

## Vancouver CPR

Kelowna CPR - When individuals stop breathing, mouth-to-mouth resuscitation is the first aid procedure which is often utilized. The main idea behind this helpful technique is for the individual administering it to forcibly exhale air into the victim's lungs and breathe in place of the injured person.

Mouth-to-mouth resuscitation was first invented during the late 1950s. It has become a standard part of the CPR or cardiopulmonary resuscitation method which also utilizes chest compressions. The mouth-to-mouth resuscitation process is utilized in various circumstances like for example in drowning accidents and instances as heart attack.

The first and important step to take before initiating mouth-to-mouth resuscitation is to make certain that the person's airway is not blocked. This is generally done by rolling the person onto their tummy and afterward forcing their mouth open to look inside for any obstacles. If nothing is found, the person is then rolled onto their back and their head is gently tilted back. The person's nose is then pinched and their mouth opened. The rescuer who is administering mouth-to-mouth resuscitation then takes a deep breath, places his mouth around the victim's mouth and deeply blows for approximately 2 seconds.

After every exhalation, this method is repeated roughly every 5 seconds under normal instances. The rescuer who is performing the mouth-to-mouth resuscitation should also turn the victim's head to the side and carefully listen for any exhalation. When performing mouth-to-mouth resuscitation on an infant, the exhalation from the rescuer administering mouth-to-mouth resuscitation should be a lot less forceful and only lasting for one second approximately.

There are some physicians who have shied away from recommending mouth-to-mouth resuscitation on cardiac arrest victims except in the case of children. It is thought that the hands only CPR process applying chest compressions might be more effective by itself in such particular situations. The main reason for this is that most cardiac arrest patients still have oxygen in their system; hence getting the heart started again is a higher priority than getting oxygen to the lungs. In the case of kids experiencing heart attack, this is not always the case, which is the main reason for this exception.

James Elam and Peter Safar are the people who were recognized to invent mouth-to-mouth resuscitation. Safar was instrumental in helping to set the standardization for the basic technique use. Safar helped to incorporate mouth-to-mouth into the standard protocols for cardiopulmonary resuscitation. Elam was the main creator of the procedure itself. During the year 1959, a leaflet was published outlining the basics of performing the method. This technique was popularized during the late 1950s and early part of the 1960s with this leaflet.