



UNIT 2 : BASIC CARDIOPULMONARY RESCUCITATION AND FOR CPR DROWNING

Purpose: to teach basic CPR and CPR in case of a drowned child or baby to Vietnamese teachers, children, parents and bystanders. What is the rationale behind this unit? No less than 35 people drown every day in Vietnam, of which at least 10 kids. Accordingly, teaching CPR for drowning is essential and appears as one of the six interventions to stem infantile drowning as well as teaching swimming and water safety skills (OMS, 2017).

1. FIRST AID BASIC PRINCIPLES

2. BASIC CARDIOPULMONARY RESUSCITATION (CPR) FOR ADULTS AND KIDS AND BABIES

3. USE OF A DEFIB (AED)

4. CARDIOPULMONARY RESCUSCITATION (CPR) FOR DROWNING

5. MOVING AN INCONSCIOUS VICTIM

2. BASIC CARDIOPULMONARY RESUSCITATION (CPR) FOR ADULTS AND KIDS AND BABIES

2.1. ROLE OF CPR

We need oxygen to live. The oxygen comes into and blood when we BREATHE and the oxygenated blood CIRCULATES through all our organs thanks to the heart. We can not live without oxygen. When someone doesn't breathe anymore, it will die. By performing a CPR, you maintain the victim's BLOOD OXYGENATION and CIRCULATION artificially. During CPR, you are ensuring blood oxygenation thanks to INSUFFLATION and blood circulation thanks to CHEST COMPRESSIONS.

2.2. BASIC LIFE SUPPORT (BLS)

To memorize this BLS, repeat this sentence : "Bibi and I are SAFE, but Bibi is UNCONSCIOUS and doesn't BREATHE anymore, so I call 115 and I do 3 things : 30 CHEST COMPRESSIONS, 2 INSUFFLATIONS and get the DEFIBRILLATOR"

STEP 1: Check for environmental safety => pay attention to everybody's safety

STEP 2 : Check the state of consciousness => gently shake the shoulders of the victim and call him/her

STEP 3 : Check for breathing => open airway by tilting the victim's head back and lifting the chin and perform a LLF (Look for movements of the rib cage, Listen for airflow, Feel the breath on your cheek) during 10 sec max

STEP 4 : Call for help (115)

STEP 5 : Perform 30 chest compressions + 2 insufflations => overlapping palms of the hands on the victim's sternum, stretch your elbows, push the victim's sternum by 5 to 6 cm of depth at a rate of 30 compressions per 15-18 sec

STEP 6 : Use the defibrillator

2.3. CPR ON A CHILD AND A BABY

To memorize this protocol, repeat this sentence : “Baby Bibi and I are SAFE, but Baby Bibi is UNCONSCIOUS and doesn’t BREATHE anymore, so I call 115 and I do 3 things : 15 CHEST COMPRESSIONS, 2 INSUFFLATIONS and get the DEFIBRILLATOR”

STEP 1: Check for environmental safety => pay attention to everybody’s safety

STEP 2 : Check the state of consciousness => gently shake the shoulders of the child and call him/her but on a baby, perform the consciousness test by looking for :

- Eye movements during auditory stimuli
- A movement of the leg when the foot is stimulated (plantar reflex)
- Muscle tone in the upper limbs, gripping, etc.

STEP 3 : Check for breathing => open airway by tilting the victim’s head back and lifting the chin and perform a LLF (Look for movements of the rib cage, Listen for airflow, Feel the breath on your cheek) during 10 sec max

STEP 4 : Call for help (115) only if someone helps you

STEP 5 : Perform 15 chest compressions + 2 insufflations => overlapping palms of the hands on the victim’s sternum, stretch your elbows, push the one-third victim’s sternum by 3cm (baby) or 4 cm (child) of depth at a rate of 15 compressions per 15-18 sec

STEP 5bis : Call for help (115) if your are alone

STEP 6 : Use the defibrillator

3. USE OF A DEFIB (AED)

Purpose of a defibrillator : to stop fibrillation (chaotic activity of the heart). Indeed, cardiac arrest is usually caused by a chaotic activity of the heart. The defibrillator sends an electronic shock to the victim to stop the ventricular fibrillation, the chaos within the heart and allow it to resume normal activity.

STEP 1 : Have someone that brings you the defib

STEP 2 : Turn on the defib

STEP 3 : Place the electrodes on the bare and dry chest of the victim => place the first electrode on the right pectoral, under the clavicle and without covering the nipple and the sternum. Place the second electrode on the left side at an “one hand” distance from the armpit.

STEP 4 : Make sure nobody touches the victim when the defib analyses the heart rhythm

STEP 5 : Administer an electric shock if necessary

STEP 6 : Begin CPR, until new analysis



AED for Automatic External Defibrillator. Official symbol indicating the location of the defib.

4. CARDIOPULMONARY RESCUSITATION (CPR) FOR DROWNING

Requirements :

- To be able to swim
- To master how to protect yourself from victim's distress and fear
- To be able to tow quickly

Protocol. "Bibi drowned, we are safe but Bibi is not CONSCIOUS and doesn't BREATHE anymore, I call 115, I insufflate 5 times and check again breathing, and then perform CPR until I get the defib"

STEP 1 : Check for environmental safety

STEP 2 : Check the state of consciousness

STEP 3 : Check for breathing => Look, listen and feel during 10 seconds max

STEP 4 : CALL 115

STEP 5 : 5 insufflations + LLF during 5 seconds

STEP 6 : Perform CPR => 30 chest compressions + 2 insufflations

STEP 7 : Use the defibrillator