

700 Children's Drive
Columbus, Ohio 43205-2696
nationwidechildrens.org

CARDIOPULMONARY RESUSCITATION FOR CHILDREN OVER 8 YEARS OLD (ONE PERSON CPR)

Cardiopulmonary resuscitation (car-dee-oh-PULL-mon-air-ee ree-SUS-i-TA-shun) is a combination of mouth-to-mouth breathing which sends oxygen to the lungs, and chest compressions (pumping) which moves blood from the heart to the body. If the child's heart is beating but he is not breathing, only mouth-to-mouth breathing is needed.

HOW THE LUNGS WORK

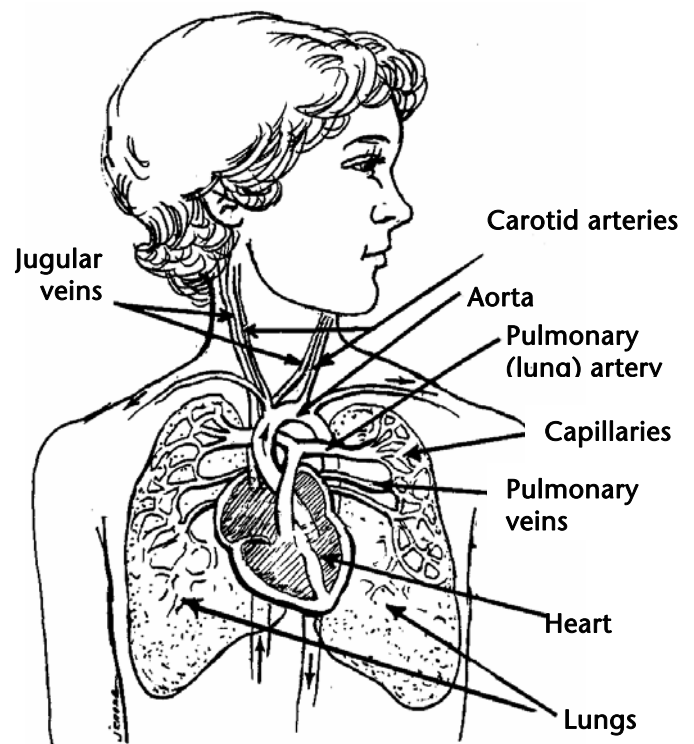
Air is breathed in (inhaled) through the nose and mouth. The air goes through the windpipe and into the large airways of the lungs. It then goes into the small airways and into the air sacs.

Air is made up of oxygen, nitrogen, and carbon dioxide. Oxygen, which we need to live, goes from the lungs into the blood. Carbon dioxide goes from the blood into the lungs and then into the air when we breathe out (exhale).

HOW THE HEART WORKS

The heart is under the breastbone (sternum) and slightly left of the center of the chest (Pictures 1 and 2). Its purpose is to pump blood to the lungs and to the body.

The heart has 4 chambers (2 atria and 2 ventricles). The right side of the heart receives blood from the body and pumps it to the lungs. Oxygen is picked up in the lungs and the blood returns to the left side of the heart. The blood is then pumped throughout the body. This process is repeated 60 to 100 times a minute.



Picture 1 The heart and lungs inside the body.

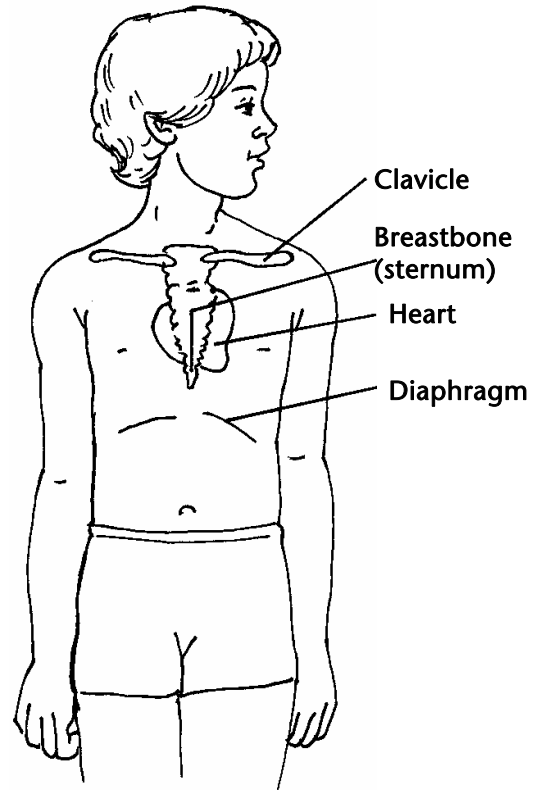
IF THE CHILD STOPS BREATHING OR THE HEART STOPS BEATING

If your child stops breathing, he or she is not getting the oxygen needed to maintain life. If breathing stops, the heart will also soon stop. **YOU MUST ACT IMMEDIATELY** by: 1) Breathing your air into the child's lungs (ventilating); and 2) Pumping the child's heart with your hand (compressing). There could be damage to the child's brain and body if he does not get the needed oxygen within a few minutes.

HOW TO DO CARDIOPULMONARY RESUSCITATION (CPR)

If you think the child is not breathing:

1. Check to see if the child will respond to you. Tap him gently and shake his shoulders to see if he will move.
2. Call the child by name and ask, "Are you OK?"
3. If the child does not respond, **call out** for someone to help you.
4. **NOTE:** If you are alone and are performing this technique on a child over 8 years of age, or on an adult, leave and call the emergency squad at this time. Then return and continue CPR.
5. Place the child flat on the floor. (CPR must be performed on a **hard** surface to be effective.)
6. Turn the child on his back.
7. Open the child's airway for mouth-to-mouth breathing, using the chin lift/head tilt method. Tip the head back with one hand on the forehead. Use the tips of the fingers of your other hand to lift the chin upward (Picture 3). Be careful not to close the child's mouth completely.
8. If at any time while doing mouth to mouth breathing you notice secretions in the child's mouth, turn the child's head to the side, wrap your index and middle fingers together in a clean cloth, and quickly clean out the mouth.
9. Put your ear over the child's mouth and look toward his chest. **LOOK, LISTEN,** and **FEEL** for breathing (Picture 4).



Picture 2 The heart lies under the breastbone.



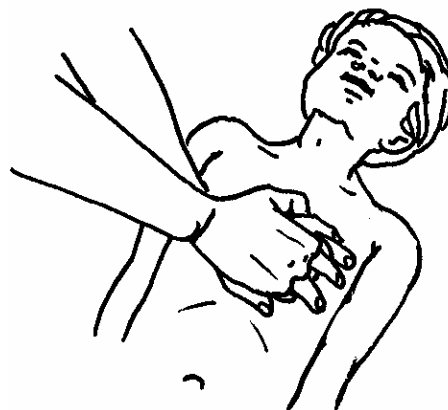
Picture 3 Open the child's airway by lifting the chin and tilting the head.



Picture 4 Breathe enough air into the child to cause the chest to rise.

HOW TO DO CARDIOPULMONARY RESUSCITATION (CPR) (continued)

10. If you do not feel or hear air coming from the child's mouth and do not see the chest rising and falling, give 2 breaths. To do this, pinch the child's nose and cover the child's mouth with your mouth to form an airtight seal. Breathe in only enough air to cause the child's chest to rise (Picture 5). Remove your mouth after each breath and let the air come out.



Picture 5 Place both hands on the breastbone at the nipple level.

11. If the child is still not breathing on his own, a combination of mouth-to-mouth breathing and chest compressions is needed.

12. Place the heel of one hand on the breastbone between the nipples. Put the heel of your other hand on top of the first hand. Compress the child's chest 30 times (at a rate of 100 compressions per minute) by pressing the bone in about 1-1/2 to 2 inches. Stop and give 2 breaths, to keep the right rate, count "1 and 2 and 3 and 4 and 5 and..." until 30 compressions are given. Then give 2 breaths. Repeat the 30 compressions and 2 breaths for a total of 5 sets.

13. After 5 sets of compressions and breaths, stop and look to see if the child is breathing on his own. If there are no signs of breathing, continue CPR until help arrives.

IMPORTANT: You must practice CPR on a mannequin (doll) with a nurse to be sure you are doing it correctly. This should be done before you leave the hospital.

NOTE: If you wish to become certified in CPR, contact the American Heart Association or the Red Cross in your community.

QUICK REFERENCE FOR CPR
(Tape to a wall in a suitable place.)

(Breaths per minute _____ Compressions per minute _____)



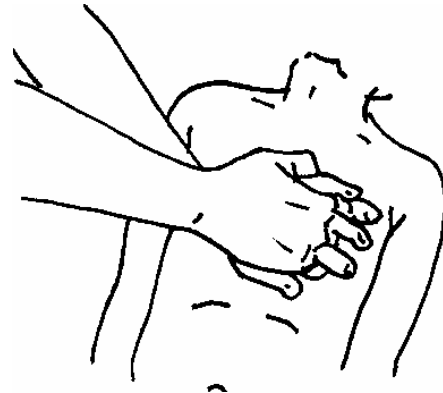
Step 1 Open the child's airway.



Step 2 Look, Listen, and feel for breathing.



Step 3 Pinch the child's nose. Place your mouth over the child's mouth and give 2 breaths.



Step 4 Locate proper hand position and start chest compressions. (30 compressions, then 2 breaths).

EMERGENCY PHONE NUMBERS

Fill in the phone numbers, copy them, and tape them by your telephone:

Emergency Squad: _____ Doctor: _____

Other _____ Other: _____