

CPR IN FIRST AID



CPR is an abbreviation for **Cardio Pulmonary Resuscitation**, which is an emergency procedure consisting of chest compressions often combined with artificial ventilation in an effort to manually preserve intact brain function (also breathing function) until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. Accidents often happen where one least expect them. They occur, often where people are unprepared for them and some of them are fatal if no one is there to offer assistance. In most cases, the first person who appears to the scene of emergency should hold the key to assist the person/people involved to preserve their lives or prevent the situation from worsening. The details of this person and how he/she uses CPR will be discussed in details below.

FIRST AID/AIDER

First aid refers to the emergency or immediate care one should provide when a person is injured or ill until full medical treatment is available. Then the person who administer this care is called the First Aider. Yes, people offer assistance in emergency scene as everyone

get touched by the scene and it is part of 'ubuntu' to extend a helping hand when there is a need. Unfortunately, it's not everyone who are called First Aiders. **A first-aider** is someone who has undertaken training appropriate to the circumstances. They must hold a valid certificate of competence. For minor conditions, first aid care may be enough. For serious problems, first aid care should be continued until more advanced care becomes available.

3 STEPS OF PERFORMING FIRST AID

1. Observing the scene

Safety is very important. Therefore, the First Aider needs to identify hazardous situations – oncoming traffic, this is if accident is on the road. Another important thing to consider in an emergency scene is that when helping, there will be blood and other body fluids which one might need to protect oneself against as the health conditions of the people involved is not known. Also that there might be delicate tissues that are exposed so using bare hands might transfer bacteria/germs/viruses to an innocent person. So there is a need of using the proper Personal Protective Equipments (PPE).

2. Doing a Primary Survey

The Primary survey involves the ABC (Airway, Breathing and Circulation). **Airway** – This is where the First Aider looks on the passages where air travels, from the mouth to the lungs, to ensure that nothing is blocking them. In case something is blocking, then it is removed as long as it is in reach. **Breathing** – The First Aider checks if the breathing process is continuous or not thwarted or disturbed. Finally, **the Circulation** – This focuses in the blood movement where the main organ for this work is the heart. The First Aider will check the pulse if there is any movement of the blood through the beat which is going to be received on any one of the relevant places (groin, wrist, neck or ankle).

3. Doing a Secondary Survey

Secondary survey is where the First Aider checks with the casualty or anyone with an idea about the following: Signs and symptoms (if they are unconscious), Allergies, Medication, Last oral intake, Events leading to the incident and any other information which may be needed by the professional assistance on a later stage.

CARDIOPULMONARY RESUSCITATION

Cardiopulmonary Resuscitation (CPR) is an emergency procedure consisting of chest compressions often combined with artificial ventilation in an effort to manually preserve intact brain function (also breathing function) until further measures are taken to restore spontaneous blood circulation and breathing in a person who is in cardiac arrest. This procedure is very useful when the First Aider is on step 2 (Primary survey) of First Aid administration. If a person isn't breathing or doesn't have a pulse, this is where one needs to perform CPR immediately.

STEPS FOR PERFORMING ADULT CPR

Step 1

CHECK the scene for safety, form an initial impression and use personal protective equipment (PPE)

Step 2

If the person appears unresponsive, CHECK for responsiveness, breathing, life-threatening bleeding or other life-threatening conditions using shout-tap-shout

Step 3

If the person does not respond and is not breathing or only gasping, CALL 9-1-1 and get equipment, or tell someone to do so

Step 4

Kneel beside the person. Place the person on their back on a firm, flat surface

Step 5

Give 30 chest compressions

- Hand position: Two hands centred on the chest
- Body position: Shoulders directly over hands; elbows locked
- Depth: At least 2 inches
- Rate: 100 to 120 per minute
- Allow chest to return to normal position after each compression

Step 6

Give 2 breaths

- Open the airway to a past-neutral position using the head-tilt/chin-lift technique
- Pinch the nose shut, take a normal breath, and make complete seal over the person's mouth with your mouth.
- Ensure each breath lasts about 1 second and makes the chest rise; allow air to exit before giving the next breath

Note: If the 1st breath does not cause the chest to rise, re-tilt the head and ensure a proper seal before giving the 2nd breath if the 2nd breath does not make the chest rise, an object may be blocking the airway

Step 7

Continue giving sets of 30 chest compressions and 2 breaths. Use an AED as soon as one is available! Minimize interruptions to chest compressions to less than 10 seconds.

CONCLUSION

In conclusion, CPR is a life-saver if performed right by a well-trained First Aider. There is, therefore, a life and death connection between CPR and First Aid. The emphasis is that no other person should perform this procedure or any First Aid procedure if they are not trained as such because anyone who does it holds the life of a casualty in his hands.