



## **Mello Care Inc.**

Phone: (321) 315-8453

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*South Florida Based Provider of Medical and Safety Training:*

*BLS/CPR*

*ACLS*

*PALS*

*OSHA*

## **AHA BLS for Healthcare Providers Preparation and Review**

This review includes information which will prepare students for successful completion of this instructor led learning experience. You are encouraged to complete the Skills Review along with the Pre-Course Exam answer sheet and turn in to your instructor prior to the start of class. The questions are found in your BLS Healthcare Providers Student Manual.

The American Heart Association requires that ***ALL*** students have a **BLS Healthcare Provider Student Manual** in Class.

*CEUs Provided on request and upon successful completion!*



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## Skills Review for BLS Healthcare Providers

### The CAB's of CPR

**Simultaneously determine unresponsiveness and check for effective breathing**

**C = Circulation** → Check for pulse, no more than 10 seconds. If no pulse, begin chest compressions

**A = Airway** → Open airway using Head Tilt Chin Lift method.

**B = Breaths** → Give 2 breaths, return to compressions

**D = Defibrillator\*** → attach an Automated External Defibrillator (AED)

### CPR Reference

	Adult (> puberty)	Children (1yr to puberty)	Infants (< 1yr)
<b>Rescue Breathing, victim has a pulse</b>	10-12 breaths/min recheck pulse every 2 minutes	12-20 breaths/min recheck pulse every 2 minutes	12-20 breaths/min recheck pulse every 2 minutes
<b>Compression landmark</b> <b>No Pulse</b> (or pulse <60 bpm in infant or child with poor perfusion)	Middle of chest (lower half of breastbone)	Middle of chest (lower half of breastbone)	2 fingers middle of chest (just below nipple line)
<b>Compressions are performed with</b>	Heel of both hands	Heel of 1 or 2 hands	2 fingers OR 2 thumbs (encircling technique) with two rescuers
<b>Rate of Compressions per minute</b>	100-120/minute	100-120/minute	100-120/minute
<b>Compression Depth</b>	2 to 2.4 inches (5 to 6 cm)	At least 1/3 diameter of chest or 2 inches (5 cm)	At least 1/3 diameter of chest or 1-1/2 inches
<b>Ratio of Compressions to Breaths</b> (once an advanced airway device is in place, ventilations will be 1 every 6 secs. With continuous compressions)	30:2 Change compressors and re-evaluate every 2 minutes	30:2 15:2 if 2-Rescuer Change compressors and re-evaluate every 2 minutes	30:2 15:2 if 2-Rescuer Change compressors and re-evaluate every 2 minutes

### Foreign Body Airway Obstruction

*If not rapidly removed call EMS-911*

#### Choking- Conscious Victim

Adult	Child	Infant
Abdominal Thrusts	Abdominal Thrusts	5 Back Blows & 5 Chest Thrusts



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## Skills Review for BLS Healthcare Providers

### Choking- Unconscious Victim

Adult	Child	Infant
<p><b>Call a "CODE" or call EMS-911</b>  <b>Begin CABs of CPR</b>  <i>Before giving breaths look in mouth for a foreign body. Try to remove <u>only</u> if seen</i></p>	<p><b>Begin CPR</b>  <b>If second rescuer is present, send him/her to call a "CODE" or EMS-911 otherwise call after 2 mins of CPR.</b>  <i>Before giving breaths look in mouth for a foreign body. Try to remove <u>only</u> if seen</i>            Repeat cycles of CPR if needed</p>	<p><b>Begin CPR</b>  <b>If second rescuer is present, send him/her to call a "CODE" or EMS-911 otherwise call after 2 mins of CPR.</b>  <i>Before giving breaths look in mouth for a foreign body. Try to remove <u>only</u> if seen</i>            Repeat cycles of CPR if needed</p>

### Information to Remember

1. Maximum **time** to be spent checking for the presence of a **pulse**.
2. The preferred **techniques/devices** for providing ventilations if you are a **single rescuer** OR if you are a member of a **team** in a professional setting
3. The concept of **Scene Safety/Awareness** before providing care.
4. Which patients require **ventilations only** and which require **ventilations and compressions**
5. The best way to **open the airway** for an Adult, Child, Infant or victim with possible spine injury.
6. The location, **depth and rate** of compression for Adult, Child and Infant.
7. When to start compressions for an Adult, Child and Infant. Be able to explain **chest recoil** and **high quality CPR**
8. The compression to ventilation **Ratio** for both 1 and 2-rescuer for Adult, Child and Infant
9. How to reduce the incidence of air being introduced into the victim's stomach and not the lungs.
10. Understand how an **AED** affects the heart (shock to organize it's rhythm) and the **basic steps** for using an **AED** on an Adult, Child and Infant.
11. How to incorporate CPR before, during and after AED use.
12. The changes in CPR, which are incorporated once a victim has an **advanced airway** in place.
13. The sequence, procedures and roles for **1-rescuer AND 2-rescuer** CPR
14. The procedures for **conscious and unconscious choking** for Adult, Child and Infant.
15. How to determine **effectiveness** of ventilations and compressions being provided during CPR.
16. The elements of **effective team dynamics** and communicating during an emergency.



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## BLS Healthcare Provider Pre-Course Exam

Page 11	Page 44	Page 59
1	1	1
2	2	2
3	3	3
4		Page 65
Page 31	Page 55	1
1	1	2
2	2	3
3	3	4
4		Page 70
5		1
6		2
7		3
Page 40	Page 56	Page 76
1	4	1
2	5	2
3		3
4		