

WHAT IS RESUSCITATION (BASIC CPR)?

- REVIVING SOMEONE WHO IS UNCONSCIOUS AND/OR NOT BREATHING OR NOT BREATHING NORMALLY
- IN CPR, CHEST COMPRESSIONS AND RESCUE BREATHINGS ARE PERFORMED TO RESTORE CIRCULATION



CPR TECHNIQUES

- COMPRESSION-ONLY CPR RECOMMENDED FOR UNTRAINED FIRST AID PROVIDERS.
- COMPRESSION WITH BREATHS RECOMMENDED FOR PROFESSIONALS TREATING ADULTS.
- COMPRESSIONS WITH BREATHS RECOMMENDED FOR BABIES AND CHILDREN UNDER ONE YEAR

SIGNS OF CARDIAC ARREST

1

Sudden
Collapse

2

Loss of
Consciousness

3

Absence of
Breathing

4

Absence of
Pulse



Observing Responsiveness and Consciousness

- Unconsciousness is defined as the inability to respond to stimuli like sound or pain.
- Unconscious individuals do not respond to loud sounds or shaking.

AVPU SCALE

- An acronym for "Alert, Voice, Pain, Unresponsiveness."
- Measures and records a patient's responsiveness and level of consciousness.
- Based on the patient's eye opening, verbal response, and motor responses.

A

Alert

V

Responding
to Voice

P

Responding
to Pain

U

Unresponsiveness

Checking Responsiveness, Breathing, and Pulse

- Alert state: Person who looks around, speaks, responds clearly to questions, feels touch, and moves or walks around.
- Responsive to voice: Person opens eyes and responds to simple questions and commands.
- Responsive to pain: Pinching the person to check for response.
- Unconscious state: No response to any stimuli, indicating unconsciousness

Importance of Prompt Assessment

- Checking consciousness should only take a few seconds and not delay checking for breathing.



Observing Breathing:

- Airway blockage reasons: Sagging tongue, saliva in the throat, foreign objects.
- Turning an unconscious person on their back to unblock the airway.
- Technique: For clearing the airway by lifting the chin and pressing the forehead.
- Observing breathing by listening, feeling, and looking for chest movement, breathing sounds, and air from nose or mouth.



Clearing the Airway

- If the chest fails to rise, assume the airway is not fully open.
- Clearing the airway by removing visible obstructions with fingers.
- Avoid searching for hidden obstructions or pushing objects further down the throat.
- Do not insert fingers in a closed mouth.



Observing the Pulse

- During emergencies, it is difficult to feel the pulse at the wrist.
- Technique: Placing fingertips gently on the voice box and sliding down into the hollow.
- Resuscitation guidelines prioritize starting CPR without checking the pulse.



RESUSCITATION OF A PERSON WHO IS NOT BREATHING OR NOT BREATHING NORMALLY



SAFETY FIRST AND CALL FOR HELP:

1

Before helping someone, it is important to make sure that you, the person in need, and any nearby people are safe. If you are alone, shout or call for help, but remember not to leave the person without assistance.



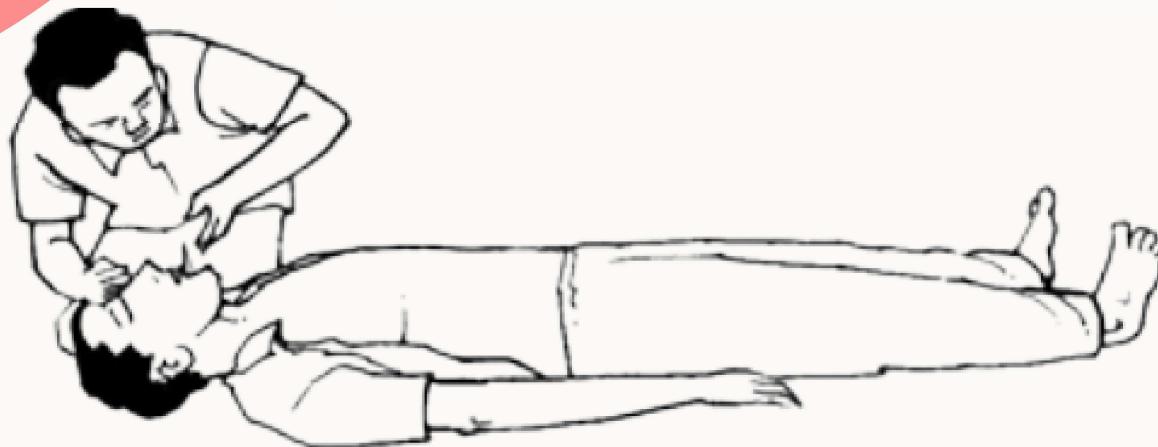
2

Ask someone nearby to get help or arrange for urgent transportation to the nearest healthcare facility. Make sure the bystander comes back to you and confirms that help has been arranged.

SECURE AN OPEN AIRWAY:

1

If the person is not already on their back, gently turn them onto their back. Kneel beside them and use your index and middle fingers to lift their chin forward, while using your other hand to press their forehead backward, ensuring their airway is clear.



2

Check if the person is breathing by watching for chest or abdominal movement, listening for breathing sounds, and feeling for air from their nose or mouth.

If their chest doesn't rise, it may indicate a blocked airway. Carefully use your covered fingers to remove any visible obstructions by sweeping them inside the person's mouth and throat.

3

Do not try to find hidden obstructions or push objects further down the throat. If the person starts breathing again, put them in the recovery position. If they still don't breathe, start CPR (Cardiopulmonary Resuscitation) right away.



CPR: HOW TO GIVE CHEST COMPRESSIONS:



- 1** If the person is not already on a hard surface, move them to one. Kneel beside them, next to their upper arm. Place the heel of one hand in the center of their chest.
- 2** Place the heel of your other hand on top of the first hand, and lock your fingers together without pressing on their ribs or upper stomach. Ensure that your shoulders are directly above their chest.



3

Push down about 5-6 centimeters with outstretched arms. Release the pressure and let the chest fully recoil without leaning on it.

4

Make sure each compression and release has equal duration, allowing the chest to rise fully. Keep your hands in place on the breastbone without shifting or lifting. Give 30 chest compressions at a rate of 100-120 compressions per minute.

CPR: HOW TO GIVE RESCUE BREATHS

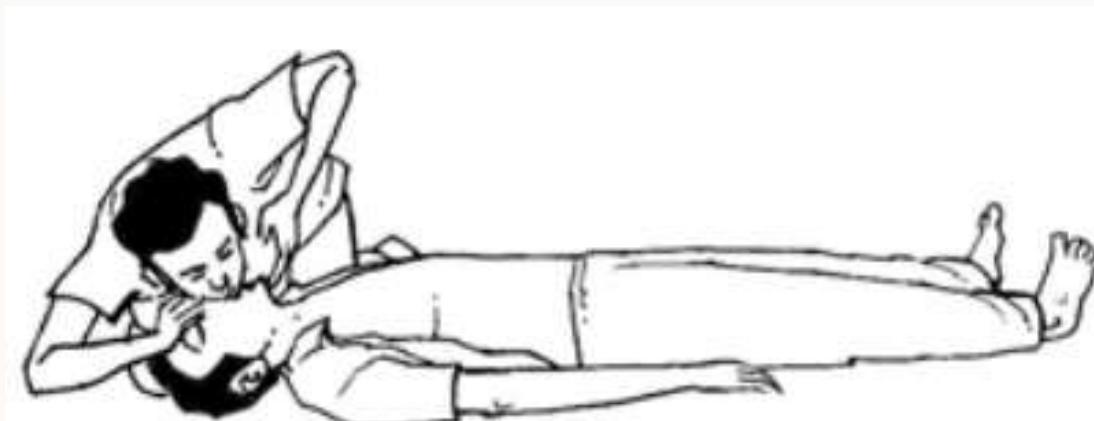
- 1 To provide rescue breaths in CPR, tilt the person's head back by placing one hand on their forehead and the other on their chin to lift it. Pinch their nose shut and seal your mouth over theirs. Give a one-second breath and check if their chest rises.



- 2 If the chest doesn't rise, check for obstructions and adjust head tilt and chin lift. Try to blow air into their mouth no more than twice before resuming chest compressions.

3

Alternate with other trained rescuers every two minutes and avoid interruptions. Continue until the person wakes up, help arrives, you become exhausted, or the area becomes unsafe.



HYGIENE

- Wash your hands with soap and water after providing care to the person.
- If soap is unavailable, use ash as an alternative handwashing method.
- Alcohol-based sanitizers can also be used if available.



RESUSCITATION OF BABY/CHILD (LESS THAN ONE YEAR OLD) WHO IS NOT BREATHING OR NOT BREATHING NORMALLY



FIRST AID AND CALL FOR HELP

- 1** Ensure your own safety before providing help.
Shout or call for help if you are alone but do not leave the person unattended.

- 2** Ask a bystander to seek help or arrange urgent transport to the nearest healthcare facility. Have the bystander return to you to confirm help has been secured.

HOW TO SECURE AN OPEN AIRWAY OF A BABY/CHILD

3

- Lay the baby/child down on a floor or hard and safe surface.
- Move the baby's/child's head backward and lift its chin slightly to clear the airways.

4

- Establish a clear airway immediately, prioritizing unblocking the breathing passage over concerns about spinal injury.

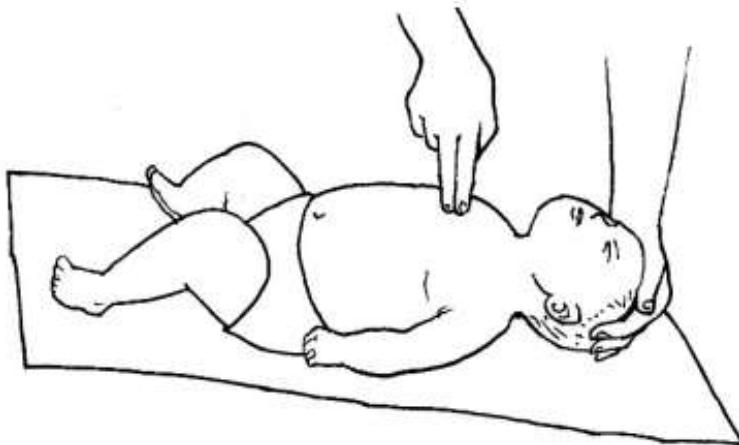
Check for breathing by observing chest/abdominal movement, listening to breathing sounds, and feeling air coming out of the nose or mouth.

If the baby still does not breathe, begin CPR immediately.



CPR: HOW TO GIVE CHEST COMPRESSIONS ON A BABY/CHILD

- 5** Place three fingers on the center of the baby's/child's chest on the breastbone (sternum). Use the two remaining fingers (middle and index) to compress the chest up to one-third of its depth.



6

Do not use the base or palm of your hand, and only use one hand.

Repeat compressions 30 times at a rate of 100-120 per minute.

Release pressure completely between compressions without removing your fingers from the chest. Ensure the chest rises before pressing down again.



If there is no breathing, locate proper hand position and start pushing down on the breastbone. Give 30 compressions.

CPR: HOW TO GIVE RESCUE BREATHS ON A BABY/CHILD

7

Move the baby's/child's head backward and lift its chin slightly. Cover the baby's/child's nose and mouth with your mouth and gently puff into their lungs until you see the chest rise



8

Pause between rescue breaths to let the air flow back out. Remember that it takes less than a full breath to fill a baby's lungs.

9

Check if the baby's/child's chest rises; if not, remove any visible items blocking the airway and ensure proper head tilt and chin lift.

If the chest does not rise, begin another series of 30 chest compressions before attempting to puff air into the mouth again.