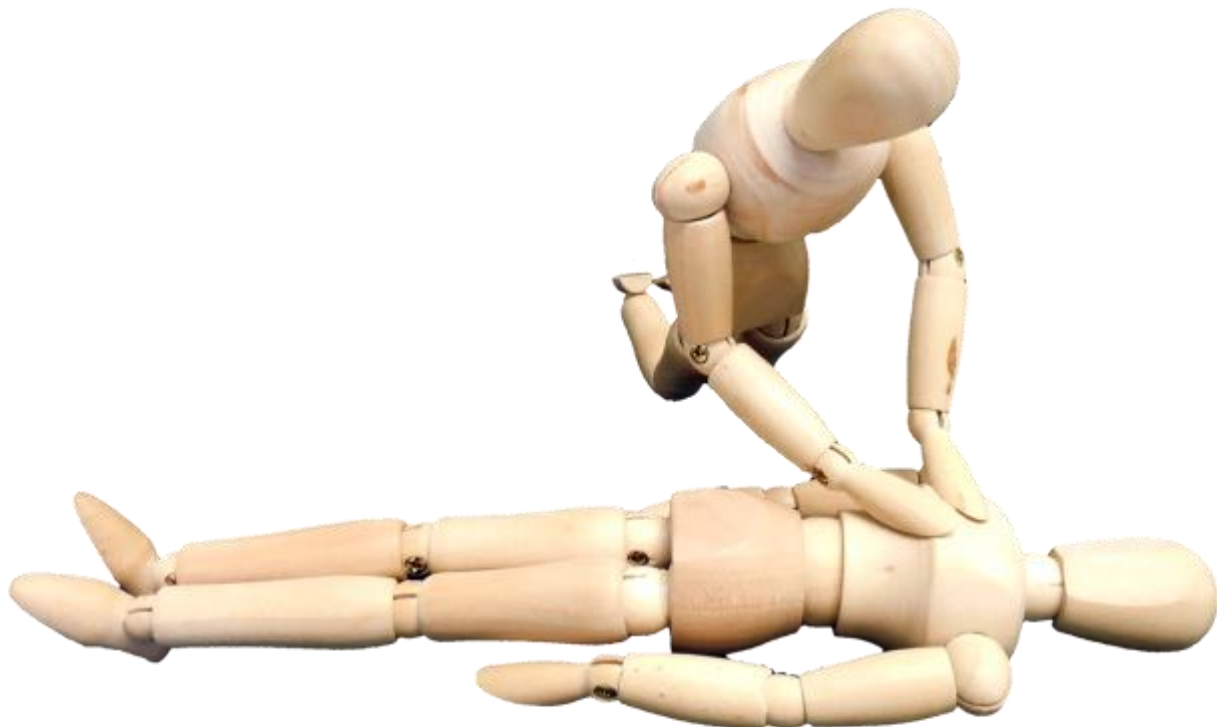




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# CPR: A Comprehensive Review















































































#### **Section 4: Key Concepts**

There are three general symptoms which warrant the immediate administration of CPR: unconsciousness, inability to breath and no pulse (2).

To optimize CPR outcomes, the C-A-B sequence should be followed when performing CPR.

An AED can be utilized to deliver an electric shock to the heart in order to restore a normal heart rhythm (4).

The CPR process for children and infants is very similar to the CPR process for adults, although difference do exist.

Trained CPR administrators should be aware of the CPR age-related differences when performing CPR.

CPR should be performed in a quick, calm and efficient manner.

#### **Section 4: Reflection Question**

How can a CPR administrator effectively perform CPR?

## **Conclusion**

The human body requires a continuous supply of oxygen in order to maintain life. The nervous system, the respiratory system and the cardiovascular system function interdependently to maintain the body's supply of oxygen. If one, or all, of the aforementioned organ systems were to shut down and stop functioning, the human body would lose its ability to maintain the necessary supply of oxygen required to sustain life.

Sudden cardiac arrest possesses the potential to shut down the nervous system, respiratory system and cardiovascular system, within minutes of onset,

subsequently leading to brain damage and death (1). CPR possesses the potential to prevent brain damage and death from sudden cardiac arrest.

The two key actions of CPR include: rescue breathing and chest compressions (1). Rescue breathing provides oxygen for the body, while chest compressions provide a means to circulate oxygenated blood throughout the human body.

In order for CPR to be effective, it must be initiated quickly after the onset of sudden cardiac arrest (2). To maximize CPR outcomes, the C-A-B sequence must be followed (2). Chest compressions should be performed at a rate of 100/minute to 120/minute and 2 rescue breaths should be delivered for every 30 chest compressions (2). Sudden cardiac arrest can be lethal. It can rob an individual of life and lead to death within minutes of onset. However, CPR can save lives. If CPR is administered correctly, efficiently and effectively, it can prevent death from sudden cardiac arrest.



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