

CPR: Important Changes

- ASSESS- Not moving?
Unresponsive?
- ALERT- Call 911
Activate emergency action plan
- ATTEND- A= Airway Tilt head- Lift Chin or jaw thrust
- B= Breathing Look, listen, feel for breath 5-10 seconds. If not breathing, give 2 breaths.
- C= Circulation No pulse or uncertain?
30 Compressions, 2 breaths, Repeat.
Push adult chest hard placing 1 hand on top other between nipple-line on breastbone keeping fingers up. Children 1-puberty- Use 1 hand over breastbone between nipples. Infant use 2 fingers on breastbone just below nipple-line.
Compress fast @ 100x per minute for every age range.



- D= Defibrillation Expose chest, turn on AED, attach pads, follow AED instructions.
Resume CPR

Information from American Safety and Health Institute
www.ASHInstitute.org

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Heart Disease and Stroke

Heart disease and stroke are main components of cardiovascular disease which is the leading cause of death in both men and women in the USA and account for nearly 40% of all deaths.

Acute Coronary Syndromes (ACS)

This term applies to a number of conditions and symptoms ranging from unstable angina to myocardial infarction (heart attack). ACS occurs when the heart does not get enough oxygenated blood flow. If the blood flow to the heart is cut off, a part of the heart will die, causing disability or death. ACS is the cause of sudden cardiac arrest in most adult patients.

ACS Signs and Symptoms

- Chest pain or a dull discomfort behind the breastbone that may or may not spread to arms, back, neck, jaw, or stomach
- Shortness of breath
- Weakness, nausea, dizziness
- Heavy sweating
- Fear of impending doom (feeling like something extremely bad is going to happen but not sure what)
- Uncertainty and embarrassment
- Denial- Patient often refuses to accept or believe they may be having a heart attack

The absence of chest pain, especially in diabetics, women, and the elderly, does not mean that the patient is not at risk. Unusual symptoms of heart attack include headache, ringing in the ears, dizziness, hiccups and belching.

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Provided by Community of Christ Health Ministries Association
HMA@CofChrist.org 816-833-1000 ext 1262 www.HMACofChrist.org

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