CPR and First Aid Training in Vancouver

CPR and First Aid Training in Kelowna - CPR or Cardiopulmonary resuscitation is an emergency procedure which is administered in an attempt to keep oxygen circulating in an attempt to preserve intact brain function until further measures can take place to restore spontaneous breathing and blood circulation in an individual in cardiac arrest. CPR is indicated in those individuals who are not breathing or are experiencing irregular breathing, for example those suffering from agonal respirations like gasping for air. It is administered on people who are unresponsive and may be performed both outside of and inside of a hospital.

In order to perform CPR, chest compressions at least 5 cm deep and at a rate of at least 100 per minute are performed in an effort to create artificial circulation. Artificial circulation is produced by pumping blood through the heart manually. Moreover, the rescuer could provide breaths into the individual who is not breathing by either exhaling into the subject's mouth orusing a device that pushes air into the individual's lungs}. This particular procedure of providing external ventilation is what is called artificial respiration.

Lots of individuals do not know this but high-quality compressions are more recommended than artificial respiration. For untrained rescuers, a basic CPR method involving chest compressions only is suggested. It is highly recommended that everybody takes a certified First Aid Course and learns how to properly administer Cardiopulmonary Resuscitation. Those with small kids may be interested in completing an Infant Cardiopulmonary Resuscitation Class to learn the correct amount of pressure and application of chest compressions and breathing over both the nose and the mouth for little ones.

It is unlikely that Cardiopulmonary Resuscitation alone will restart the heart. This is a common misconstruction. The main purpose of Cardiopulmonary Resuscitation is to restore partial flow of oxygenated blood to the brain and the heart. The object of this life-saving exercise is to extend the possibility for a successful resuscitation with no permanent damage to the brain. Cardiopulmonary Resuscitation provides a brief window of chance to delay tissue death.

Defibrillation is the word used to administer electric shock to the patient's heart. This is normally necessary to restore a 'perfusing' or viable heart rhythm. Defibrillation is only likely to work for particular heart rhythms, specifically ventricular fibrillation or pulseless ventricular tachycardia, as opposed to pulseless electrical activity or asystole. CPR could be successful in inducing a heart rhythm that can be shockable. Usually, Cardiopulmonary Resuscitation is continued until the subject either regains ROSC or return of spontaneous circulation, or is confirmed dead.

Cardiopulmonary Resuscitation is indicated for anyone who is no longer breathing and is absolutely unresponsive, or who is presenting that they are in cardiac arrest by breathing in occasional agonal gasps. If the individual is not breathing or is in respiratory arrest, but they still have a pulse, starting artificial respirations might be more appropriate. CPR guidelines suggest that lay persons must not be instructed to be accountable for checking the pulse, due to the difficulty individuals have in accurately assessing the presence or absence of a pulse. It is suggested instead that health care professionals have the alternative to check a pulse. When heart attack happens due to trauma, Cardiopulmonary Resuscitation is still recommended for correctable causes of arrest but considered futile in the pulseless situation.