder when an injury occurs This reality underscores the importance of providing you with proper training in first aid and injury prevention Such training prepares you to act quickly and appropriately when an athlete is injured or becomes ill ensuring the safety and well being of your student athletes As a current or aspiring high school or club coach you can rely on Sport First Aid Sixth Edition for the information you need to be a capable and confident first responder The sixth edition has been revised and restructured It features an unparalleled author team of experts in athletic training sports medicine exercise science and physiology strength and conditioning and sport coaching It reflects the leading health organizations latest emergency guidelines including those for CPR concussion dehydration and heat illness Tailored specifically to your needs as a coach the text covers causes symptoms and action steps for more than 100 injuries and illnesses In this sixth edition the most common injuries and illnesses are described in greater detail and prioritized so they are easier to reference Additionally

flowcharts for over 40 specific injuries and illnesses offer step by step visuals to guide you through the decision making and response process Beyond specific first aid procedures the text provides guidance on understanding your legal duties as a coach assembling an athletic health care team and collaborating with other team members minimizing the risk of injury planning for medical emergencies administering the plan during emergency situations and assessing when and how to move injured and sick athletes An athletic trainer may not always be present at every practice and game As a coach it s crucial to have a basic understanding of first aid and injury prevention Sport First Aid is the most authoritative source for this potentially life saving information It will prepare you to respond appropriately in emergency situations meet your legal obligations as a coach and foster a safe environment for your athletes

**Fitness Professional's Handbook** Barbara A. Bushman, 2024-04-09 With a newly restructured framework that strongly emphasizes real world application Fitness Professional s Handbook Eighth Edition With HKPropel Access provides current and aspiring fitness professionals the road map for working with clients The text translates key concepts into practical application by guiding the reader through screening participants conducting fitness testing evaluating the major components of fitness and prescribing appropriate exercise This eighth edition reflects the most up to date research position stands guidelines and standards from the American College of Sports Medicine ACSM other professional societies and government agencies New case studies reflecting a diverse array of clients offer real world applications and Research Insight sidebars cover a wide range of applicable scientific topics Significant updates changes and additions have been made throughout including these An updated overview of assessment that provides practical understanding of preparatory steps such as obtaining informed consent taking steps to maximize client safety and explaining test results in a way that will be meaningful and relevant A new chapter on how to combine assessment results with a client s personal goals to create a comprehensive exercise program readers will learn how to develop the optimal training stimulus and to balance activity level and nutritional requirements to optimize outcomes and safety for clients Expanded content on working with clients who are pregnant covering the benefits of exercise during and after pregnancy contraindications and signs that warrant stopping exercise and new content on pelvic floor training Updated content on chronic diseases featuring the latest information on cardiovascular disease pulmonary disease diabetes osteoporosis and cancer Additional new information includes two new muscular fitness tests a section on pharmacology that covers major drug categories and offers insights into how medications can affect heart rate blood pressure and physiological responses to exercise and coverage of neuromotor fitness The engaging full color textbook is further enhanced by 26 related online videos delivered through HKPropel facilitating a deeper understanding of techniques in the book and development of practical skills Comprehensive yet practical in nature Fitness Professional s Handbook is designed to prepare students for professional certification and empower current fitness professionals to work with various populations to improve health fitness and quality of life through appropriate screening testing and exercise prescription Note A code for accessing

HKPropel is not included with this ebook but may be purchased separately      **Darby and Walsh Dental Hygiene E-Book**

Jennifer A Pieren, Denise M. Bowen, 2019-03-04 Back and better than ever Darby and Walsh's Dental Hygiene Theory and Practice 5th Edition offers everything you need to succeed in your coursework at certification and in clinical practice No other dental hygiene text incorporates the clinical skills theory and evidence based practice in such an approachable way All discussions from foundational concepts to diagnosis to pain management are presented within the context of a unique patient centered model that takes the entire person into consideration New to this fifth edition is a much more streamlined approach one that stays focused on need to know information yet also houses expanded content on things like alternative practice settings pediatric care risk assessment and dental hygiene diagnosis to give you added context when needed This edition is also filled with new modern illustrations and new clinical photos to augment your learning If you want a better grasp of all the dental hygienist's roles and responsibilities in today's practice they Darby and Walsh's renowned text is a must have Focus on research and evidence base practice provide proven findings and practical applications for topics of interest in modern dental hygiene care Step by step procedure boxes with accompanying illustrations clinical photos and rationales outline the equipment required and the steps involved in performing key procedures Critical thinking exercises cases and scenarios help hone your application and problem solving skills Feature boxes highlight patient education law ethics and safety UNIQUE Discussions of theory provide a solid foundation for practice Key terms are called out within chapters and defined in glossary with cross references to chapters Practice quizzes enable you to self assess your understanding NEW Streamlined approach focuses on the information you need to know along with the practical applications NEW Added content covers alternative practice settings new infection control guidelines pediatric care risk assessment dental hygiene diagnosis the electronic health record EHR and more NEW Modern illustrations and updated clinical photos give you a better picture of how to perform essential skills and utilize clinical technology NEW Online procedures videos guide you step by step through core clinical skills NEW Editorial team brings a fresh perspective and more than 30 years of experience in dental hygiene education practice and research      *CNS-Pediatric Specialty Review and Study Guide* Lilly McClane, 2015-09-25 Includes Multiple choice fact scenario and case based questions Correct answers and explanations to help you quickly master specialty content All questions have keywords linked to additional online references The mission of StatPearls Publishing is to help you evaluate and improve your knowledge base We do this by providing high quality peer reviewed educationally sound questions written by leading educators StatPearls Publishing      **WHO neonatal resuscitation manikin** ,2021-10-15 The United Nations Commission on Life Saving Commodities UNCLSC 2012 defined 13 health products to end preventable deaths of woman and children One of those 13 products is the neonatal resuscitator is indispensable medical device to save newborns from asphyxia at birth For the efficient use of neonatal resuscitation training of healthcare professionals using neonatal resuscitation manikins is the most effective approach Critical lifesaving trainings calls for the need of neonatal

resuscitation manikins with the right features The purpose of the WHO neonatal resuscitation manikin technical specifications is to provide a minimum standard baseline to meet the increasing demand to procure good quality affordable accessible and appropriate neonatal resuscitation manikins Towards the development of this baseline this document includes compilation of available scientific evidence from technical literature international publications expert reviews and an industry survey which was conducted by WHO medical devices team

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*Elsevier's Canadian Comprehensive Review for the NCLEX-RN Examination - E-Book* Linda Anne Silvestri,Angela Silvestri,2021-06-14 Prepare for success on the NCLEX RN exam with the review book written for Canadian nursing students Elsevier's Canadian Comprehensive Review for the NCLEX RN Examination 2nd Edition provides everything you need to prepare for the NCLEX exam complete content review and more than 5 000 NCLEX

examination style questions in the book and online Proving that not all NCLEX exam review books are the same only this book includes the kinds of questions that consistently test the critical thinking skills needed to pass today's NCLEX exam In addition all answers include detailed rationales and test taking strategies with tips on how to best approach each question From Canadian editors Patricia Bradley and Karin Page Cutrara and NCLEX review experts Linda Anne Silvestri and Angela Silvestri this edition integrates Canadian approaches to nursing making this the only comprehensive review text written from a fully Canadian perspective It's THE book of choice for NCLEX preparation More than 5 000 practice questions in the text and online offer ample testing practice UNIQUE Detailed test taking strategy and rationale is included for each question offering clues for analyzing and uncovering the correct answer option UNIQUE Priority Nursing Action boxes provide information about the steps you will take in clinical situations requiring clinical judgement and prioritization UNIQUE Pyramid Points icons indicate important information identifying content that typically appears on the NCLEX RN examination UNIQUE Pyramid Alerts appear in red text and highlight important nursing concepts UNIQUE Priority Concepts two in each chapter discuss important content and nursing interventions New graduate's perspective is offered on how to prepare for the NCLEX RN in addition to nonacademic preparation the CAT format and test taking strategies Mnemonics are included to help you remember important information 75 question comprehensive exam covers all content areas in the book in the same percentages that they are covered on the actual NCLEX RN test plan Practice questions on delegation prioritization and triage disaster management emphasize these areas on the NCLEX exam Companion Evolve website provides 25 new Next Generation NCLEX NGN style questions plus all alternate item format questions including multiple response prioritizing ordered response fill in the blank figure illustration hot spot chart exhibit video and audio questions Question categories on Evolve are organized by cognitive level client needs area integrated process and content area allowing completely customizable exams or study sessions UNIQUE Audio review summaries on Evolve cover pharmacology acid base balance and fluids and electrolytes

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**The Illustrated South African First-aid Manual** Linda Buys, 2015-11-12 The Illustrated South African First aid Manual covers everything you need to know about how to cope with common first aid emergencies Concise instructions and step by step illustrations provide at a glance guidelines on treating wounds burns bites stings fractures choking strains and sprains bleeding amputations and eye injuries plus how to handle episodes of hypothermia heat stroke poisoning epilepsy diarrhoea and vomiting and emergency childbirth Life threatening emergencies such as cardiac arrest shock choking drowning and breathing difficulties are covered in detail along with the correct procedures for performing chest compressions rescue breathing and CPR Short introductory chapters explain what to do at an emergency scene the responsibilities of the first aider the basic provisions of the Occupational Health and Safety Act with regard to first aid what a first aid kit should contain and basic anatomy and body systems There is also a short chapter on emergency treatment for pets

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