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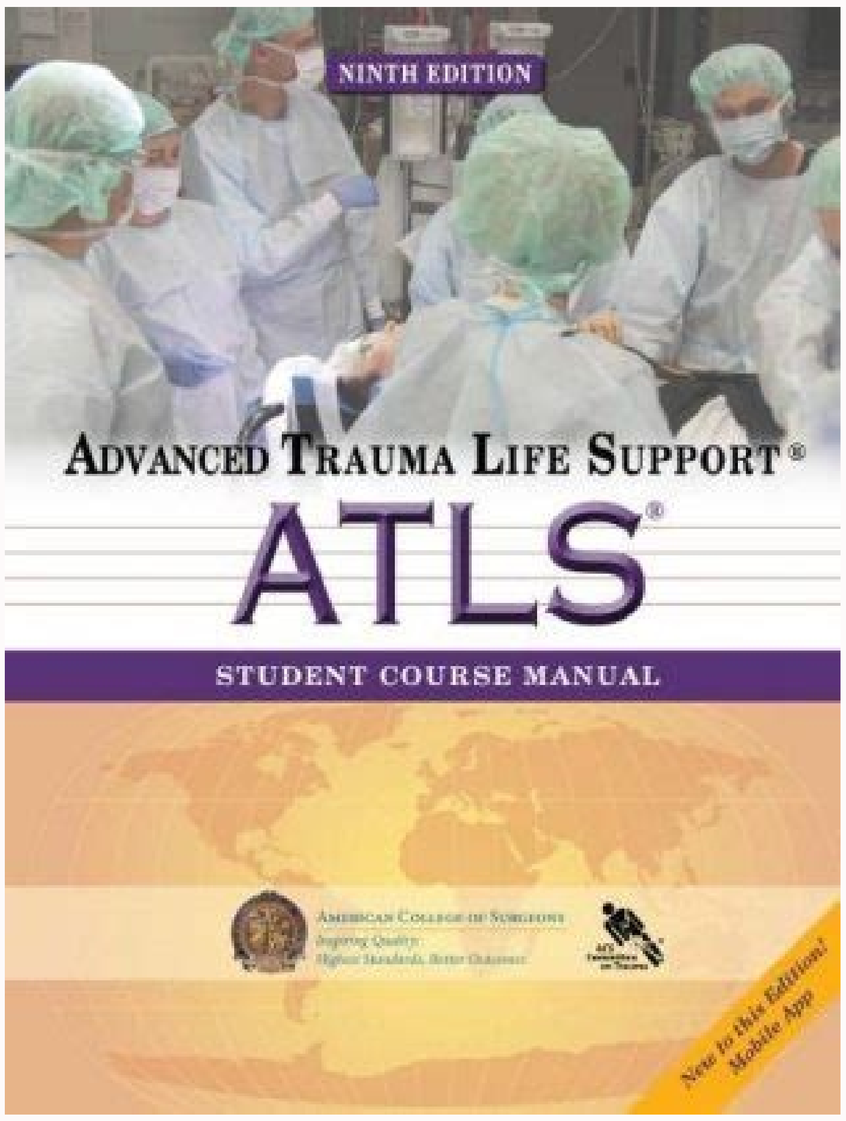

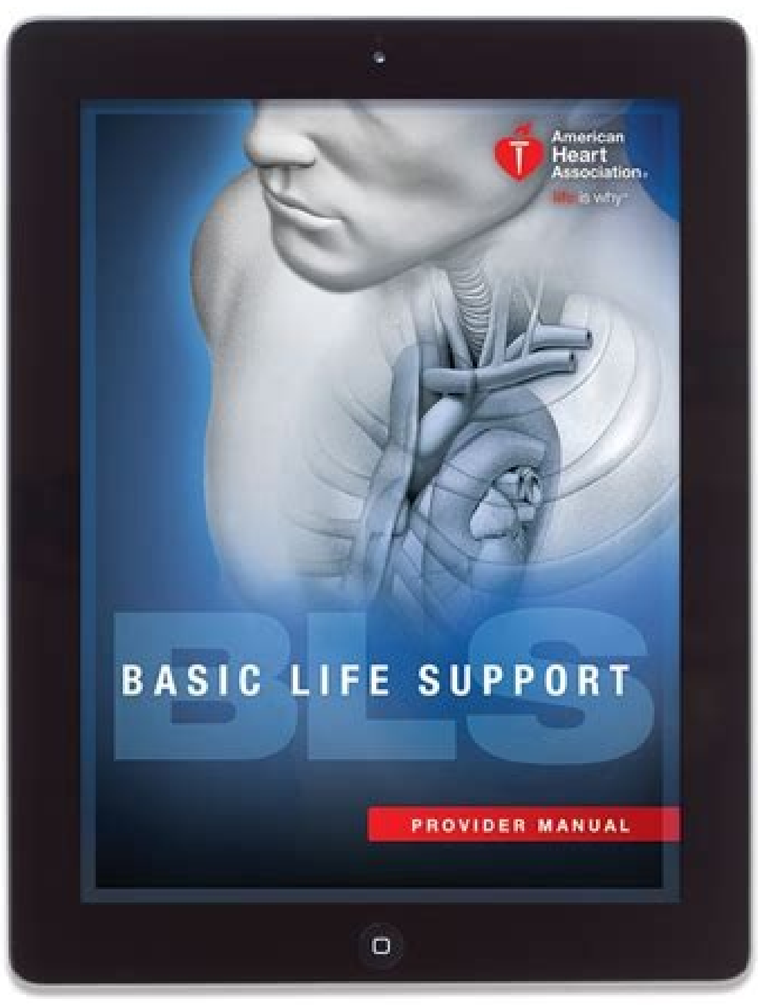

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This blood then returns to the heart where it is pumped out to vital organs--the heart and brain--as well as the rest of the body. #lifeiswhy #CPRSavesLives Why do we do what we do? life is why. Life Is Why is a celebration of life. Specific Algorithms for BLS and more are also included within the handbook. Until there’s a world free of heart disease and stroke, the American Heart Association will be there, working with you to make a healthier, longer life possible for everyone. Live it. Talk about it. BLS improves a person's chance of surviving until advanced care becomes available. The actions that make up BLS try to prevent or slow the damage until the cause of the problem can be corrected. Resuscitation research continues to show that high-quality CPR is increasing survival rates for hospital discharge. When the heart stops, blood flow stops, and the person quickly becomes unconscious. It is a comprehensive resource intended for health care professionals currently enrolled in a Basic Life Support Certification or Recertification Course. Throughout your student manual, you will find information that correlates what you are learning in this class to Life Is Why and the importance of cardiovascular care. That’s why we’ve made better heart and brain health our mission. Although it is primarily intended for professionals to use during their courses, the handbook was also created to serve as daily resource material for health care professionals. Ask yourself, what are the moments, Basic Life Support (BLS) Provider Handbook is based on the 2020-2025 Basic Life Support guidelines published by the International Liaison Committee on Resuscitation. BLSB A S I C L I F E S U P P O R T P R O V I D E R M A N U A Li P R O V I D E R M A N U A L BLSB A S I C L I F E S U P P O R T © 2016 American Heart Association ISBN 978-1-61669-407-4 Printed in the United States of America First American Heart Association Printing February 2016 15 14 13 12 11 10 9 8 7 6 5 4 3 2ii To find out about any updates or corrections to this text, visit www.heart.org/cpr, navigate to the page for this course, and click on “Updates.” Acknowledgments The American Heart Association thanks the following people for their contributions to the development of this manual: Mary Fran Hazinski, RN, MSN; Andrew H. 9 Review 11 Student Notes 11 Part 2 BLS for Adults 13 BLS General Concepts 13 Overview 13 Learning Objectives 13 Basic Framework for CPR 13 High-Performance Rescue Teams 14 Main Components of CPR 14 BLS Healthcare Provider Adult Cardiac Arrest Algorithm 14iv C o n t e n t s Adult 1-Rescuer BLS Sequence 16 Introduction 16 Verify Scene Safety, Check for Responsiveness, and Get Help 16 Assess for Breathing and Pulse 17 Locating the Carotid Pulse 18 Determine Next Actions 18 Begin High-Quality CPR, Starting With Chest Compressions 18 Attempt Defibrillation With the AED 19 Resume High-Quality CPR 19 Adult Chest Compressions 19 Importance of Chest Compressions 19 High-Quality Chest Compressions 19 Chest Compression Technique 20 Alternate Technique for Chest Compressions 20 Adult Breaths 21 Opening the Airway 21 Introduction 21 Head Tilt–Chin Lift 21 Jaw Thrust 22 Jaw-Thrust Maneuver 22 Barrier Devices 23 Introduction 23 Pocket Mask 23 Use of a Pocket Mask 23 Bag-Mask Devices 25 Bag-Mask Device 25 Bag-Mask Ventilation Technique (1 Rescuer) 26 Bag-Mask Ventilation Technique (2 Rescuers+) 26 Adult 2-Rescuer BLS Sequence 27 Introduction 27 Verify Scene Safety, Check for Responsiveness, and Get Help 27 Assess for Breathing and Pulse 27 Determine Next Actions 28 Begin High-Quality CPR, Starting With Chest Compressions 28 Attempt Defibrillation With the AED 28 Resume High-Quality CPR 28 Team Roles and Duties for 2-Rescuer CPR 29 Rescuer Tasks 29 Review 31 Student Notes 32v Contents Part 3 Automated External Defibrillator for Adults and Children 8 Years of Age and Older 33 General Concepts 33 Overview 33 Learning Objectives 33 Early Defibrillation 33 Public-Access Defibrillation 33 AED Arrival 34 Using the AED 35 Be Familiar With the AED Equipment in Your Setting 35 Universal Steps for Operating an AED 35 Do Not Delay High-Quality CPR After AED Use 36 Special Circumstances 39 Hairy Chest 39 Water 39 Implanted Defibrillators and Pacemakers 39 Transdermal Medication Patches 39 Review 40 Student Notes 40 Part 4 Team Dynamics 41 General Concepts 41 Overview 41 Learning Objectives 41 Elements of Effective Team Dynamics 42 Roles During a Resuscitation Attempt 42 Clear Roles and Responsibilities 42 Knowing Your Limitations 43 Constructive Intervention 43 What to Communicate 43 Knowledge Sharing 43 Summarizing and Reevaluating 43 How to Communicate 43 Closed-Loop Communication 43 Clear Messages 43 Mutual Respect 43 Debriefing 44 Review 44 Student Notes 44vi C o n t e n t s Part 5 BLS for Infants and Children 45 General Concepts 45 Overview 45 Learning Objectives 45 BLS Healthcare Provider Pediatric Cardiac Arrest Algorithm for the Single Rescuer 45 Infant and Child 1-Rescuer BLS Sequence 47 Introduction 47 Verify Scene Safety, Check for Responsiveness, and Get Help 47 Assess for Breathing and Pulse 47 Infant: Locating the Brachial Artery Pulse 48 Child: Locating the Femoral Artery Pulse 48 Determine Next Actions 48 Was the Collapse Sudden? 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We encourage you to discover your Why and share it with others. Instructions Please find on the back of this page a chance for you to participate in the AHA’s mission and Life Is Why campaign. Post it. Eustice, NREMT, EMS I/C; Brenda Schoolfield; and the AHA BLS Project Team.iii C o n t e n t s Part 1 General Concepts 1 Introduction 1 BLS Course Objectives 1 Provider Manual 2 Age Definitions 2 Boxes 2 Review Questions 3 Student Notes 3 High-Quality CPR 3 Your Approach to a Resuscitation Attempt 3 Personal Protective Equipment 4 The Chain of Survival 4 Learning Objectives 4 Adult Chain of Survival 4 Chain of Survival for an In-Hospital Cardiac Arrest 5 Chain of Survival for an Out-of-Hospital Cardiac Arrest 6 Key Differences Between IHCA and OHCA Chains of Survival 6 Importance of Each Link in the Chain of Survival 7 Pediatric Chain of Survival 9 Cardiac Arrest or Heart Attack? Research continues to improve how we respond with life-saving techniques to emergencies. It serves as the primary training material for BLS Certification and Recertification courses. 67 Adverse Effects 67 Antidote to Opioid Overdose 67 Naloxone Autoinjector 67 Intranasal Naloxone 68 Opioid-Associated Life-Threatening Emergency (Adult) Sequence 68 Opioid-Associated Life-Threatening Emergency Response Sequence 68 Review 70 Student Notes 70viii C o n t e n t s Part 9 Choking Relief for Adults, Children, and Infants 71 General Concepts 71 Overview 71 Learning Objectives 71 Signs of Choking 71 Choking Relief in a Responsive Adult or Child 72 Abdominal Thrusts 72 Abdominal Thrusts With Victim Standing or Sitting 72 Choking Relief in an Unresponsive Adult or Child 73 Choking Relief in an Unresponsive Adult or Child 73 Actions After Choking Relief 74 Choking Relief in Infants 74 Choking Relief in a Responsive Infant 74 Choking Relief in an Unresponsive Infant 75 Review 76 Student Notes 76 Appendix 77 Summary of High-Quality CPR Components for BLS Providers 79 Adult CPR and AED Skills Testing Checklist 80 Adult CPR and AED Skills Testing Critical Skills Descriptors 81 Infant CPR Skills Testing Checklist 82 Infant CPR Skills Testing Critical Skills Descriptors 84 Answers to Review Questions 85 Recommended Reading 85ix life is why.™ At the American Heart Association, we want people to experience more of life’s precious moments. The International Liaison Committee on Resuscitation (ILCOR) published their 2015 guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) in the scientific journal Circulation. Travers, MD, MSc; Sandra K. It also explains why we do what we do: Lifesaving work. The ILCOR's updated 2015 guidelines expand on many of the recommendations made in 2010 and continue to focus on high-quality chest compressions as the intervention is most likely to improve resuscitation outcomes.The ILCOR's analysis of the research conducted since the 2010 guidelines shows that resuscitation outcomes improve when high-quality chest compressions are started immediately. These techniques are based on the most current research and are organized into a systematic response called the Chain of Survival, which begins with Basic Life Support (BLS). The characteristics that define high-quality compressions remain as pushing hard and fast. Information covered in the handbook includes Basic Life Support instruction for adults and children, AED usage, airway obstruction, and rescue breathing techniques, and more. It’s also why we remain committed to exceptional training–the act of bringing resuscitation science to life–through genuine partnership with you. The Chain of Survival provides the person the best chance to receive the care needed and return to a healthy life.The heart pumps blood through the lungs, where blood takes in oxygen and releases carbon dioxide. A simple yet powerful answer to the question of why we should all be healthy in heart and mind. All material included in this handbook is delivered in a manner meant to enhance learning in the most comprehensive and convenient way possible.Excerpt:According to the Centers for Disease Control (CDC), heart disease continues to be the leading cause of death in the United States and is responsible for over 600,000 deaths every year. Look for the Life Is

Why icon (shown at right), and remember that what you are learning today has an impact on the mission of the American Heart Association. Every day. Only through our continued collaboration and dedication can we truly make a difference and save lives.

Medical students, nurses and other healthcare providers not covered in the groups above should be encouraged to complete the Immediate Life Support (ILS) course. Those with a particular interest in resuscitation should then consider attending an ... NOTE: The local WDB is not a one-stop partner, unless it is a specific program provider as well. 7 1 WIOA Sec. 121(b)(1)(B) ; 20 CFR § 678.400 ; TEGL 17-16, pp. 6-7 2 Per TEGL 17-16, p. 5 the entity for Job Corps is the Job Corps training center. Home; Licensees; Continuing Education; Continuing Education for License Renewal. In the State of California, Registered nurses are required by law (California Code of Regulations, Section 1451, Article 5) to complete 30 contact hours of continuing education every two years, in addition to paying the renewal fee, to maintain an active license.Continuing education courses must have ... Get 24⁄7 customer support help when you place a homework help service order with us. We will guide you on how to place your essay help, proofreading and editing your draft – fixing the grammar, spelling, or formatting of your paper easily and cheaply. This course is an introduction to the understanding of basic biological principles and how each of these principles affects daily human life. Biological principles include the scientific method, biological macromolecules, cell structure and function, cell division, genetics, DNA structure and function, metabolism, evolution, and ecology. Health Education Associates 7328 Ramsdell NE Rockford, MI. 49341-8077 Phone: (616) 874-8800 Email: acls@chartermi.net I attended a different event through AHA for which Continuing Education credit is available: If you are looking for Continuing Education credits from a non-ECC event, please visit the Lifelong Learning site and visit the calendar of events for information on the event you attended.. For customer support please contact our National Engagement Center at 1-888-242-2453 (Monday ...

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