

Due to Tramatic Injury - Jumper



Signs/Symptoms of Heart Attack

- Chest Pain
- Shortness of Breath
- Nausea
- Unusual Sweating
- Lightheadedness

Signs/Symptoms of Heart Attack

- Chest discomfort, or
- Discomfort in other areas of the upper body: one or both arms, the back, neck, jaw or stomach
- Pounding heart or changes in heart rhythm
- Feeling of impending doom

Signs/Symptoms of Heart Attack **common in women**

- Sudden onset of weakness/tiredness
- Shortness of breath
- Nausea, vomiting, indigestion
- Body aches
- Overall feeling of illness
- Unusual feeling or mild discomfort in the back, chest, arm, neck or jaw
(Remember, these may occur without chest pain and still be a heart attack)
- Sleep disturbance

Signs and Symptoms



Two parts of a heart attack

- Physical rhythm
- Electrical rhythm

Fibrillation

- Fibrillation means fluttering of the heart
- It happens both physically and electrically

Normal (sinus) rhythm EKG

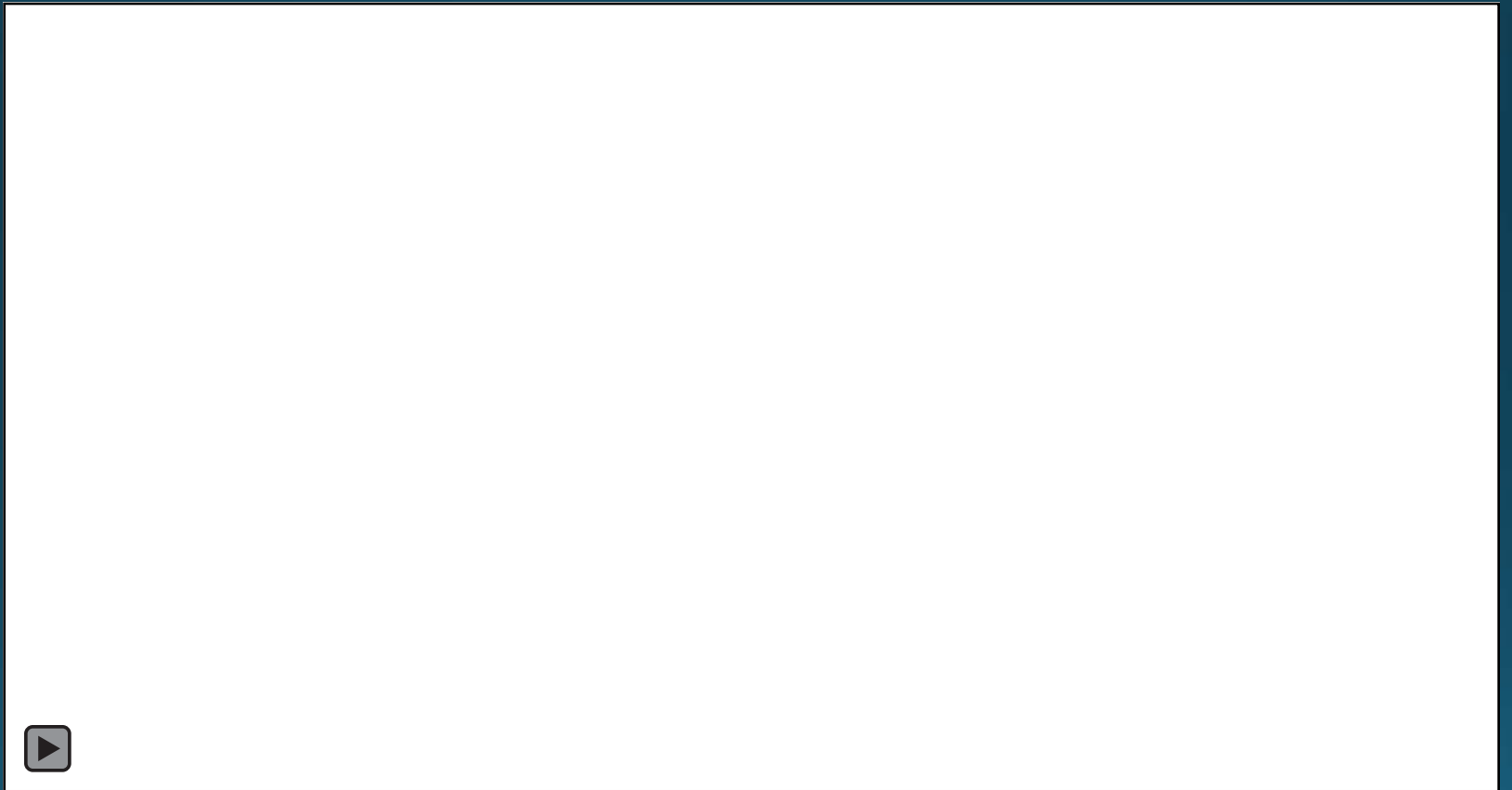


Ventricular Fibrillation EKG

Courtesy of Jason E. Roediger, CCT, CRAT



See the difference



Chain of Survival

- Immediate Recognition and Activation of EMS system
- Early CPR
- Early AED access/defibrillation
- Early ALS
- Integrated Post Cardiac Arrest Care (i.e. the catheter lab)

Chain of Survival



Basic Assessment and CPR

- Person down or unresponsive
 - Check for carotid pulse
- If No pulse IMMEDIATELY START **COMPRESSIONS**
 - After 1 set (30), then...
- Make a positional **airway**, then...
- Give two **breaths**
- Back to compressions and repeat

Basic CPR Algorithm - The order we do CPR

- CAB
 - Compressions
 - Airway
 - Breathing

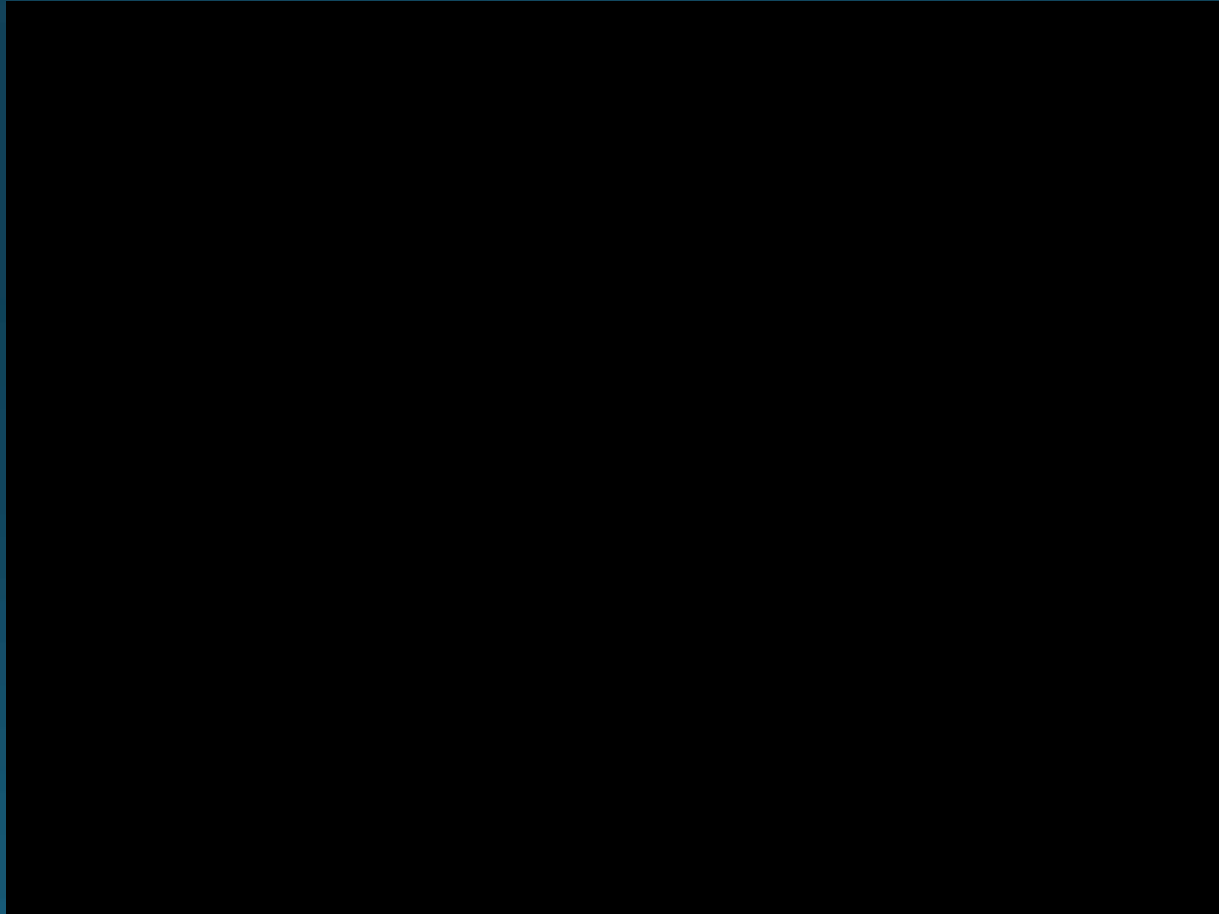
Not ABCs...exactly

- ABCs in assessment
 - Airway
 - Breathing
 - Circulation

Or...

- ABC as the old CPR algorithm

Agonal Respirations - not real breathing



Compressions

- AHA 2015
 - High quality CPR works
 - Push Hard, Push Fast
 - Minimize interruptions as much as humanly possible

Compressions

- Compress the chest to a depth of
AT LEAST TWO INCHES
- Compress at a rate of
**AT LEAST 100 BEATS
PER MINUTE**