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CPR Update

A lot of us have been through CPR certification and recertification. It seems like every time we go through it there are updates.

First it was kneel down place your hand lightly and also put your ear near the nose so see if you can detect any breathing. Then tilt the victims head back. Start your compression count and then close the nose and breathe into the victim’s mouth. Repeating this process until emergency services show up tom take over.

Then not much changed except they had us use an airway, so we were not contacting the victim’s mouth anymore. Everything else remained the same as far as compressions etc.

What they found out was that less than 30% of those performing CPR were not tilting their head back far enough.

So, here is the latest recommendations for performing CPR. First it was kneel down place your hand lightly and also put your ear near the nose so see if you can detect any breathing. And here is where the big change comes. Rather than doing any breathing. All you will do is continuous compression. The reason being is that it provides continuous blood flow to the brain and other vital organs.

Remember even before you start your compressions you need to have one person call 911 and another person be visible for emergency services to help direct them to where you and the victim are. Remember they probably do not know the configuration of your location.

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