

緊急甦醒術

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CPR 流程步驟

CARDIOPULMONARY RESUSCITATION (CPR)

1 Is the victim unconscious?

Shake the victim, and ask "Are you OK?". If there's no response, call 911, or ask someone else to call.



2 Is the victim breathing normally?

Check the victim's breathing. Sometimes, a person in cardiac arrest will make grunting, gasping or snoring sounds. Don't confuse this with normal breathing.



3 Open the victim's airway

Open the victim's airway by tilting his/her chin gently with one hand, while pushing back on his/her forehead with the other hand. If you suspect a neck injury, put your fingers behind the jawbone just below the ear, and push the jaw forward to open the victim's mouth.



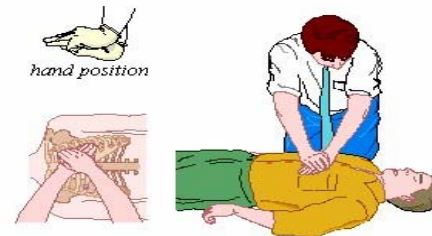
4 Start mouth-to-mouth resuscitation

Pinch the person's nose, take a deep breath, and blow into the victim's mouth. Pause and repeat.



5 Start compressions

Find the xiphoid process at the end of the sternum and place the heel of one hand two finger widths above this point. Place your other hand on top and interlace your fingers. Now, straighten your arms, lock your elbow, and position your shoulders directly over your hands. Push down on the victim's chest 1.5 to 2 inches for an adult. Do four sets of 15 compressions and 2 breaths over a 1-minute period. Do not stop to check for a pulse.



Open Air Way



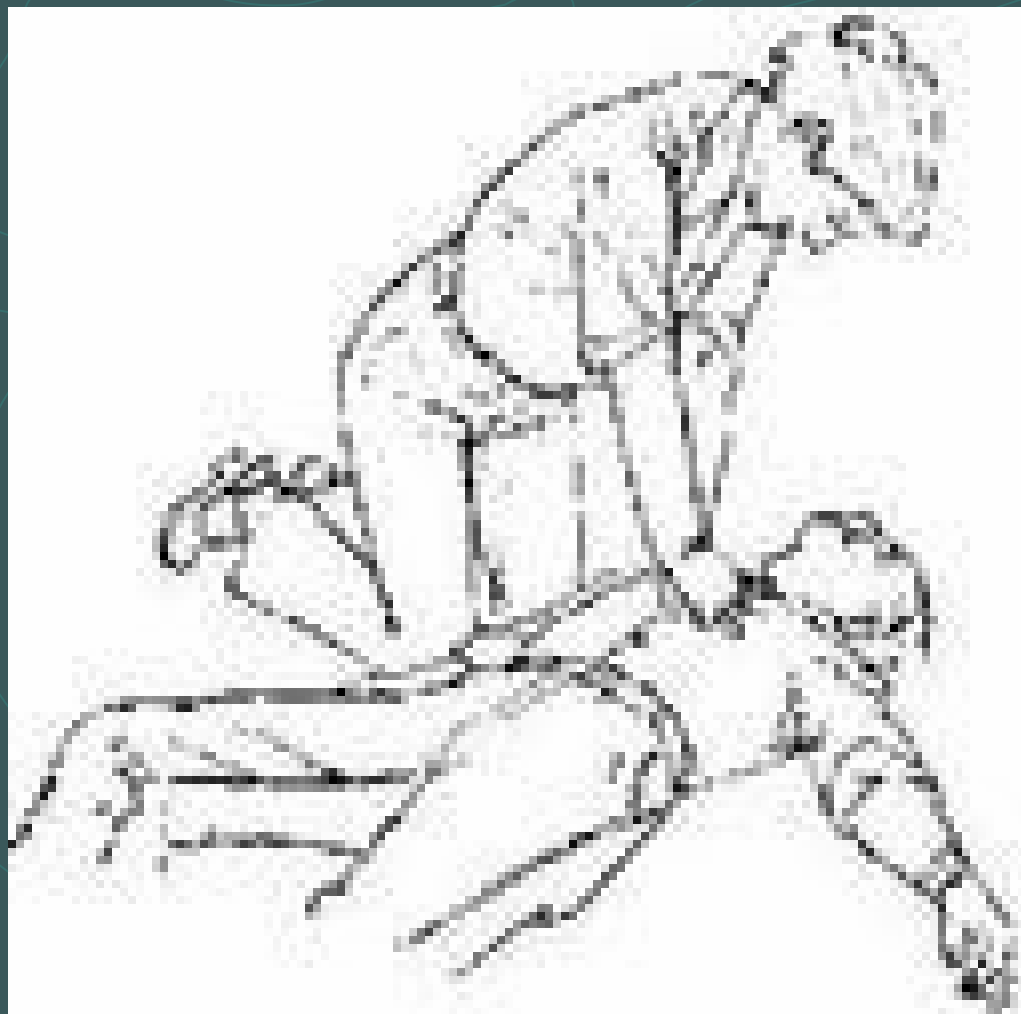
Breathing



Circulation



心外按壓



雙人 CPR 連續動作



急救通用流程

* 叫：檢查反應

* 叫：求救

* A：打開呼吸道(Air way)

* B：檢查呼吸--給予呼吸 (Breathing)

* C：檢查循環(Circulation)

* D：儘早去顫(Defibrillation)

先求救 或 先急救

需先急救：

- * 溺水
- * 外傷
- * 藥物中毒
- * 小於八歲

訓練評值

1. 成人心外按摩之正確位在劍突上方：

- ① 1指 ② 2指 ③ 3指 ④ 4指 處之胸骨上

2. 成人心外按摩的速率為每分鐘：

- ① 60-80次 ② 80-100次 ③ 100-120次 ④ 50-80次

3. 成人人工呼吸及心外按摩的比例在單人施救時為：

- ① 1:5 ② 2:5 ③ 1:15 ④ 2:15

4. 成人心外按摩的力量為每次下壓：

- ① 2-3公分 ② 3-4公分 ③ 4-5公分

5. 大腦缺氧超過多久會造成腦死：

- ① 2分鐘 ② 3分鐘 ③ 4-6分鐘