



CPR FOR THE HEALTHCARE PROFESSIONAL: BASIC LIFE SUPPORT (BLS) Course Summary Handout

Good Samaritan Laws

As long as you are acting within reason, and are just trying to do your best, you cannot get in legal trouble if you accidentally cause further injury to the patient, or are not able to save his/her life. You also cannot abandon the patient and leave him/her in a worse off area than when and where you found them. You are allowed to abandon the patient and the scene if the scene has become unsafe for you to be there, at any time. Always ask for patient consent.

Your Safety Comes First!!!!

Always assess the scene and make sure that you are safe, before you even calling 9-1-1. No diving into rivers to save people or running into burning buildings. Otherwise, we could end up with two victims, and no one will be able to help either of you. It may seem selfish, but it is NOT. Always keep yourself safe FIRST!

Bloodborne Pathogens

Always wear gloves before assisting with any kind of CPR or first aid, because you cannot tell just by looking at someone if they have any diseases or not, so just assume that EVERYONE does. Hepatitis C, Hepatitis B, and HIV are the big diseases that you want to protect yourself from. Use a CPR mask, if available, if you choose to give someone mouth-to-mouth breaths. Use proper gowns, eye protection, masks and other forms of personal protective equipment as necessary.

Age Classification

- Infants are considered to be under one year of age.
- Children are anyone who is over one year of age, but has NOT reached puberty yet.
- Adults include anyone who has reached puberty (look for a bra or armpit hair to determine).
- Newborns are considered to be infants that have literally just been born, such as in the case of delivering a baby.

Steps in CPR

1. Assess the scene and make sure that it is safe for you to be there.
2. Check for responsiveness by talking to and touching the patient. If patient is an infant, tickle and flick the bottom of his/her feet to check for responsiveness.
3. Call 9-1-1 right away, if necessary, and if the patient is an adult. If the patient is a child or an infant, perform five cycles of CPR if necessary (5 sets of 30 compressions to 2 breaths) and THEN call 9-1-1.



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4. Check for breathing for 5-10 seconds. If patient is breathing, roll him/her onto their side and call 9-1-1.
5. If not breathing, check for a pulse (carotid in adults and children, and brachial in infants and newborns). Check for no longer than 10 seconds. If patient has a pulse but is not breathing, begin rescue breaths at 10-12 per minute (one every five seconds) for an adult, and 12-20 per minute (one breath every 3-5 seconds) for children and infants. Rescue breaths for newborns are at a rate of 40-60 per minute, which is about one every second. If the adult has an advanced airway in place, breaths should be given at 8-10 per minute, or one every 6 seconds as to not hyperventilate the patient.
6. If no pulse, begin 30 chest compressions at a speed of 100 per minute. Push fast and hard.
7. Open airway and give two rescue breaths, or continue with compressions only. To give breaths to an adult or child, open airway, pinch nose shut, seal your mouth around theirs and exhale into their mouth, twice, watching for the chest to rise and fall. One second for each breath. With an infant, seal your mouth around both the mouth AND nose. Only small puffs of air for an infant should be administered. If you suspect a neck or spinal cord injury, use the jaw thrust maneuver instead. This can be used on adults, children, and infants.
8. Repeat as necessary until help arrives, the person wakes up, or you get tired and cannot do it anymore.
9. If two people are working on an adult together, the chest compression to breaths ratio is still 30:2. If it is an infant or child, the ratio is 15:2. The rate for newborns is 3:1, but starting with the breaths first. One breath, three compressions, one breath, three compressions, etc. Newborn compressions should be done at a rate of 120 per minute.
10. Apply an AED if one is available, as soon as possible. If you did not witness the patient collapsing, or if they have been down for longer than two minutes, complete 5 cycles of CPR before applying an AED. Be sure to dry off the patient's chest so that the pads will stick, and be cautious of body jewelry and implanted medical devices. Do NOT touch the patient while delivering a shock!
11. Make sure to give good information to the medical personnel when help arrives.



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Choking

For adults, after asking permission, place one fist above the belly button, the other hand over your fist and squeeze inward and upward until the object comes out. If the person goes unconscious, call 9-1-1 and start CPR. Same procedure for child choking, but ask a parent's permission first if one is present.

For infant choking, place the infant over your leg or thigh, facing down. Stabilize the jaw/face with one hand to prevent a neck injury, and apply 5 back blows with the heel of your hand right between the shoulder blades. If object does not come out, turn the infant face up, angle the head towards the ground and apply 5 chest thrusts. Repeat as necessary. If the infant loses consciousness, call 9-1-1 if you have not already, and start CPR.

For pregnant women or an obese individual, apply chest thrusts instead of abdominal thrusts.