

Community CPR-AED Introduction

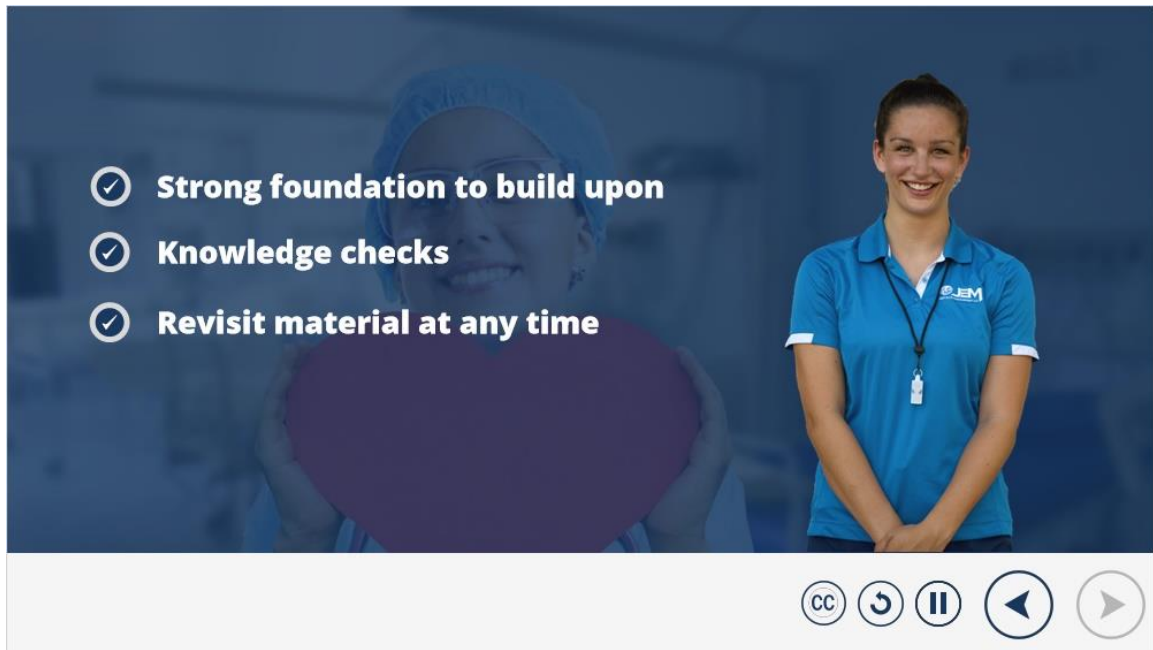
1. Content

1.1 Welcome



Notes:

1.2 Introduction



The slide features a dark blue background with a blurred image of a person in a blue lab coat and hairnet on the left, and a woman in a blue polo shirt with a lanyard on the right. The text is white and includes three bullet points with checkmarks. At the bottom right, there is a control bar with icons for Creative Commons, refresh, pause, and navigation.

- ✔ **Strong foundation to build upon**
- ✔ **Knowledge checks**
- ✔ **Revisit material at any time**


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Progress (Slide Layer)

Introduction to Community CPR & AED - Learning Outcomes

Learning Outcomes

- 1 Describe basic life support.
- 2 Identify legal considerations when providing emergency care.
- 3 Describe the Emergency Medical Services System.
- 4 Discuss the purpose and steps in the Chain of Survival.
- 5 Identify ways to reduce post traumatic stress felt by responders.



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1.4 Basic Life Support

Basic Life Support



Clearing an Airway Obstruction for a victim who is choking.

anywhere, and at any time.



Providing Cardiopulmonary Resuscitation (CPR) for a victim who is unresponsive and not breathing (or only gasping).



Knowing what to do can save lives and reduce the consequences of



Using an Automated External Defibrillator (AED) to automatically correct specific electrical disturbances within the heart.




Progress (Slide Layer)

Introduction to Community CPR & AED - Basic Life Support

Basic Life Support

- ✓ Clearing an Airway Obstruction for a victim who is choking.
anywhere, and at any time.
- ✓ Providing Cardiopulmonary Resuscitation (CPR) for a victim who is unresponsive and not breathing (or only gasping).
Knowing what to do can save lives and reduce the consequences of
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1.5 Activating Emergency Medical Services (EMS)

Activating Emergency Medical Services (EMS)

- ✓ You play a major role in making the EMS system work effectively.
- ✓ The system works best when EMS personnel are summoned promptly.
- ✓ The EMS system is a network of local public safety professionals and
- ✓ When a 9-1-1 call is placed, an emergency call taker (dispatcher) will request information from you such as:

✓ Pr th	+	Whether you need police, fire or medical assistance.	+	Whether you need help re standers first on the scene.
	+	The phone number from which you are calling.	+	Your name.
			+	The location of the emergency and accessibility.
			+	The problem you are experiencing.



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Notes:

Progress (Slide Layer)

Introduction to Community CPR & AED – Activating Emergency Medical Services (EMS)

Activating Emergency Medical Services (EMS)

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1.6 Chain of Survival

Adult Chain of Survival

Prehospital



Activation of Emergency Response High Quality CPR Defibrillation Advanced Resuscitation Post Cardiac Arrest Care Recovery

CHAIN OF SURVIVAL DEPENDENT ON ALL THESE LINKS

1. Activation of Emergency Response
2. High Quality CPR
3. Defibrillation
4. Advanced Resuscitation
5. Post Cardiac Care
6. Recovery

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Notes:

Progress (Slide Layer)

Introduction to Community CPR & AED – Chain of Survival

Adult Chain of Survival
Prehospital



CHAIN OF SURVIVAL DEPENDENT ON ALL THESE LINKS

1. Activation of Emergency Response
2. High Quality CPR
3. Defibrillation
4. Advanced Resuscitation
5. Post Cardiac Care
6. Recovery

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1.7 Legal Concepts

Legal Concepts That Apply to Emergency Care

Standard of Care

- ✓ Standard of Care refers to the reasonable degree of care that a person should expect from the individual who is providing that care.
- ✓ "Does the care provided in this instance match what other care providers would do, assuming those providers have the same level of training and knowledge, access to the same resources and placed in the same setting?"
- ✓ If the care provided reasonably reflects what other providers would do under the same defined circumstances, the Standard of Care is considered to be maintained.



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Notes:

Legal Concepts 2 (Slide Layer)


Legal Concepts That Apply to Emergency Care

Abandonment

- ✓ You can be held legally responsible for abandoning a person who requires ongoing care if you leave the scene or stop providing care.

Confidentiality

- ✓ While rendering care to a victim, you may learn something about the injured or ill person.
- ✓ This information should not be shared with anyone except authorized personnel directly associated with the person's care.




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Legal Concepts 3 (Slide Layer)

Legal Concepts That Apply to Emergency Care

Consent

- ✓ Verbally seek consent to provide care to a responsive victim in distress who needs first aid. This is referred to as informed consent.
- ✓ This does not apply to those who are unresponsive, confused or if they are a child who is in need of care but is without their parent or guardian. In such cases it is implied consent.
- ✓ If a child's parent or guardian is present, seek their verbal consent before beginning care.



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Legal Concepts 4 (Slide Layer)

Legal Concepts That Apply to Emergency Care

Duty to Act

Negligence

- ✓ Most laypersons do not have a legal duty to act in an emergency. But this
- ✓ When a victim is injured or suffers additional harm because of your actions or inactions (with reasonable consideration of the circumstances of the care scene), you may be found to be negligent.
- ✓ designated company responder.
- ✓ Negligence may include failure to prevent or control any behaviors that could result in further harm, failure to provide appropriate care, and/or rendering care beyond the scope of your training.



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Legal Concepts 5 (Slide Layer)



Legal Concepts That Apply to Emergency Care

Refusal of Care

- ✓ Sometimes, those who are injured or sick may refuse assistance even though they desperately need it. If this occurs, try to convince them why care is necessary.

Good Samaritan Laws

- ✓ State laws enacted to protect responders from legal actions that might arise from emergency care provided while not in the line of duty. These laws vary from state to state.



Progress (Slide Layer)

Introduction to Community CPR & AED – Legal Concepts That Apply to Emergency Care

Legal Concepts That Apply to Emergency Care

Standard of Care

- ✓ Standard of Care refers to the reasonable degree of care that a person should expect from the individual who is providing that care.

"Does the care provided in this instance match what other care providers would do, assuming those providers have the same level of training and knowledge, access to the same resources and placed in the same setting?"

- ✓ If the care provided reasonably reflects what other providers would do under the same defined circumstances, the Standard of Care is considered to be maintained.




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1.8 Reduce Post-Traumatic Stress

Reduce Post-Traumatic Stress

- ✓ Reflect on the positive steps that you took during the event.
- ✓ Prepare for media coverage, but do not comment.
- ✓ Speak to others who can provide a support system such as family and friends.
- ✓ Exercise to help reduce your stress level, and resume your familiar routines.
- ✓ Take advantage of any support counselors or trained mental health professionals available, and consider long-term counseling services.



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Notes:

If you find yourself a part of a fatality event, you can take steps to help reduce the post-traumatic stress associated with it.

Be sure to reflect on the positive steps that you took during the event.

Prepare for media coverage. However, the media will not have all the facts, so do not comment.

Speak to others who can provide a support system such as family and friends.

Exercise to help reduce your stress level, and resume your familiar routines at work, school, and with family.


For additional support, take advantage of any support counselors or trained mental health professionals available to help you cope with a traumatic experience, and consider long-term counseling services if you feel you need them.

Progress (Slide Layer)

Introduction to Community CPR & AED - Reduce Post-Traumatic Stress

Reduce Post-Traumatic Stress

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1.9 Summary

Key Terms

- ✓ EMS
- ✓ Consent
- ✓ Confidentiality
- ✓ Liability
- ✓ Basic Life Support
- ✓ Refusal of Care
- ✓ Negligence
- ✓ Standard of Care
- ✓ Chain of Survival



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Notes:

Key Terms

- ✓ EMS
- ✓ Consent
- ✓ Confidentiality
- ✓ Liability
- ✓ Basic Life Support
- ✓ Refusal of Care
- ✓ Negligence
- ✓ Standard of Care
- ✓ Chain of Survival



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Community CPR-AED - Respiratory Emergencies

1. Content

1.1 Welcome





Notes:

1.2 Learning Outcomes

Learning Outcomes

- 1 Describe the components and function of the respiratory system.
- 2 Identify causes of respiratory emergencies.
- 3 Describe how to assess and care for a victim experiencing respiratory distress.
- 4 Demonstrate how to assess and provide rescue breathing for an adult, child, and infant in respiratory arrest.
- 5 Demonstrate how to care for an airway obstruction in a responsive or unresponsive adult, child, and infant.





Progress (Slide Layer)



Community CPR & AED - Respiratory Emergencies: Learning Outcomes

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1.3 The Respiratory System

Causes of Respiratory Emergencies

The respiratory system is the pathway for delivering oxygen to the body.

- ❖ Airway obstruction (Choking)
- ❖ Inhaling smoke or other toxic substances
- ❖ Aspiration (Breathing in stomach contents when vomiting)
- ❖ Asthma
- ❖ Lung infections such as pneumonia

- ❖ Near drowning
- ❖ Suffocation
- ❖ Chest trauma
- ❖ Opioid (narcotic) overdose
- ❖ Electrocution
- ❖ Heart attack
- ❖ Cardiac arrest
- ❖ Anaphylactic Shock

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Community CPR & AED - Respiratory Emergencies: The Respiratory System

Causes of Respiratory Emergencies

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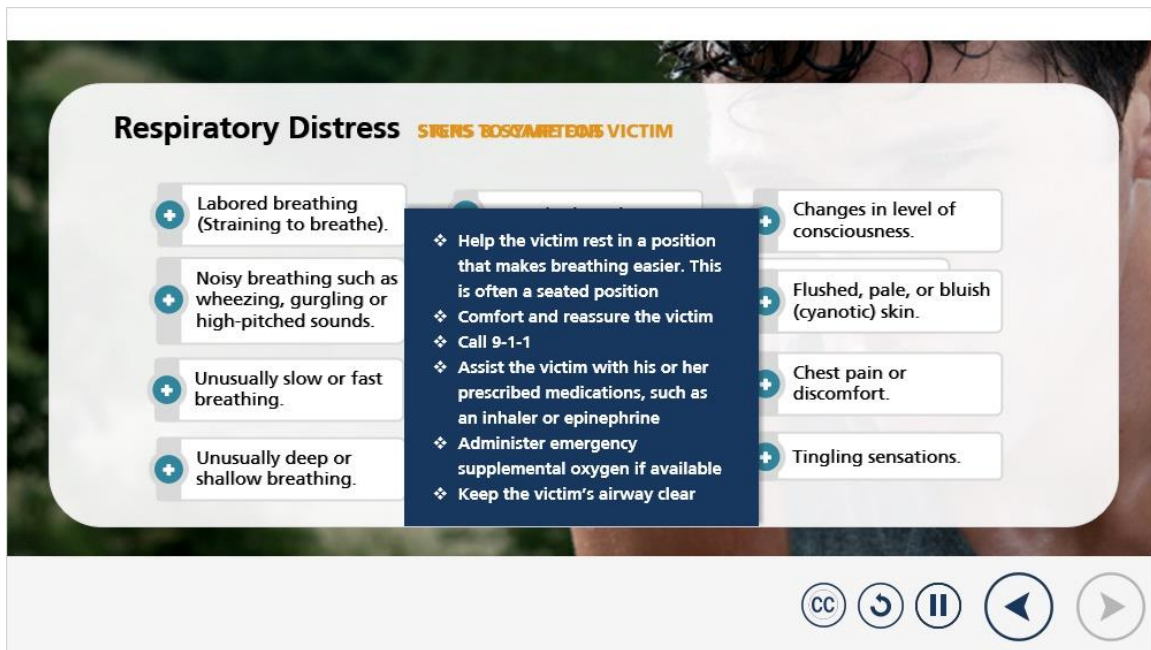
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1.4 Respiratory Distress



Respiratory Distress SIGNS AND SYMPTOMS OF A RESPIRATORY DISTRESS VICTIM

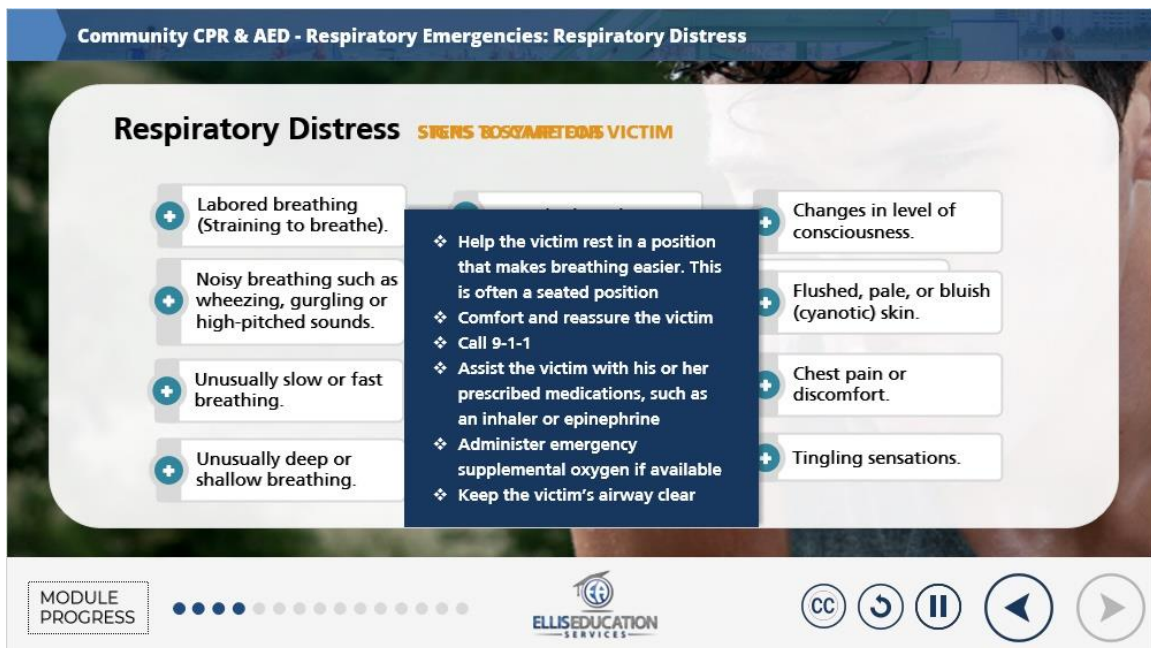
- + Labored breathing (Straining to breathe).
- + Noisy breathing such as wheezing, gurgling or high-pitched sounds.
- + Unusually slow or fast breathing.
- + Unusually deep or shallow breathing.

- ❖ Help the victim rest in a position that makes breathing easier. This is often a seated position
- ❖ Comfort and reassure the victim
- ❖ Call 9-1-1
- ❖ Assist the victim with his or her prescribed medications, such as an inhaler or epinephrine
- ❖ Administer emergency supplemental oxygen if available
- ❖ Keep the victim's airway clear

- + Changes in level of consciousness.
- + Flushed, pale, or bluish (cyanotic) skin.
- + Chest pain or discomfort.
- + Tingling sensations.

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Community CPR & AED - Respiratory Emergencies: Respiratory Distress

Respiratory Distress SIGNS AND SYMPTOMS OF A RESPIRATORY DISTRESS VICTIM

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1.5 Respiratory Arrest

Respiratory Arrest

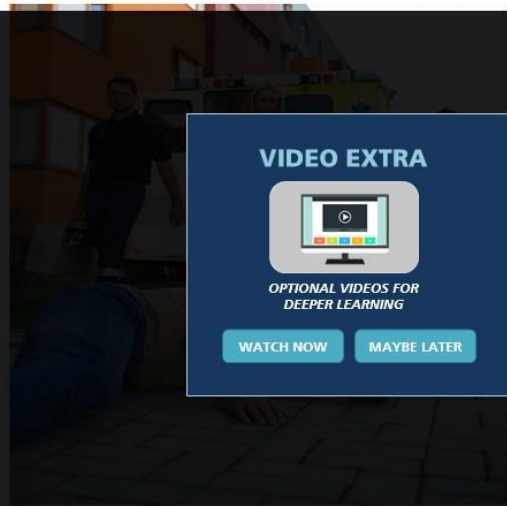
- ✓ When a person is no longer breathing, it is a condition known as respiratory arrest.
- ✓ Respiratory arrest can result from prolonged respiratory distress, but occurs most often when the heart stops, a condition known as cardiac arrest.
- ✓ Respiratory arrest can also exist when breathing is ineffective, such as agonal breathing.
- ✓ Agonal breathing is characterized by periodic gasping, labored breathing witnessed in the first few minutes of cardiac arrest.



Video Launch (Slide Layer)

Respiratory Arrest

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Community CPR & AED - Respiratory Emergencies: Respiratory Arrest

Respiratory Arrest

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1.6 Scene Survey

Scene Survey

- ✓ If the scene is unsafe, try to make it safe for your life. If it is possible to move the casualty, do so, unless it is too dangerous for you to do so. What may have happened?
- ✓ Never enter dangerous areas without proper training and equipment.
Click Image to Enlarge
- ✓ If it is not possible to make the scene safe, keep others from entering dangerous areas.
- ✓ Once you are able to provide care, perform your primary and secondary checks.

From a safe position, Survey the Scene:

What Happened?	Active Hazards or Risks?	Apparent Condition?	Options if Unsafe?	Equipment Needed?	Keep Vigilant to Danger!
Quickly observe: Severity of the incident? What caused the incident? Any casualties? How many casualties? Are they in danger? Is help available to help?	Identify hazards/risks: Chemical spill/leak Gas/vapours/fumes/O ₂ Live Electric source Fire/Smoke/Explosives Active assailant/animal Body substances/Sharps	Is the casualty: Conscious/Mobile? Injured (distressed)? Injured (imprisoned)? Unconscious? Condition unknown?	Consider: Possible to make it safe? Can the casualty move themselves or be moved to a safer location? Is it prudent to wait for help/equipment arrival?	What equipment needed to help? Rescue equipment? First Aid supplies?	Cautiously enter the scene if it is safe to do so. Avoid unnecessary risks. Maintain awareness of surroundings. Act within your scope.

Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Scene Survey

Scene Survey

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Click Image to Enlarge
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1.7 Primary and Secondary Checks

Primary Check ~~Check Responsiveness~~

- ✓ If the victim is motionless, begin the primary check by checking responsiveness. This may take up to 10 seconds.
- ✓ If the victim is unresponsive and not breathing, or only has occasional agonal gasps, the victim is in cardiac arrest and needs Cardiopulmonary Resuscitation, commonly called CPR.
- ✓ If the victim does not respond, he or she is said to be unresponsive, and you need to be sure 9-1-1 has been called.



WHEN THE SCENE IS SAFE, DO NOT YOURSELF NEXT TO THE VICTIM

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Notes:

Secondary Check (Slide Layer)

Secondary Check **Recovery Position**

If a victim is unresponsive but is breathing and has no other life-threatening conditions, the victim can be placed in the recovery position.

Placing a victim in the recovery position will ensure that any vomit or fluid will not cause the victim to choke.



The illustration shows a four-step process: 1. A rescuer in a red shirt is kneeling next to an unresponsive victim lying on their back. 2. The rescuer is rolling the victim onto their left side. 3. The rescuer is adjusting the victim's head and neck to be in line with the spine. 4. The victim is lying on their left side in the recovery position.

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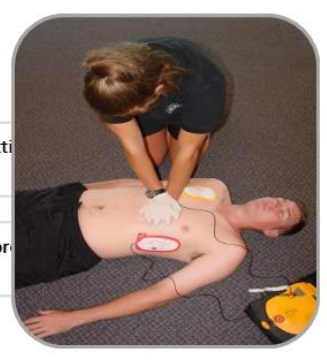
Community CPR & AED - Respiratory Emergencies: Primary and Secondary Checks

Primary Check **Check for responsiveness**

If the victim is motionless, begin the primary check by checking responsiveness. This may take up to 10 seconds.

If the victim is unresponsive and not breathing, or only has occasional agonal gasps, the victim is in cardiac arrest and needs Cardiopulmonary Resuscitation, commonly called CPR.

If the victim does not respond, he or she is said to be unresponsive, and you need to be sure 9-1-1 has been called.



The photograph shows a rescuer in a black shirt leaning over a victim lying on their back. The rescuer is checking the victim's responsiveness. A red box highlights the victim's chest area. A yellow AED is visible in the background.

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1.8 Rescue Breathing

Rescue Breathing

✓ Rescue breathing is one part of CPR. Rescue breaths are given to provide oxygen to an unresponsive, non-breathing person.

✓ While rescue breaths can be performed by making a tight seal directly against the victim's mouth, rescuers may feel more comfortable using a protective barrier such as a face shield or face mask to minimize the risk of disease transmission.




Notes:

Opening Airway (Slide Layer)

Rescue Breathing 1 Opening the Airway

Head Tilt, Chin Lift

- ✓ Gently place one hand on the victim's forehead.
- ✓ **If the victim suffered a serious head or neck injury, it is best to try to limit movement of the head. Try to open the airway by just lifting the chin. If you cannot get your breaths to go in, then tilt the head back gently.**
- ✓ Carefully tilt back the head while at the same time lifting the chin up.
- ✓ Opening the airway for an adult requires you to tilt the head back farther than you would for children or infants.




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Providing Breaths (Slide Layer)

Rescue Breathing 2 Providing Breaths

- ✓ If the chest does not rise when breathing, the victim may have an airway obstruction that needs to be cleared.
- ✓ Breathing too rapidly or too forcefully can overinflate the lungs or result in air entering the stomach, a condition known as gastric distention. This can result in vomiting or the inability of the lungs to fully inflate.



MOUTH TO MOUTH



MOUTH TO MASK

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Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Rescue Breathing

Rescue Breathing

- ✓ Rescue breathing is one part of CPR. Rescue breaths are given to provide oxygen to an unresponsive, non-breathing person.
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1.9 Special Situation - Opioid Overdose

Special Situation - Opioid Overdose

- ✓ Over two million people in the United States suffer from opioid addiction - many using prescription opioids or illicit drugs.
- ✓ Increasingly, children are suffering accidental overdose by consuming their parents' medications.
- ✓ Education efforts have been put into place to provide education with the goal of preventing overdoses.
- ✓ Naloxone is a medication that can reverse opioid overdose symptoms.




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Notes:

Opioid Overdose Responsive (Slide Layer)

Caring for Opioid Overdose in a Responsive Victim

- ✓ Ensure that the scene is safe and take standard precautions (take care to not touch pills, needles, or other drug paraphernalia).
- ✓ Calm and reassure the victim.
- ✓ Ask the victim if he took any opioids.
- ✓ If you suspect an opioid overdose, call 911 and obtain Naloxone if available.
- ✓ Provide Naloxone as soon as it is available.




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Opioid Overdose Unresponsive (Slide Layer)

Caring for Opioid Overdose in an Unresponsive Victim

- ✓ Ensure that the scene is safe and take standard precautions (take care to not touch pills, needles, or other drug paraphernalia).
- ✓ If the victim is not breathing, provide Cardiopulmonary Resuscitation (CPR) and use an Automated External Defibrillator (AED) if available.
- ✓ Tap the victim's shoulder and shout to confirm that the victim is unresponsive.
- ✓ Pause CPR to administer Naloxone if available.
- ✓ If unresponsive, call 911 and administer Naloxone if available.





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General Guidance for Naloxone Administration (Slide Layer)

General Guidance for Naloxone Administration

- ✓ Make sure EMS is contacted.
- ✓ Follow the instructions that come with the naloxone device for proper administration.
- ✓ Follow local response protocols when required.
- ✓ Provide Basic Life Support if the victim is unresponsive and not breathing.



Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Special Situation - Opioid Overdose

Special Situation - Opioid Overdose

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1.10 Special Situation - Laryngectomy

Special Situations

CLICK ON EACH BELOW



Laryngectomy


- ✓ A victim who has had a laryngectomy has had the larynx surgically removed.
- ✓ This victim breathes through a small opening in the front of the neck called a stoma.
- ✓ To provide rescue breaths , close the victim's mouth and nose, place the face shield over the stoma, and give breaths.

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Notes:

Dentures (Slide Layer)

Special Situations
CLICK ON EACH BELOW




Daryngectomy

- ✓ A victim who has had a laryngectomy has had the larynx surgically removed.
- ✓ It is not necessary to remove dentures when providing rescue breaths unless they are loose and preventing air from entering freely.
- ✓ To provide rescue breaths, close the victim's mouth and nose, place the face shield over the stoma, and give breaths.

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Vomit Layer (Slide Layer)

Special Situations
CLICK ON EACH BELOW



Varyitjagotomy


- ✓ A victim who has had a laryngectomy has had the larynx surgically removed.
- ✓ If a victim vomits during care, roll the victim to one side.
- ✓ With a gloved hand, wipe the victim's mouth clean, roll the victim back, and continue care.

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Spinal Layer (Slide Layer)

Special Situations

CLICK ON EACH BELOW



Suspected Spinal Injury

- ✓ A victim who has had a laryngectomy has had the larynx surgically removed.
- ✓ If you are caring for a victim of serious head or neck injury try to avoid moving the victim's head more than is needed to get air to enter.
- ✓ Open the airway by lifting just the chin to see if your breaths can go in as discussed earlier in this module.


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Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Special Situation - Laryngectomy

Special Situations

CLICK ON EACH BELOW



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1.11 Responsive Adult/Child Airway Obstruction

Responsive Adult/Child Airway Obstruction

Heimlich Maneuver

- Stand behind the victim, and reach around the victim's waist
- If a choking victim is too large and you are unable to reach around the victim to give effective abdominal thrusts, or if the victim is obviously pregnant, give chest thrusts.
- the navel
- Reach under the victim's armpits and place the thumb side of your fist against the center of the victim's chest.
- the object out
- Grasp your fist with your other hand and give quick, inward thrusts.
- becomes unresponsive. If the victim becomes unresponsive, you will need to begin CPR.
- adult or child.



The image shows a person in a red shirt and cap performing chest thrusts on a pregnant woman in a blue shirt. The person is standing behind her, reaching under her armpits to place their fist against her chest. The woman is holding her stomach, indicating she is pregnant. The background is an outdoor setting with trees and a fence.

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Notes:


Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Responsive Adult/Child Airway Obstruction

Responsive Adult/Child Airway Obstruction

Heimlich Maneuver

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- the object out
- Grasp your fist with your other hand and give quick, inward thrusts.
- becomes unresponsive. If the victim becomes unresponsive, you will need to begin CPR.
- adult or child.



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1.12 Responsive Infant Airway Obstruction

Responsive Infant Airway Obstruction

- With your free hand, place 2 fingers on the breastbone, about a finger width below the nipples, and give 5 chest compressions.
- Each compression should be at least one-third the depth of the chest, or about 1.5 inches. Be sure to allow the chest to fully recoil after each compression.
- Look in the mouth for any object. If an object is visible sweep the object out with your gloved finger.
- Repeat these steps until the obstruction is dislodged or the infant becomes unresponsive. If the infant becomes unresponsive, begin CPR.



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Notes:

Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Responsive Infant Airway Obstruction

Responsive Infant Airway Obstruction

- With your free hand, place 2 fingers on the breastbone, about a finger width below the nipples, and give 5 chest compressions.
- Each compression should be at least one-third the depth of the chest, or about 1.5 inches. Be sure to allow the chest to fully recoil after each compression.
- Look in the mouth for any object. If an object is visible sweep the object out with your gloved finger.
- Repeat these steps until the obstruction is dislodged or the infant becomes unresponsive. If the infant becomes unresponsive, begin CPR.



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1.13 Airway Obstruction In an Unresponsive Victim

Airway Obstruction In an Unresponsive Victim

- If your breaths fail to make the chest rise, reposition the head (and mask) and repeat breaths.
- If a responsive choking victim becomes unresponsive, repeat the following steps until the obstruction is relieved.
- If still unresponsive, provide 30 chest compressions.
- Give 30 chest compressions.
- Look in the mouth with your finger if you see it, then reattempt breaths.
- Look for the object and remove it if visible.
- Reattempt breaths.
- This is normally all that is needed to dislodge the object, so repeat this process until chest rise is obtained.



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Notes:

Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Airway Obstructions in a Unresponsive Victim

Airway Obstruction In an Unresponsive Victim

- ✓ If your breaths fail to make the chest rise, reposition the head (and mask) and repeat breaths.
- ✓ If a responsive choking victim becomes unresponsive, repeat the following steps until the obstruction is relieved.
- ✓ If still unresponsive, give 30 chest compressions.
- ✓ Provide 30 chest compressions. Give 30 chest compressions.
- ✓ Look in the mouth. Look for the object and remove it if visible. with your finger if you see it, then reattempt breaths.
- ✓ Reattempt breaths.
- ✓ This is normally all that is needed to dislodge the object, so repeat this process until chest rise is obtained.



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1.14 Summary

Key Terms

- ✓ Agonal breathing
- ✓ Airway obstruction
- ✓ Heimlich Maneuver
- ✓ Laryngectomy
- ✓ Primary check
- ✓ Resuscitation mask
- ✓ Recovery position
- ✓ Rescue breathing
- ✓ Respiratory distress
- ✓ Head tilt, Chin lift
- ✓ Respiratory arrest
- ✓ Stoma



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Notes:

Progress (Slide Layer)

Community CPR & AED - Respiratory Emergencies: Summary

Key Terms

<input checked="" type="checkbox"/> Agonal breathing	<input checked="" type="checkbox"/> Recovery position
<input checked="" type="checkbox"/> Airway obstruction	<input checked="" type="checkbox"/> Rescue breathing
<input checked="" type="checkbox"/> Heimlich Maneuver	<input checked="" type="checkbox"/> Respiratory distress
<input checked="" type="checkbox"/> Laryngectomy	<input checked="" type="checkbox"/> Head tilt, Chin lift
<input checked="" type="checkbox"/> Primary check	<input checked="" type="checkbox"/> Respiratory arrest
<input checked="" type="checkbox"/> Resuscitation mask	<input checked="" type="checkbox"/> Stoma



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Community CPR AED - Cardiovascular - FINAL - 2.25.2021

1. Content

1.1 Welcome



Notes:

1.3 The Circulatory System

The Circulatory System

The circulatory system is made up of blood vessels that carry blood throughout the body.

These chambers receive oxygen-poor venous blood from the body and pump it to the lungs, where the waste products are removed, and oxygen is picked up and returned to the left side of the heart.

These chambers accept the oxygen-rich blood and pump it out to all parts of the body through the arteries.

SIZE OF A FIST

Progress (Slide Layer)

Cardiovascular Emergencies: The Circulatory System

The Circulatory System

The circulatory system is made up of blood vessels that carry blood throughout the body.

These chambers receive oxygen-poor venous blood from the body and pump it to the lungs, where the waste products are removed, and oxygen is picked up and returned to the left side of the heart.

These chambers accept the oxygen-rich blood and pump it out to all parts of the body through the arteries.

SIZE OF A FIST

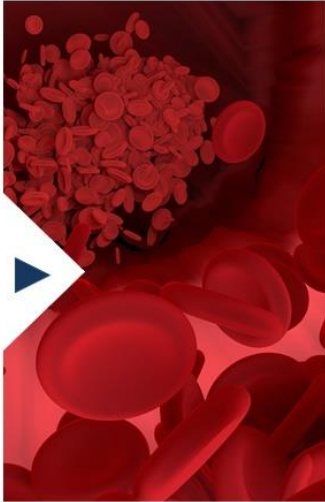
MODULE PROGRESS

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1.4 Cardiovascular Disease

Cardiovascular Disease

- ✓ Cardiovascular disease includes conditions that involve the heart and the blood vessels (arteries, veins, and capillaries).
- ✓ Coronary heart disease (CHD) involves the narrowing of the coronary arteries, the blood vessels that supply oxygen and blood to the heart.
- ✓ This is usually caused by atherosclerosis, which is the plaque (cholesterol substances) that accumulates on the inside walls of the arteries, causing them to narrow. This results in reduced blood flow to the heart.
- ✓ CHD commonly causes chest discomfort, shortness of breath, heart attack, or sudden cardiac death, known as cardiac arrest.



A microscopic view of red blood cells, showing their characteristic biconcave disc shape and reddish color. The cells are densely packed, and a white arrow points from the text area towards them.


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Notes:

1.5 Heart Attack

Heart Attack RECOGNITION

- ✓ Call 9-1-1.
- ✓ Help the victim to rest in the most comfortable position.
- ✓ Breathing difficulty, Chest pain, Sweating
- ✓ If the victim has prescribed heart medication, such as nitroglycerin, assist the victim with its use.
- ✓ If the victim is not allergic to aspirin and is not taking a blood thinner, provide one regular aspirin or two low dose aspirins if available.



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Notes:

Progress (Slide Layer)


Cardiovascular Emergencies: Stroke

Stroke RECOGNITION

Ischemic Stroke Brain Stroke Hemorrhagic Stroke

- ✓ Facial droop. Ask the victim to smile and see if one side of the face is disrupted due to blocked or ruptured arteries in the brain.
- ✓ Call 9-1-1.
- ✓ Have the victim rest in the most comfortable position. This position is often lying on the back with head and shoulders elevated.
- ✓ Speech difficulty. Listen to the victim speaking.
- ✓ If vomiting occurs, roll the victim onto his/her side (recovery position) to keep the airway clear.
- ✓ Time to call 9-1-1.

Ischemic Stroke: blocked of blood flow to affected area
Hemorrhagic Stroke: Rupture of blood vessels; leakage of blood



MODULE PROGRESS

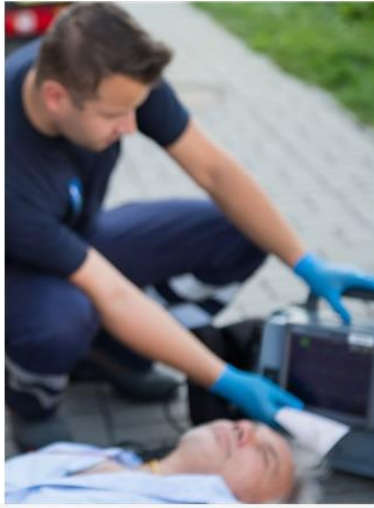
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1.7 Cardiac Arrest

Cardiac Arrest

- ✓ If the heart muscle is damaged severely, a victim's heart can cease to function. The victim will become unresponsive, non-breathing, and pulseless. This is known as Cardiac Arrest.
- ✓ The immediate care for a victim in cardiac arrest is to activate EMS, which in most areas of the United States means calling 9-1-1, and providing cardiopulmonary resuscitation (CPR) until a defibrillator is available.



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Notes:

Notes:

Progress (Slide Layer)

Cardiovascular Emergencies: Activating EMS

Activating EMS Reviewing the Chain of Survival

Adult Chain of Survival
Pre-Hospital Care Links

1. Activation of Emergency Response
2. High Quality CPR
3. Defibrillation
4. Advanced Resuscitation
5. Post Cardiac Care
6. Recovery

Pediatric Chain of Survival
Pre-Hospital Care Links

1. Prevention
2. Activation of Emergency Response
3. High Quality CPR
4. Advanced Resuscitation
5. Post Cardiac Care
6. Recovery

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1.9 Cardiopulmonary Resuscitation (CPR)

Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS

- CLICK** **COMPRESSIONS GIVEN TOO SLOW**
Position the victim on his/her back on a hard surface.
Push fast (at a rate of 100-120 compressions per minute).
Push rhythmically.
- CLICK** **COMPRESSIONS AT PROPER RATE**
Compress on the center of the chest.
Push deep (at least 2 inches for an adult or child).
Allow for complete recoil of the chest.
- CLICK** **COMPRESSIONS GIVEN TOO FAST**
has been summoned and retrieve an Automated External Defibrillator (AED) if one is nearby.
Minimize interruptions.

Navigation icons: CC, Refresh, Pause, Back, Forward

Notes:

130 BPM (Slide Layer)

Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS

CLICK **COMPRESSIONS GIVEN TOO SLOW**
Push fast (at a rate of 100-120 compressions per minute).

Position the victim on his/her back on a hard surface.

CLICK **COMPRESSIONS AT PROPER PLACE**
Push deep (at least 2 inches for an adult or child).

Compress on the center of the chest.

CLICK **COMPRESSIONS GIVEN TOO FAST**
has been summoned and retrieve an Automated External Defibrillator (AED) if one is nearby.

Push rhythmically.

Allow for complete recoil of the chest.

Minimize interruptions.

110 BPM (Slide Layer)

Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS

CLICK **COMPRESSIONS GIVEN TOO SLOW**
Push fast (at a rate of 100-120 compressions per minute).

Position the victim on his/her back on a hard surface.

CLICK **COMPRESSIONS AT PROPER PLACE**
Push deep (at least 2 inches for an adult or child).

Compress on the center of the chest.

CLICK **COMPRESSIONS GIVEN TOO FAST**
has been summoned and retrieve an Automated External Defibrillator (AED) if one is nearby.

Push rhythmically.

Allow for complete recoil of the chest.

Minimize interruptions.

80 BPM (Slide Layer)

Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS

- CLICK** Position the victim on his/her back on a hard surface.
- CLICK** Compress on the center of the chest.
- CLICK** Push fast (at a rate of 100-120 compressions per minute).
- CLICK** Push deep (at least 2 inches for an adult or child).
- CLICK** Push rhythmically.
- CLICK** Allow for complete recoil of the chest.
- CLICK** Minimize interruptions.

COMPRESSIONS GIVEN TOO SLOW

COMPRESSIONS AT PROPER RATE

COMPRESSIONS GIVEN TOO FAST

has been summoned and retrieve an Automated External Defibrillator (AED) if one is nearby.

Ventilations (Slide Layer)

Cardiopulmonary Resuscitation (CPR) RESCUE BREATHS

- Rescue breaths should be given over 1 second during CPR.
- Alternate 30 compressions to 2 rescue breaths.
- Continue CPR until the victim shows signs of life such as movement or consciousness.

WHEN TO STOP CPR

- The victim begins showing signs of normal breathing or responsiveness
- You are too exhausted to continue
- You are replaced by another rescuer
- The scene is no longer safe
- Responding EMS assumes responsibility for the victim

Progress (Slide Layer)

Cardiovascular Emergencies: Cardiopulmonary Resuscitation (CPR)

Cardiopulmonary Resuscitation (CPR) CHEST COMPRESSIONS

- CLICK** Position the victim on his/her back on a hard surface.
- CLICK** Compress on the center of the chest.
- CLICK** Push fast (at a rate of 100-120 compressions per minute).
- CLICK** Push deep (at least 2 inches for an adult or child).
- CLICK** Push rhythmically.
- CLICK** Allow for complete recoil of the chest.
- CLICK** Minimize interruptions.
- CLICK** has been summoned and retrieve an Automated External Defibrillator (AED) if one is nearby.

MODULE PROGRESS


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1.10 Single Rescuer Adult CPR

Single Rescuer Adult CPR

HANDS ONLY CPR

- Hands-Only CPR, also called compression only CPR, is CPR with chest compressions but without rescue breaths.
- It is an acceptable form of CPR for lay persons who see an adult suddenly collapse in the "out-of-hospital" setting.
- Repeat cycles of 30 compressions and 2 breaths until a
- Hands Only CPR also helps reduce the fear of possible disease transmission regarding rescue breaths.



CC, refresh, pause, back, forward

Notes:

Progress (Slide Layer)

Cardiovascular Emergencies: Single Rescuer Adult CPR

Single Rescuer Adult CPR

HANDS ONLY CPR

- ✓ Hands-Only CPR, also called compression only CPR, is CPR with chest compressions but without rescue breaths.
- ✓ It is an acceptable form of CPR for lay persons who see an adult suddenly collapse in the "out-of-hospital" setting.
- ✓ Repeat cycles of 30 compressions and 2 breaths until a
- ✓ Hands Only CPR also helps reduce the fear of possible disease transmission regarding rescue breaths.



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1.11 Single Rescuer Child CPR

Single Rescuer Child CPR

- ✓ Compress the chest at least one third the depth of the chest (about 2 inches) and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100-120 compressions per minute (almost 2 per second).
- ✓ Open the child's airway and give 2 breaths. Each breath should last about 1 second and make the chest rise.
- ✓ Repeat cycles of 30 compressions and 2 breaths until a defibrillator is available or the child shows signs of life.



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Cardiovascular Emergencies: Single Rescuer Child CPR

Single Rescuer Child CPR

- ✓ Compress the chest at least one third the depth of the chest (about 2 inches) and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100-120 compressions per minute (almost 2 per second).
- ✓ Open the child's airway and give 2 breaths. Each breath should last about 1 second and make the chest rise.
- ✓ Place the heel of one hand on the center of the chest between the nipples.
- ✓ Repeat cycles of 30 compressions and 2 breaths until a defibrillator is available or the child shows signs of life.



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1.12 Single Rescuer Infant CPR

Single Rescuer Infant CPR

- ✓ Use your fingers to compress the chest at least one third the depth of the chest (about 1 1/2 inches) and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100-120 compressions per minute (almost 2 per second).
- ✓ Open the infant's airway and give 2 breaths. Each breath should last about 1 second and make the chest rise.
- ✓ Repeat cycles of 30 compressions and 2 breaths until a defibrillator is available or the infant shows signs of life.



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Cardiovascular Emergencies: Single Rescuer Infant CPR




Single Rescuer Infant CPR

- ✓ Use your fingers to compress the chest at least one third the depth of the chest (about 1 1/2 inches) and allow the chest to return to its normal position. Give 30 chest compressions at a rate of 100-120 compressions per minute (almost 2 per second).
- ✓ Open the infant's airway and give 2 breaths. Each breath should last about 1 second and make the chest rise.
- ✓ Repeat cycles of 30 compressions and 2 breaths until a defibrillator is available or the infant shows signs of life.



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1.13 CPR Review

CPR Review

Community CPR & AED Layperson Care Summary Matrix			
Key Areas of Care	Adults Older than 8 years of age* *Approximately adolescence & older	Children 1 year of age to 8 years of age* *Preadolescence onset	Infants Newborn* - 1 year of age *Home from the hospital
Scene safety & Responsiveness	Look for dangers, proceed with caution. Check for responsiveness: "Tap and shout"	Look for dangers, proceed with caution. Check for responsiveness: "Tap and shout"	Look for dangers, proceed with caution. Check for responsiveness: "Tap and shout"
Get help from others Call 911	If no response, ask for help from bystanders if available. Make sure 911 has been called & an AED retrieved if accessible before beginning care. <i>Place the 911 call on speaker as you proceed with care.</i>	If no response, ask for help from bystanders if available. Begin care, calling 911 ASAP or after 2 minutes of care. Retrieve an AED if accessible. <i>Place the 911 call on speaker as you proceed with care.</i>	If no response, ask for help from bystanders if available. Begin care, calling 911 ASAP or after 2 minutes of care. Retrieve an AED if accessible. <i>Place the 911 call on speaker as you proceed with care.</i>
Victim position for care	Carefully place adults on their backs, on a flat, hard surface.	Carefully place children on their backs, on a flat, hard surface.	Carefully place infants on their backs, on a flat, hard surface.

SCROLL HERE



CC Refresh Stop Previous Next

Notes:

Progress (Slide Layer)

Cardiovascular Emergencies: CPR Review

CPR Review

Community CPR & AED Layperson Care Summary Matrix

Key Areas of Care	Adults Older than 8 years of age* <small>*Approximately adolescence & older</small>	Children 1 year of age to 8 years of age* <small>*Preadolescence onset</small>	Infants Newborn* - 1 year of age <small>*Home from the hospital</small>
Scene safety & Responsiveness	Look for dangers, proceed with caution. Check for responsiveness: "Tap and shout"	Look for dangers, proceed with caution. Check for responsiveness: "Tap and shout"	Look for dangers, proceed with caution. Check for responsiveness: "Tap and shout"
Get help from others Call 911	If no response, ask for help from bystanders if available. Make sure 911 has been called & an AED retrieved if accessible before beginning care. <i>Place the 911 call on speaker as you proceed with care.</i>	If no response, ask for help from bystanders if available. Begin care, calling 911 ASAP or after 2 minutes of care. Retrieve an AED if accessible. <i>Place the 911 call on speaker as you proceed with care.</i>	If no response, ask for help from bystanders if available. Begin care, calling 911 ASAP or after 2 minutes of care. Retrieve an AED if accessible. <i>Place the 911 call on speaker as you proceed with care.</i>
Victim position for care	Carefully place adults on their backs, on a flat, hard surface.	Carefully place children on their backs, on a flat, hard surface.	Carefully place infants on their backs, on a flat, hard surface.

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1.14 The Heart's Electrical Conduction System

The Heart's Electrical Conduction System

- ✓ When the normal electrical activity of the heart is interrupted, electrical disturbances known as dysrhythmias will occur.
- ✓ Ventricular tachycardia (V-tach) causes the ventricles to beat far too fast. The chambers cannot fill properly or pump blood effectively.
- ✓ Ventricular fibrillation (V-fib) is disorganized, chaotic electrical activity that results in quivering of the ventricles. Blood cannot be pumped out of the heart so the victim will be pulseless.

Right atrium

Left atrium

Atrioventricular node

Purkinje fibers

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Progress (Slide Layer)

Cardiovascular Emergencies: The Heart's Electrical Conduction System

The Heart's Electrical Conduction System

- ✓ When the normal electrical activity of the heart is interrupted, electrical disturbances known as dysrhythmias will occur.
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Right atrium

Left atrium

Atrioventricular node

Purkinje fibers

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1.15 Automated External Defibrillation (AED)

Automated External Defibrillation (AED)

- ✓ CPR is important to circulate blood to vital organs such as the heart and brain.
- ✓ But for many people experiencing sudden cardiac arrest they also need an AED to correct a faulty electrical impulse and help restore life.




Navigation icons: CC, Refresh, Pause, Previous, Next

Progress (Slide Layer)

Cardiovascular Emergencies: Automated External Defibrillation (AED)

Automated External Defibrillation (AED)

- ✓ CPR is important to circulate blood to vital organs such as the heart and brain.
- ✓ But for many people experiencing sudden cardiac arrest they also need an AED to correct a faulty electrical impulse and help restore life.



MODULE PROGRESS


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Navigation icons: CC, Refresh, Pause, Previous, Next

1.16 How an AED Works


How an AED Works

- ✓ An Automated External Defibrillator (AED) is a portable electrocardiogram (ECG) device that can deliver an electric shock, correct heart rhythm and restart the heart to normal rhythm.
- ✓ It can analyze a known heart rhythm and deliver an electric shock, correct heart rhythm and restart the heart to normal rhythm.
- ✓ The goal is to restore a normal heart rhythm by shutting down an abnormal heart rhythm and restarting the heart to normal rhythm.
- ✓ Besides analyzing the heart rhythm, AEDs also deliver a shock if needed. The number of shocks depends on the type of use.



AED COMMONALITIES

- ❖ Battery operated
- ❖ Self-maintained internal diagnostics
- ❖ Power on/off
- ❖ Voice prompts to guide users
- ❖ Cable and electrode pads to attach to the chest
- ❖ ECG analysis capability
- ❖ Defibrillation capability




Progress (Slide Layer)

Cardiovascular Emergencies: How an AED Works

How an AED Works


- ✓ An Automated External Defibrillator (AED) is a portable electrocardiogram (ECG) device that can deliver an electric shock, correct heart rhythm and restart the heart to normal rhythm.
- ✓ It can analyze a known heart rhythm and deliver an electric shock, correct heart rhythm and restart the heart to normal rhythm.
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- ❖ Cable and electrode pads to attach to the chest
- ❖ ECG analysis capability
- ❖ Defibrillation capability

MODULE PROGRESS





1.17 Using an AED

Using an AED

- ✓ In some cases, more than one shock will be needed to correct the dysrhythmia.
- ✓ If no shock is advised, it means that the AED did not find a shockable rhythm (V-fib or V-tach).
- ✓ Regardless of whether a "shock" or a "no shock" advisory is given, follow with 2 minutes of CPR (if the victim is in cardiac arrest.)
- ✓ CPR and AED care should be continued until the victim begins to show signs of responsiveness, such as breathing.

SURVIVAL



Notes:

Video Launch (Slide Layer)

The screenshot shows a video player interface. The main content is a slide titled "Using an AED" with a dark background. The slide contains four bullet points:

- In some cases, more than one shock will be needed to correct the dysrhythmia.
- If no shock is advised, it means that the AED did not find a shockable rhythm (V-fib or V-tach).
- Regardless of whether a "shock" or a "no shock" advisory is given, follow with 2 minutes of CPR (if the victim is in cardiac arrest.)
- CPR and AED care should be continued until the victim begins to show signs of responsiveness, such as breathing.

On the right side of the slide, the word "SURVIVAL" is written vertically. A blue "VIDEO EXTRA" overlay is positioned on the right, featuring a play button icon and the text "OPTIONAL VIDEOS FOR DEEPER LEARNING". Below this text are two buttons: "WATCH NOW" and "MAYBE LATER". At the bottom of the video player, there is a control bar with icons for CC, refresh, pause, previous, and next.

Video Play (Slide Layer)

The screenshot shows a video player interface. The main content is a slide with a dark background. The slide contains the following text:

Web Object

Address:
<https://www.youtube.com/embed/rf8hQHTybpM?rel=0>

On the right side of the slide, there is a blue circular button with a white "X" inside. A white arrow points from the text "WHEN DONE VIEWING CLICK HERE TO CLOSE" to this button. At the bottom of the video player, there is a control bar with icons for CC, refresh, pause, previous, and next.


Progress (Slide Layer)

Cardiovascular Emergencies: Using and Maintaining an AED

Using an AED

- ✓ In some cases, more than one shock will be needed to correct the dysrhythmia.
Once the second electrode pad is attached.
- ✓ If no shock is advised, it means that the AED did not find a shockable rhythm (V-fib or V-tach).
- ✓ Regardless of whether a "shock" or a "no shock" advisory is given, follow with 2 minutes of CPR (if the victim is in cardiac arrest.)
- ✓ CPR and AED care should be continued until the victim begins to show signs of responsiveness, such as breathing.

SURVIVAL



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1.18 Maintaining an AED

Maintaining an AED

- ✓ Devices run their own internal checks to verify proper operation, and have warning lights that signal users if it's functioning properly or malfunctioning.
- ✓ If a device has a problem, such as a low battery, it can inform users by changing to a red light instead of its normal light and chirping the same way a smoke alarm does.
- ✓ Periodic inspection of the AED will also ensure that the proper supplies will be available, such as unexpired electrode pads, and items in the "ready kit."



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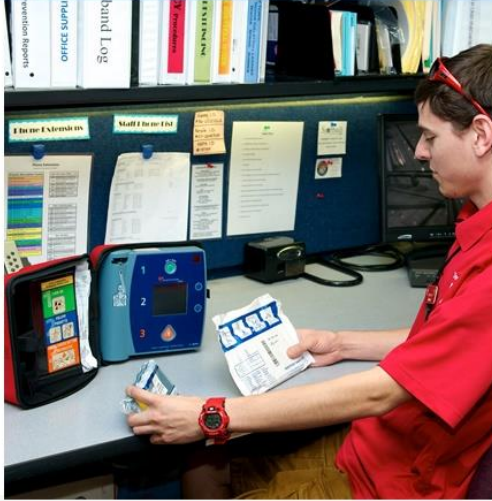
Notes:

Progress (Slide Layer)

Cardiovascular Emergencies: Using and Maintaining an AED

Maintaining an AED

- ✓ Devices run their own internal checks to verify proper operation, and have warning lights that signal users if it's functioning properly or malfunctioning.
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MODULE PROGRESS

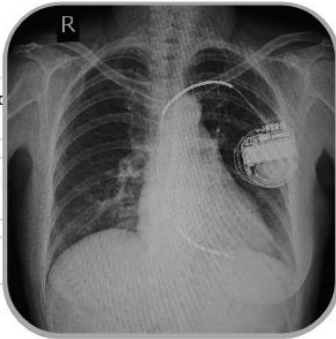
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1.19 AED Special Considerations

AED Special Considerations

- ✓ Water is a conductor of electricity, which could provide a pathway for the current.
- ✓ If the implanted device delivers a shock to the victim while you are using the AED, for example the victim's muscles contract similar to that observed during AED use, it will not damage your AED, but the AED analysis may be interrupted during this time.
- ✓ specific heart conditions.
- ✓ Though the victim will feel a jolt, the energy that escapes to the surface, where a rescuer might be in contact with the victim, is hard to detect and harmless.
- ✓ If pediatric pads are not available, adult pads can be used.



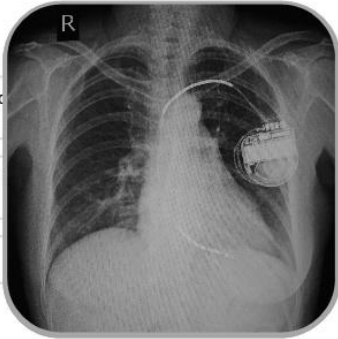
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Progress (Slide Layer)

Cardiovascular Emergencies: AED Special Considerations

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- Water is a conductor of electricity, which could provide a pathway for the current.
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1.20 Summary

Key Terms

- Automated External Defibrillator (AED)
- Cardiac Arrest
- Cardiopulmonary Resuscitation (CPR)
- Defibrillation
- Electrode Pads
- Responsiveness
- Ventricular Fibrillation
- Ventricular Tachycardia



CC


Notes:

Progress (Slide Layer)

Cardiovascular Emergencies: Summary

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MODULE PROGRESS

