

Comprehensive Guide to Adult and Paediatric Basic Life Support

Basic Life Support (BLS) is a set of life-saving techniques that can be performed by anyone, regardless of their medical training. BLS is used in emergency situations when someone is not breathing or has no pulse. The goal of BLS is to maintain the person's airway, breathing, and circulation until medical help arrives.

There are two main types of BLS: Adult BLS and Paediatric BLS. Adult BLS is used for people who are 8 years of age or older, while Paediatric BLS is used for children who are under 8 years of age. The techniques used in Adult BLS and Paediatric BLS are similar, but there are some important differences. Let's explore the essential aspects of both types of BLS.



Adult and Paediatric Basic Life Support: Basic survival guide by DMV Test Bank

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Adult Basic Life Support

Recognizing an Emergency

The first step in Adult BLS is recognizing that someone is in need of help. Signs of an emergency include:

- Unconsciousness
- No breathing
- No pulse

Calling for Help

If you recognize that someone is in need of help, the first thing you should do is call for emergency medical services (911 or your local emergency number). Once you have called for help, you can begin providing BLS.

Performing CPR

CPR, or cardiopulmonary resuscitation, is a life-saving technique that helps to keep oxygenated blood flowing to the brain and other vital organs. CPR involves giving chest compressions and rescue breaths.

To perform chest compressions:

1. Place the person on their back on a firm surface.
2. Kneel next to the person and place the heel of one hand on the centre of their chest.
3. Place your other hand on top of the first hand and interlace your fingers.
4. Position your body directly above the person's chest and use your body weight to push down on their chest at least 2 inches (5 cm).

5. Release the pressure and allow the chest to recoil completely.
6. Repeat the compressions at a rate of 100-120 per minute.

To give rescue breaths:

1. Tilt the person's head back and lift their chin to open their airway.
2. Pinch the person's nose shut.
3. Take a normal breath and seal your mouth over the person's mouth.
4. Blow into the person's mouth for about 1 second until you see their chest rise.
5. Give two rescue breaths and then continue with chest compressions.
6. Continue giving CPR until emergency medical services arrive or the person starts breathing on their own.

Using an AED

An AED, or automated external defibrillator, is a device that can deliver an electrical shock to the heart to help restore a normal heart rhythm. AEDs are often found in public places, such as shopping malls, airports, and schools. Many emergency responders, like police or fire fighters, will also have AEDs on hand.

To use an AED:

1. Turn on the AED and follow the voice prompts.
2. Attach the AED pads to the person's chest as directed by the device.
3. Make sure that no one is touching the person or the AED.

4. The AED will analyze the person's heart rhythm and determine if a shock is needed.
5. If a shock is needed, the AED will deliver the shock automatically.
6. Continue following the AED's voice prompts until emergency medical services arrive or the person starts breathing on their own.

Paediatric Basic Life Support

Recognizing an Emergency

The signs of an emergency in a child are similar to the signs of an emergency in an adult. However, there are some additional signs that may indicate a child is in need of help, such as:

- Bluish or pale skin
- Limpness
- High-pitched breathing

Calling for Help

If you recognize that a child is in need of help, the first thing you should do is call for emergency medical services (911 or your local emergency number). Once you have called for help, you can begin providing BLS.

Performing CPR

To perform CPR on a child, follow the same steps as you would for an adult. However, there are some important differences:

- Use only one hand to perform chest compressions.

- Compress the chest at a rate of 100-120 per minute.
- Give two rescue breaths after every 30 chest compressions.

Using an AED

AEDs can also be used on children, but it is important to use the correct pads. There are special paediatric AED pads that are designed to deliver a shock that is appropriate for a child's size and weight.

To use an AED on a child:

1. Turn on the AED and follow the voice prompts.
2. Attach the paediatric AED pads to the child's chest as directed by the device.
3. Make sure that no one is touching the child or the AED.
4. The AED will analyze the child's heart rhythm and determine if a shock is needed.
5. If a shock is needed, the AED will deliver the shock automatically.
6. Continue following the AED's voice prompts until emergency medical services arrive or the child starts breathing on their own.

Importance of Early Intervention

Early intervention is crucial in both Adult and Paediatric BLS. The sooner CPR and rescue breathing are started, the greater the chance of survival. If you see someone who is unresponsive and not breathing, don't hesitate to call for help and start BLS. Your actions could save their life.

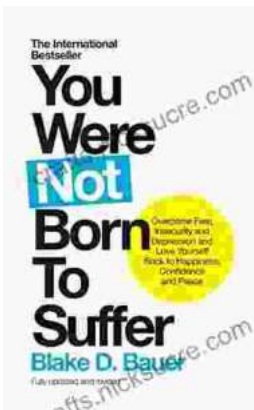
Adult and Paediatric BLS are essential life-saving skills that everyone should learn. By learning these skills, you can help to save the life of someone in need. CPR and rescue breathing are simple techniques that can be performed by anyone, regardless of their medical training. If you see someone who is unresponsive and not breathing, don't hesitate to call for help and start BLS. Your actions could save their life.



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