

CPR

CARDIOPULMONARY
RESUSCITATION

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CPR

- **ضرورت آموزش احیاء:**

- بهترین زمان برای نجات جان بیماری که دچار ایست قلبی، ریوی، مغزی شده است ۴ تا ۶ دقیقه اول می باشد، زیرا پس از آن اگر هم بیمار زنده بماند به احتمال زیاد آسیب های زیاد و جبران ناپذیری برای او به جا میماند. هدف اولیه احیاء قلبی، ریوی، مغزی یک مغز سالم و یک بیمار دارای عملکرد است.

CPR

- از آنجا که فاصله زمانی بین تماس با مرکز اورژانس و رسیدن پرسنل پزشکی، اغلب بیش از ۵ دقیقه طول می کشد، میزان بقاء به جمعیتی که آموزش دیده اند بستگی دارد. CPR داشتن در مورد طی تحقیقات انجام شده متأسفانه تنها یک درصد افراد دچار ایست قلبی ریوی توسط اطرافیان احیاء می شوند. با هر دقیقه تاخیر در انجام احیاء ۱۰ درصد به احتمال مرگ بیمار افزوده می شود.
- بلافاصله بعد از افتادن بیمار به علت ایست ناگهانی CPR چنانچه قلبی ریوی شروع شود شانس زنده ماندن او ۲ تا ۳ برابر است. طی تحقیقات درصد زنده ماندن بیماران در صورت انجام سریع و صحیح این اقدامات ۵۰ تا ۷۵ درصد می باشد.
- یکی از کلیدی ترین مسائل مربوط به احیاء ، انجام درست و کامل است. CPR اقدامات

DUTIES IN FIRST AID

- Shouting for help
- Approach with Care
- Free of danger
- Evaluation of ABC
 - A: Air way
 - B: Breathing
 - C: Cardiac
- (Basic life support)





Basic Life Support & Automated External Defibrillation Course

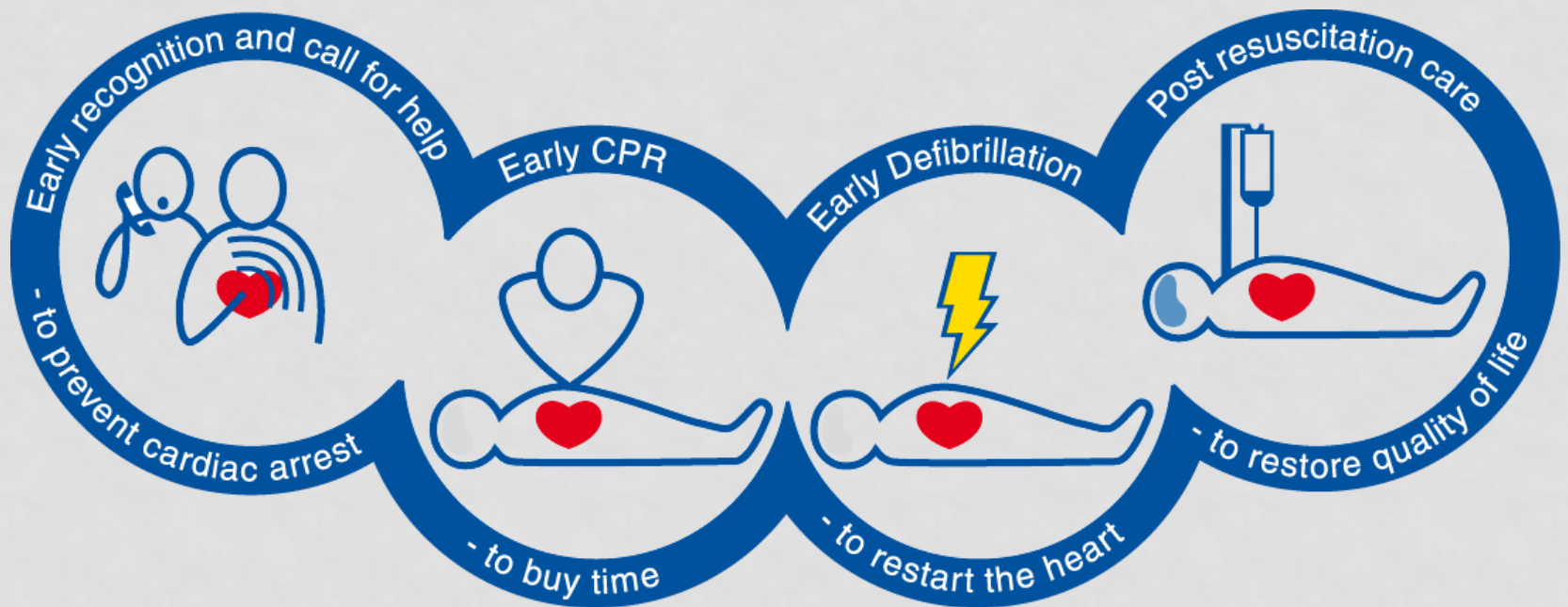
OBJECTIVES

- At the end of this course participants should be able to demonstrate:
 - How to assess the collapsed victim.
 - How to perform chest compression and rescue breathing.
 - How to operate an automated external defibrillator safely.
 - How to place an unconscious breathing victim in the recovery position.

BACKGROUND

- Approximately 700,000 cardiac arrests per year in Europe
- Survival to hospital discharge presently approximately 5-10%
- Bystander CPR vital intervention before arrival of emergency services
- Early resuscitation and prompt defibrillation (within 1-2 minutes) can result in >60% survival

CHAIN OF SURVIVAL





Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths



APPROACH SAFELY!

Scene
Rescuer
Victim
Bystanders

Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths

CHECK RESPONSE



©ERC

Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths

CHECK RESPONSE



Shake shoulders
gently

Ask “Are you all
right?”

If he responds

- Leave as you find him.
- Find out what is wrong.
- Reassess regularly.

SHOUT FOR HELP



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths

OPEN AIRWAY



©ERC

Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths

CHECK BREATHING



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Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths

CHECK BREATHING

- Look, listen and feel for NORMAL breathing
- Do not confuse agonal breathing with NORMAL breathing



AGONAL BREATHING

- Occurs shortly after the heart stops in up to 40% of cardiac arrests
- Described as barely, heavy, noisy or gasping breathing
- Recognise as a sign of cardiac arrest



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths

30 CHEST COMPRESSIONS



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Approach safely

Check response

Shout for help

Open airway

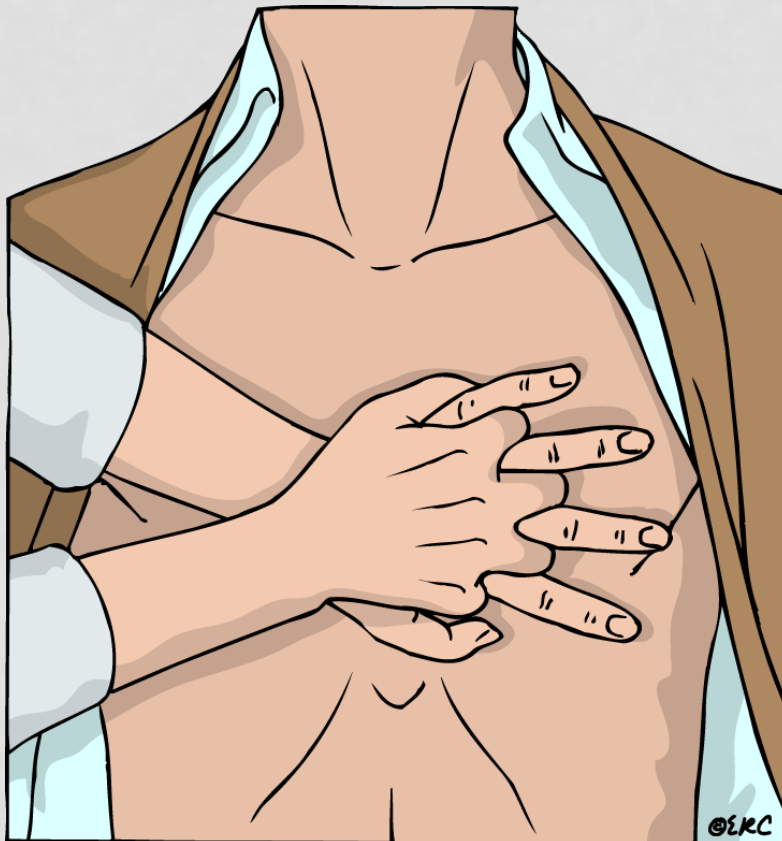
Check breathing

Call 115

30 chest compressions

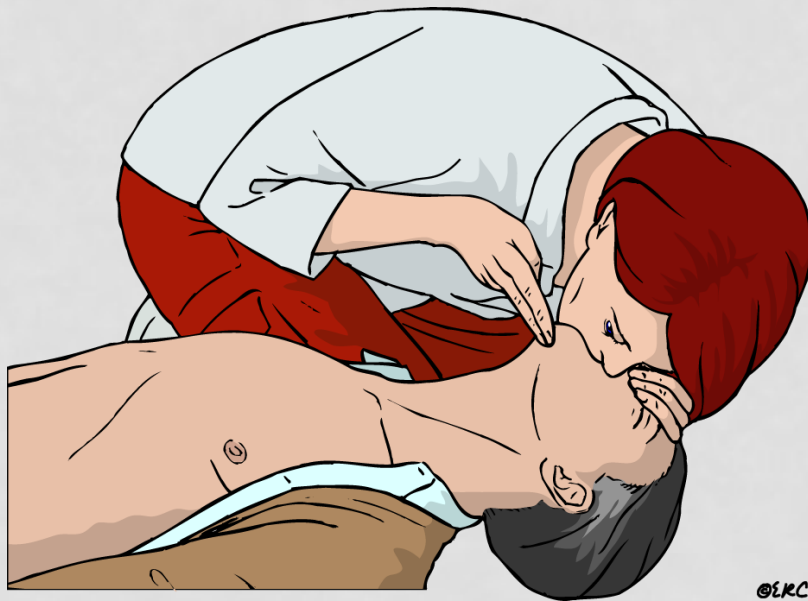
2 rescue breaths

CHEST COMPRESSIONS



- Place the heel of one hand in the centre of the chest
- Place other hand on top
- Interlock fingers
- Compress the chest
 - Rate 100 min^{-1}
 - Depth 4-5 cm
 - Equal compression : relaxation
- When possible change CPR operator every 2 min

RESCUE BREATHS



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Approach safely

Check response

Shout for help

Open airway

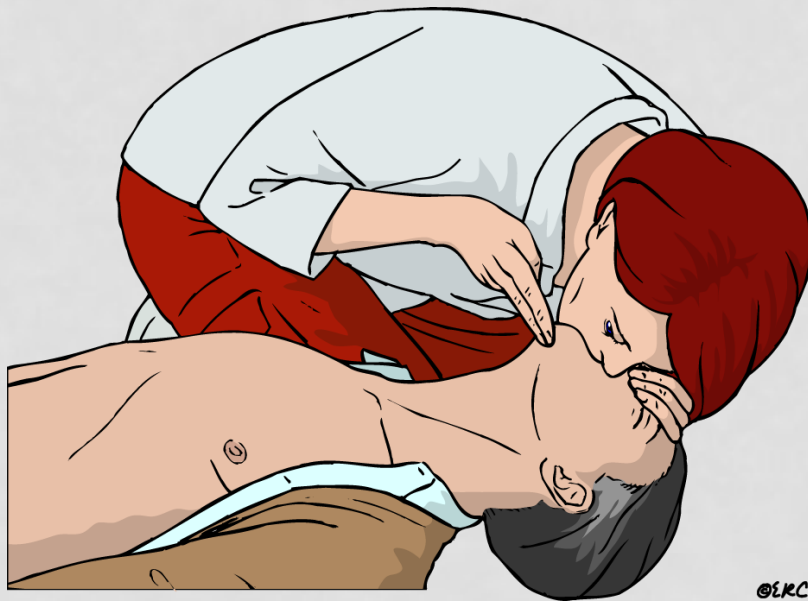
Check breathing

Call 115

30 chest compressions

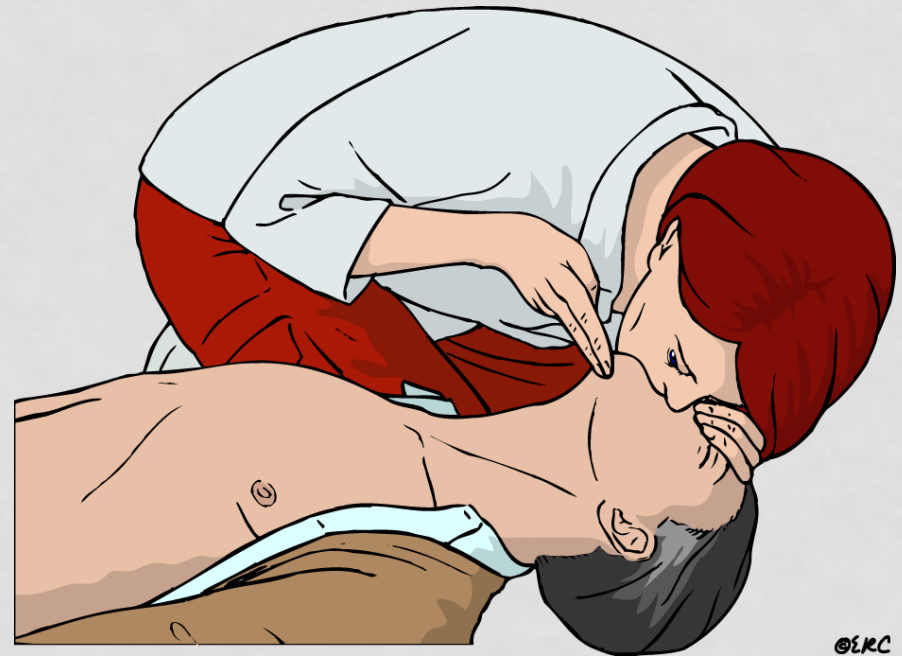
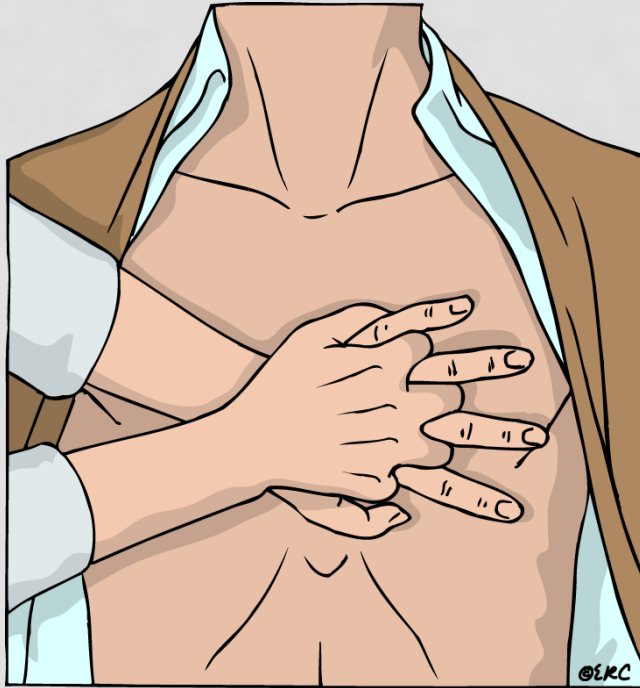
2 rescue breaths

RESCUE BREATHS



- Pinch the nose
- Take a normal breath
- Place lips over mouth
- Blow until the chest rises
- Take about 1 second
- Allow chest to fall
- Repeat

CONTINUE CPR





Approach safely

Check response

Shout for help

Open airway

Check breathing

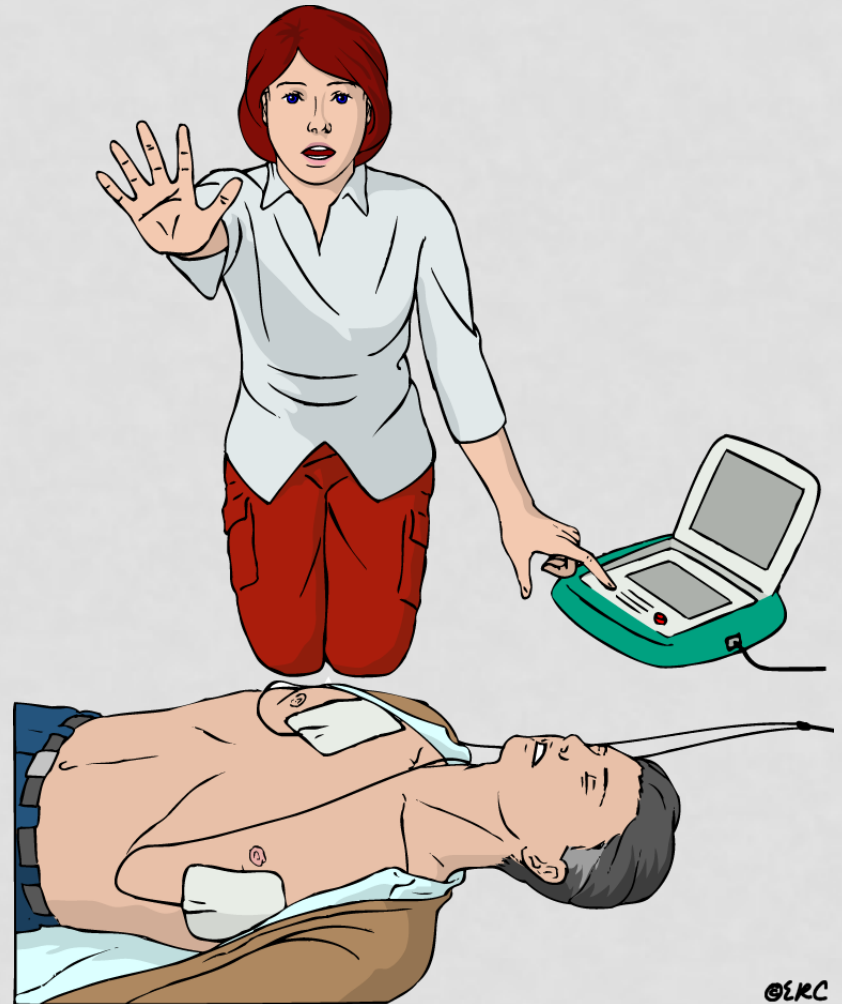
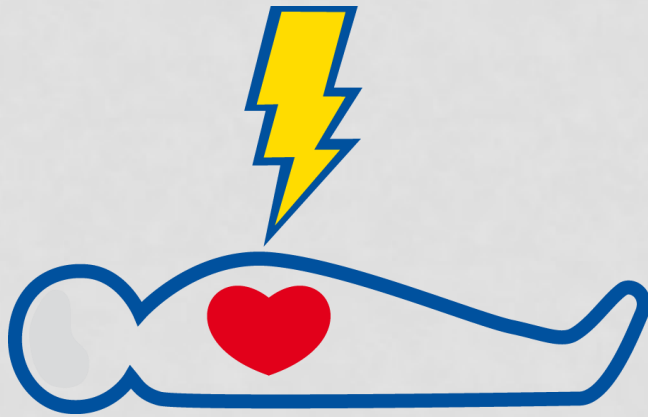
Call 115

30 chest compressions

2 rescue breaths



DEFIBRILLATION



Approach safely

Check response

Shout for help

Open airway

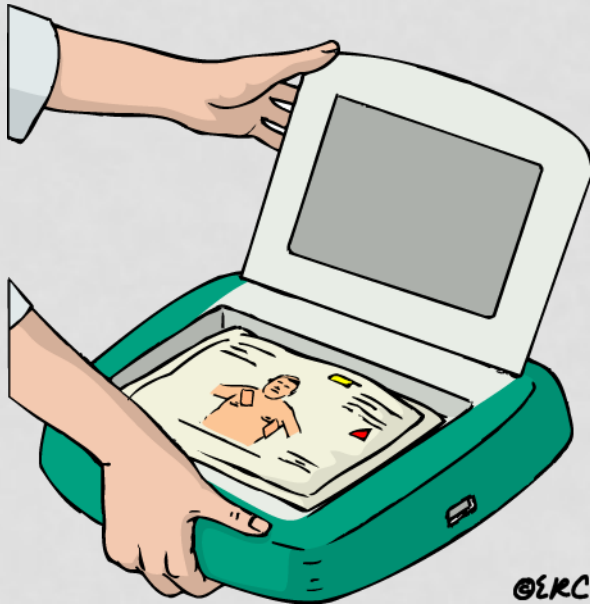
Check breathing

Call 115

Attach AED

Follow voice prompts

SWITCH ON AED

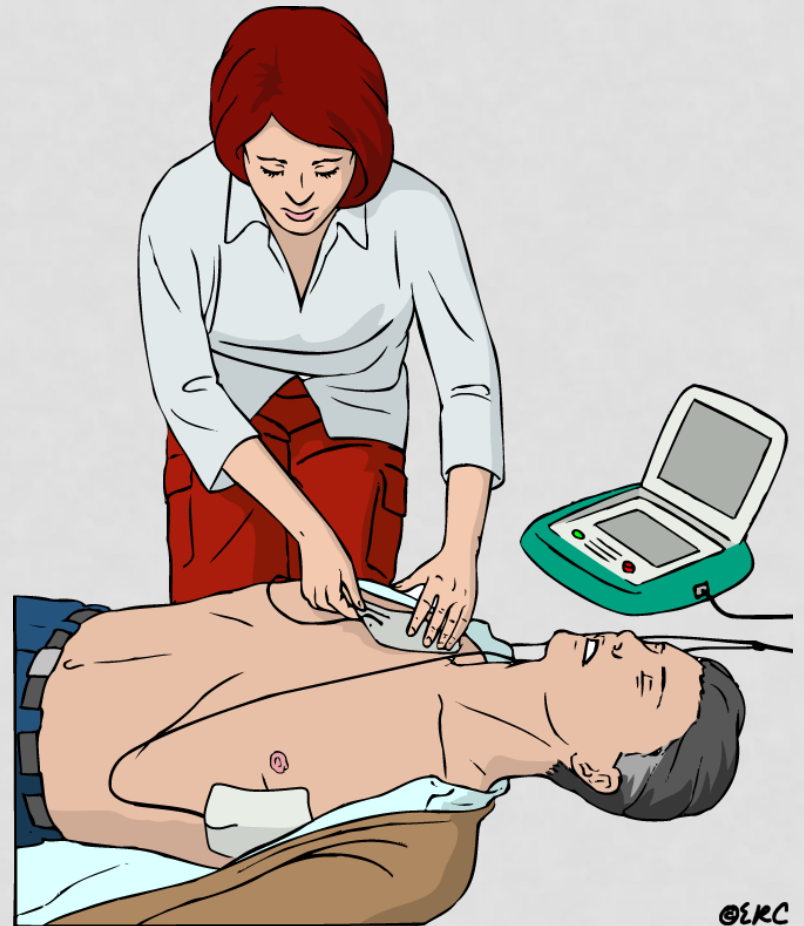


- Some AEDs will automatically switch themselves on when the lid is opened

ATTACH PADS TO CASUALTY'S BARE CHEST

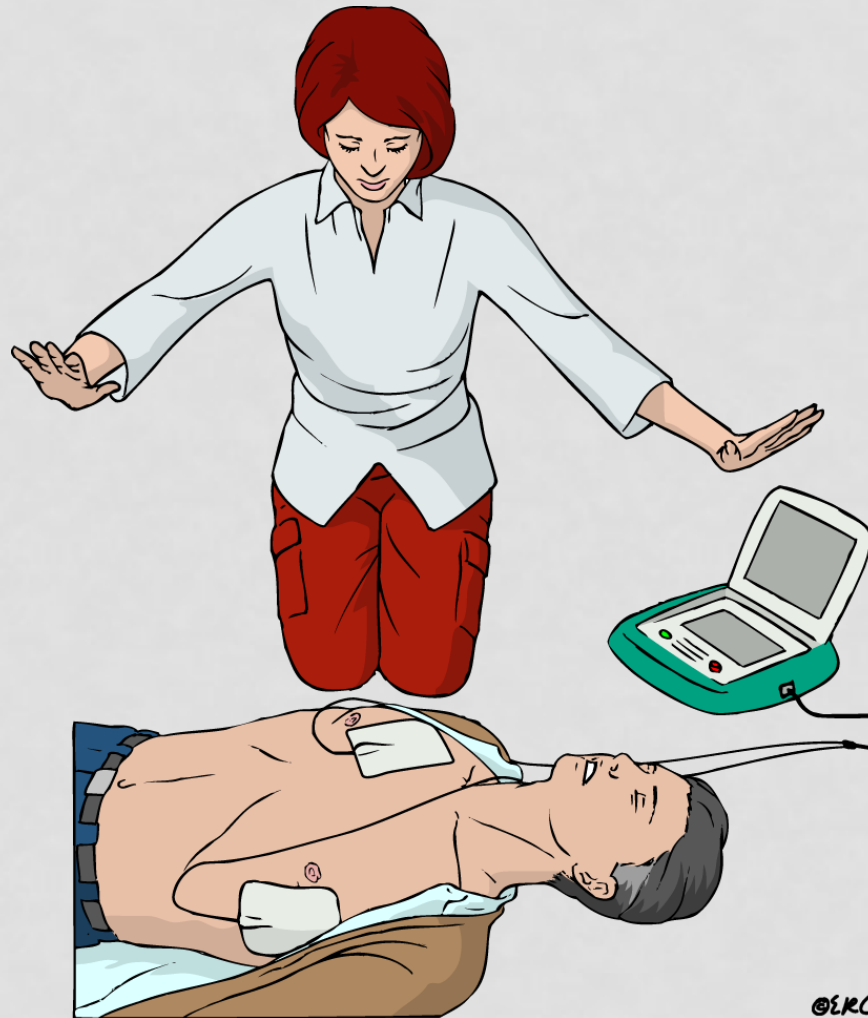


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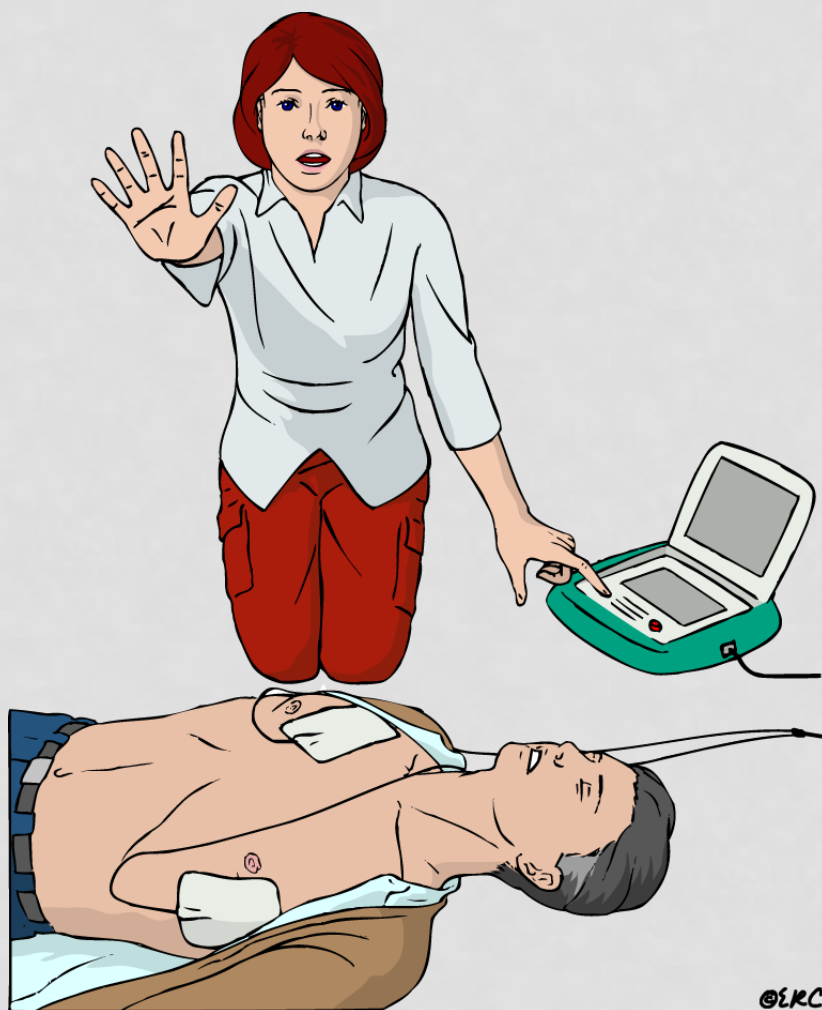


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ANALYSING RHYTHM DO NOT TOUCH VICTIM



SHOCK INDICATED



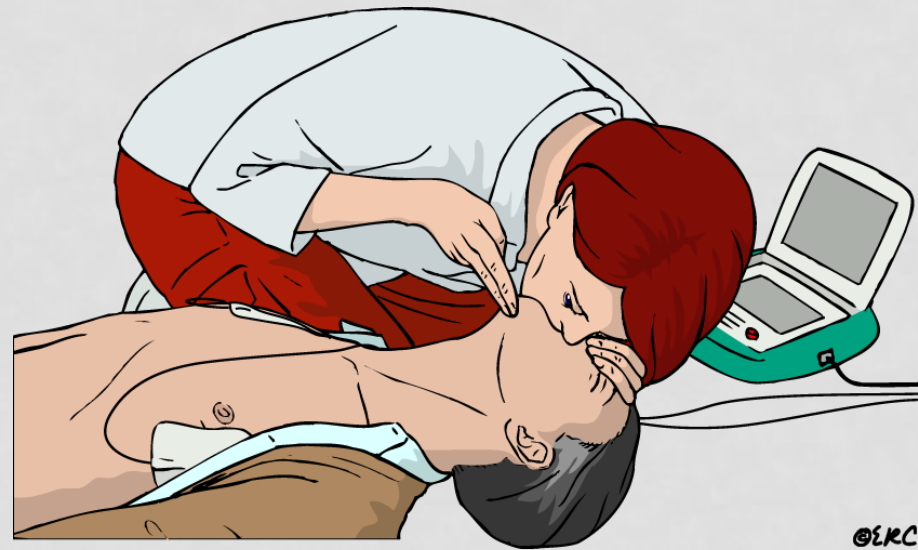
- Stand clear
- Deliver shock

SHOCK DELIVERED FOLLOW AED INSTRUCTIONS



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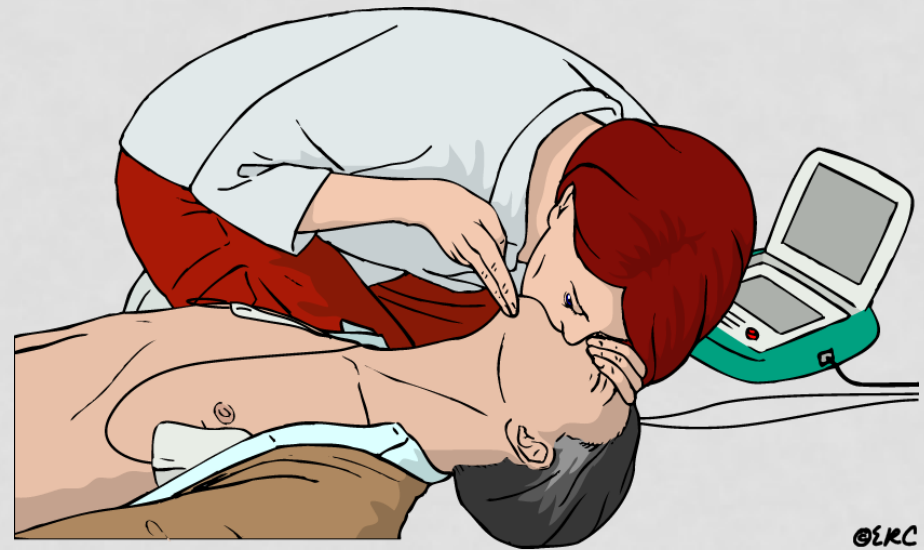
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NO SHOCK ADVISED FOLLOW AED INSTRUCTIONS

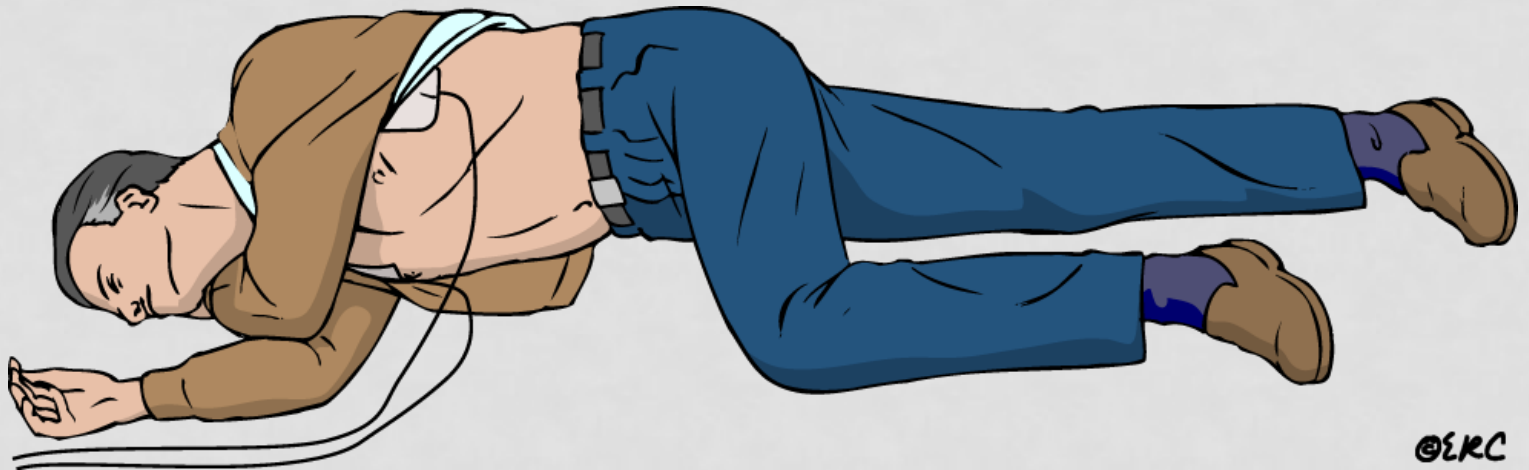


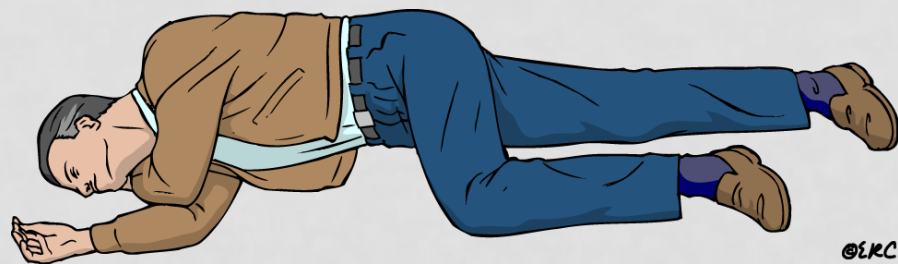
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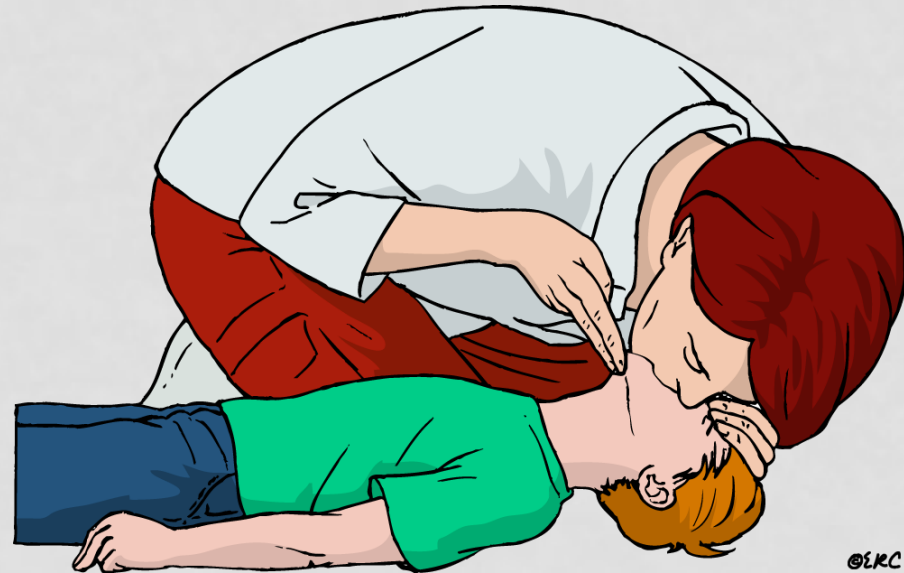
**IF VICTIM STARTS TO
BREATHE NORMALLY PLACE
IN RECOVERY POSITION**





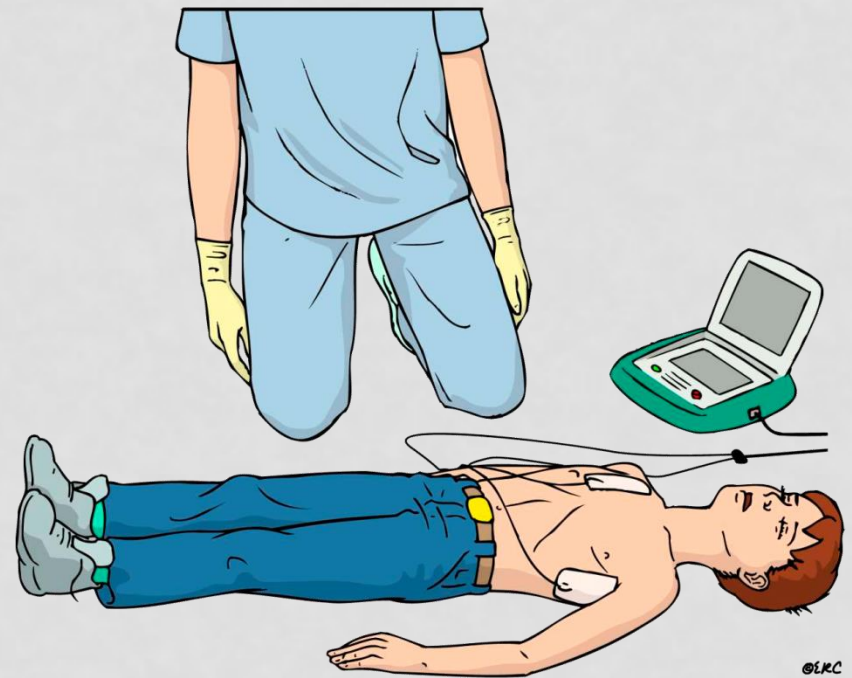
CPR IN CHILDREN

- Adult CPR techniques can be used on children
- Compressions 1/3 of the depth of the chest



AED IN CHILDREN

- Age > 8 years
 - use adult AED
- Age 1-8 years
 - use paediatric pads / settings if available (otherwise use adult mode)
- Age < 1 year
 - use only if manufacturer instructions indicate it is safe





Approach safely

Check response

Shout for help

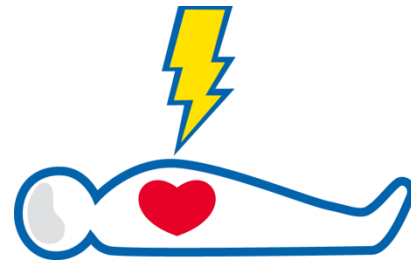
Open airway

Check breathing

Call 115

30 chest compressions

2 rescue breaths



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 115

Attach AED

Follow voice prompts

ANY QUESTIONS?

