

Introduction: o Heart disease is the number one cause of death in both men and women globally and claims more lives than all forms of cancer combined. Automated External Defibrillator (AED) o Automated external defibrillator, It's a sophisticated, yet easy-to-use, medical device that can analyze the heart's rhythm and, if necessary, deliver an electrical shock, or defibrillation, to help the heart re-establish an effective rhythm , is used to help those experiencing sudden cardiac arrest. Tap the victim's shoulder and shout, "Are you OK?" o If the victim is not responsive, shout for nearby help. o Assess the victim for the presence of a pulse and normal breathing. (5–10 sec.) o Activate the emergency response system in your setting. o Get the AED. If someone else is available, have that person get it. Adult Compressions–2

- o Position yourself at the victim's side. o Put the heel of one hand on the center of the victim's chest, on the lower half of the breastbone (sternum). o Put the heel of your other hand on top of the first hand.
- o Straighten your arms and position your shoulders directly over your hands. Give chest compressions: o Press down at least 5 cm with each compression. o Make sure you push straight down on the victim's breastbone. o Deliver compressions at a rate of 100 to 120/min. push hard and fast o Allow complete chest recoil after each compression without leaning on the chest between compressions. o Minimize interruptions in chest compressions (trying to limit any interruptions in chest compressions to less than 10 seconds)

3–Ventilation o Ventilation (giving 2 breaths) by: A–mouth to mouth B–Mouth–to–mask (pocket mask) C–bag–mask B–ADULT MOUTH–TO–MASK VENTILATION In one–rescuer CPR, breaths should be supplied using a pocket mask, if available.

- 1–Position yourself at the victim's side.
2. Seal the mask against the person's face by placing four fingers of one hand across the top of the mask and the thumb of the other hand along the bottom edge of the mask . B
3. Using the fingers of your hand on the bottom of the mask, open the airway using the head–tilt/chin–lift maneuver. (Do not do this if you suspect the person may have a neck injury) .
4. Press firmly around the edges of the mask and ventilate by delivering a breath over one second as you watch the person's chest rise . C

C–Adult bag–mask ventilation in two–rescuer CPR If two people are present and a bag–mask device is available, the second rescuer is positioned at the victim's head while the other rescuer performs high–quality chest compressions.

1. Deliver 30 high–quality chest compressions while counting out loud . B
- A 2. The second rescuer holds the bag–mask with one hand using the thumb and index finger in the shape of a "C" on one side of the mask to form a seal between the mask and C the face, while the other fingers open the airway by lifting the person's lower jaw
3. The second rescuer gives two breaths over one second each as you watch the person's chest rise
4. Practice using the bag–valve–mask; it is essential to forming a tight seal and delivering effective breaths. In adult victims of cardiac arrest, it is reasonable for rescuers to perform chest compressions at a rate of 100 to 120/min and to a depth of at least 2 inches (5 cm) for an average adult, while avoiding excessive chest compression depths (greater than 2.4 inches [6 cm]).

o This training will guide you through the key practices of high– quality BLS ?Cardiopulmonary Resuscitation CPR : is an emergency lifesaving procedure performed when the heart stops beating. early recognition and prevention of cardiac arrest with patient monitoring and assessment ((if necessary rapid response by the medical emergency team when a patients condition starts to deteriorate )). For healthcare providers and those trained: conventional CPR using chest compressions and mouth–to–mouth breathing at a ratio of 30:2 compressions–to–breaths. o This is why early recognition and

immediate cardiopulmonary resuscitation ,or CPR are crucial for survival from cardiac arrest. The chain of survival : o The chain of survival refers to a series of actions that, when properly executed, reduce the mortality associated with sudden cardiac arrest. o Cardiac arrest does not discriminate, it can effect all ages ,genders ,nationalities ,and races .If the AED prompts that no shock is advised, or after any shock is delivered, immediately resume CPR, starting with Healthcare providers are the backbone of the systems of care in both the community and medical facilities .Keeping the blood flow active – even partially – extends the opportunity for a successful resuscitation once trained medical staff arrive on site. Advanced resuscitation by Emergency Medical Services and other healthcare providers. 5–Post-cardiac arrest care.>>which may Be provided in the Cath lab or the intensive care unit. For the general public or bystanders who witness an adult suddenly collapse: compression–only CPR, or Hands–Only CPR. o Use the E–C clamp technique to hold the mask in place while you lift the jaw to hold the airway open. o Use the remaining fingers to lift the angles of the jaw (3 fingers form an E), open the airway, and press the face to the mask. ?Peel the backing from the AED pads. 3. Attach the adhesive AED pads to the ??victim's bare chest. Rapid defibrillation. 1. 2. 3. 4. 5. 6. 2. ??? 1. 2. 3. 4. 5