

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 WITNESS THE COLLAPSE 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: Begin CPR Minimize interruptions	1 rescuer: 30 compressions : 2 breaths 2+ rescuers: 30 compressions : 2 breaths Use AED as soon as it arrives.	1 rescuer: 30 compressions : 2 breaths 2+ rescuers: 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

Red Cross Bls Study Guide

**ASTM International, American Society
for Testing and Materials**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the ASTM text.

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NURSING: The Ultimate Study Guide Nadia R. Singh, 2011-11-17 Print CourseSmart *Athletic Training Exam Review* Lynn Van Ost, Karen Lew Feirman, Karen Manfri, 2024-06-01 For more than 20 years Athletic Training Exam Review has empowered and enabled students to assess and evaluate their athletic training knowledge skills and decision making abilities Now newly updated for its platinum anniversary the Seventh Edition continues a tradition of excellence while serving as a premier guide to successfully achieving certification as an athletic trainer The Seventh Edition serves as a comprehensive self evaluation tool elevating readers level of preparation for the BOC exam This market leading guide has made a positive impact on the athletic training profession by highlighting and improving students strengths and weaknesses What s inside Updated study techniques and test taking strategies An expanded overview of the exam format to assist in organization and planning More than 1 300 multiple choice questions and nearly 100 true false questions updated and organized according to the BOC s Practice Analysis Seventh Edition Educational Domains Clinical decision making questions testing the ability to make appropriate judgment calls using problem solving A skills assessment composed of 26 problems designed to test manual athletic training skills Scenario based problems to strengthen critical thinking abilities In addition to the updated content the Seventh Edition also features a fully redesigned and expanded online test taking experience including New user friendly mobile format 8 knowledge assessment tests 3 more than the previous edition 5 unique true false exams 20 total drag and drop identification photographs 8 more than the previous edition 43 critical thinking scenarios 3 clinical decision making exams containing scenario based exam questions 13 video segments with related questions for practicing evaluation and assessment Athletic Training Exam Review has assisted thousands of students and has become a hallmark text around the globe Connecting the classroom with clinical education this review tool is a timely and critical text that prepares students for their exam and career as an athletic trainer NURSING, Second Edition Nadia R. Singh, 2015-07-20 Print CourseSmart *Nursing* Nadia R. Singh, 2011-11-17 Not your typical study guide this single resource contains all of the core information an undergraduate nursing student needs to know from the first day of nursing school through the NCLEX RN Written in a succinct well organized easy to read format the guide closely follows the standard nursing curriculum and is designed as a reference for every core nursing course To maximize successful exam preparation the text highlights in each chapter important material most likely to appear on the NCLEX RN Chapters are organized in a clear consistent format with information presented in friendly conversational style For every disease presented there is a definition triggers symptoms and nursing care Nursing students will no longer be burdened with the substantial cost of purchasing individual study guides for each topic since all of the information needed to master core nursing curriculum is contained in this compact and pithy resource Key Features Provides a complete compact study resource for daily use in clinical and class settings Designed to accompany students through all nursing school curricula and NCLEX RN preparation

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understanding of fundraising in the current nonprofit environment Based on emerging research in economics psychology social psychology and sociology this book comprehensively analyzes the factors that impact the fundraising role in the nonprofit sector Readers will explore donor behavior decision making and social influences on giving Building upon that background authors Adrian Sargeant and Jen Shang then describe today s fundraising methods tools and practices A robust planning framework helps you set objectives formulate strategies create a budget schedule and monitor activities with in depth guidance on assessing and fine tuning your approach With updated case studies and examples this book helps you develop a concrete understanding of the theory and principles of fundraising A companion website offers additional opportunity to deepen your learning and assess your knowledge Updates to this Third Edition include the latest research and new content in rapidly changing areas of fundraising such as digital and social media Learn the common behaviors and motivations of donors Master the tools and practices of nonprofit fundraising Manage volunteers monitor progress evaluate events and more Fundraising Principles and Practice provides working nonprofit professionals as well as postgraduate students studying fundraising with a comprehensive guide to all aspects of the field including in depth coverage of today s most effective approaches

The Worcester Tornado: A New Perspective JOHN L. BISOL, 2015-11-22 This book re examines the work of the Committee on Disaster Studies Study 3 Tornado in Worcester Massachusetts An Exploratory Study of Individual and Community Behaviors in an Extreme Situation originally edited by Anthony F C Wallace PhD The review draws upon the primary source including the original interviews maps and committee investigatory materials included in their entirety and unabridged Commentary is provided by End Notes to enhance the material and to allow for a modern day understanding and comparison to the events described in the original report and subsequent commentary on disasters studies Included is a personal recount of the day of the storm and the following day s trip to the disaster city

Monthly Catalog of United States Government Publications, 1996-07

The World Book Encyclopedia, 1959

Social Work Year Book Fred Smith Hall, Russell Harold Kurtz, Margaret B. Hodges, 1957

Dictionary of International Biography Geoffrey Handley-Taylor, Ernest Kay, 1975

Health Promotion in Practice Sherri Sheinfeld Gorin, Joan Arnold, 2008-03-11 Health Promotion in Practice is a practice driven text that translates theories of health promotion into a step by step clinical approach for engaging with clients The book covers the theoretical frameworks of health promotion clinical approaches to the eleven healthy behaviors eating well physical activity sexual health oral health smoking cessation substance safety injury prevention violence prevention disaster preparedness organizational wellness and enhancing development as well as critical factors shaping the present and the future of the field Written by the leading practitioners and researchers in the field of health promotion Health Promotion in Practice is a key text and reference for students faculty researchers and practitioners Finally a signature book in which practitioners of health promotion will find relevant guidance for their work Sherri Sheinfeld Gorin and Joan Arnold have compiled an outstanding cast of savvy experts whose collective

effort has resulted in a stunning breadth of coverage Whether you are a practitioner or a student preparing for practice this book will help you to bridge the gap between theory and practice driven empiricism John P Allegrante professor of health education Teachers College and Mailman School of Public Health Columbia University The models of health promotion around which Health Promotion in Practice is built have a sound basis in current understanding of human development the impact of community and social systems and stages of growth development and aging This handbook can provide both experienced health professionals and students beginning to develop practice patterns the content and structure to interactions that are truly promoting of health Kristine M Gebbie Dr P H R N Columbia University School of Nursing

Subject Catalog of the Institute of Governmental Studies Library, University of California, Berkeley University of California, Berkeley. Institute of Governmental Studies. Library,1971 **Prevention Practice** Catherine Rush Thompson,2007 The all encompassingPrevention Practice A Physical Therapists' Guide to Health Fitness and Wellnesssuccessfully details the impact health promotion health protection and the prevention of illness and disability have on increasing the quality and length of a healthy life for individuals across the lifespan Dr Catherine Thompson along with eight contributors all with diverse backgrounds in physical therapy rehabilitation and healthcare present the fundamental health fitness and wellness concepts that are critical for providing preventive care to healthy impaired and at risk populations as outlined in theGuide to Physical Therapist PracticeandHealthy People 2010 Prevention Practiceincludes screening tools for determining risk factors associated with common medical problems as well as resources for implementing prevention practice in clinical and community based settings including planning and marketing a prevention practice Additionally this unique guide offers suggestions for providing appropriate interventions consultation referral education resources and program development Some topics covered include bull Overview of holistic versus traditional medicine bull A comparison of isometric isotonic and isokinetic exercises bull Comprehensive physical health screening bull Musculoskeletal neuromuscular cardiopulmonary and integumentary impairments and developmental disabilities bull Tips letters and ldquo dorsquo s and donrsquo tsrdquo for providing advocacy to those in need of guidance Perfect for clinicians students allied health professionals rehabilitation specialists physical medicine specialists and recreation therapists Prevention Practiceis a valuable resource for everyone in the areas of health fitness and wellness Additional features bull Behavioral Risk Factor Surveillance table bull Lifestyle Behaviors Screening questionnaire bull Pathology specific signs and symptoms bull Womenrsquo s health issues bull Risk of injury based upon age gender and race bull Nutrition screening for older adults

National Library of Medicine Current Catalog National Library of Medicine (U.S.),1971 **Publishers' Circular and Booksellers' Record of British and Foreign Literature** ,1900

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