

Summary of High-Quality CPR Components for BLS Providers



Component	Adults and adolescents	Children (age 1 year to puberty)	Infants (age less than 1 year, excluding newborns)
Verifying scene safety	Make sure the environment is safe for rescuers and victim		
Recognizing cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activating emergency response system	If a mobile device is available, phone emergency services (9-1-1)		
	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)	Continuous compressions at a rate of 100-120/min Give 1 breath every 2-3 seconds (20-30 breaths/min)	
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest Approximately 2 inches (5 cm)	At least one third AP diameter of chest Approximately 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers or 2 thumbs in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb—encircling hands in the center of the chest, just below the nipple line If the rescuer is unable to achieve the recommended depth, it may be reasonable to use the heel of one hand
Chest recoil	Allow complete recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds with a CCF goal of 80%		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CCF, chest compression fraction; CPR, cardiopulmonary resuscitation.

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Leia Levy



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Theory and Practice of Couples and Family Counseling James Robert Bitter, 2020-09-07. This introduction to couples and family counseling lays the foundation for student skill building by encouraging the development of personal professional and ethical standards of practice. This third edition has been expanded to include couples counseling and updated to reflect recent research and current practice. Primary text features include a genogram delineating the history of the field, a comprehensive discussion of 13 widely used theories with real-life examples of quality work for each approach, a single bicultural couple family system case for comparison across models and strategies for the integration and application of the models into clinical practice with diverse clients. To help readers apply the concepts they have learned, Dr. Bitter provides numerous illustrative examples, case studies, sample client dialogues, and exercises for personal and professional growth. Requests for digital versions from ACA can be found on www.wiley.com. To request print copies, please visit the ACA <https://imcounseling.org/store/detail>. Reproduction requests for material from books published by ACA should be directed to publications.counseling.org.

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Maurer,2014-04-11 Proceedings of the ISCONTOUR The aim of the International Student Conference in Tourism Research ISCONTOUR is thus to offer students a unique platform to present their research and to establish a mutual knowledge transfer forum for attendees from academia industry government and other organisations The annual conference which is jointly organised by the IMC University of Applied Sciences Krems and the Salzburg University of Applied Sciences will take place alternatively at the locations Salzburg and Krems The conference research chairs are Prof FH Dr Roman Egger Salzburg University of Applied Sciences and Prof FH Mag Christian Maurer University of Applied Sciences Krems The target audience include international students also PhDs graduates teachers and lecturers from the field of tourism and leisure management as well as companies and anyone interested in the conference topic areas Issues to be covered at the conference include the following areas within a tourism context Marketing Management Tourism Product Development Sustainability Information and Communication Technologies

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