



American
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CPR FOR THE PROFESSIONAL RESCUER





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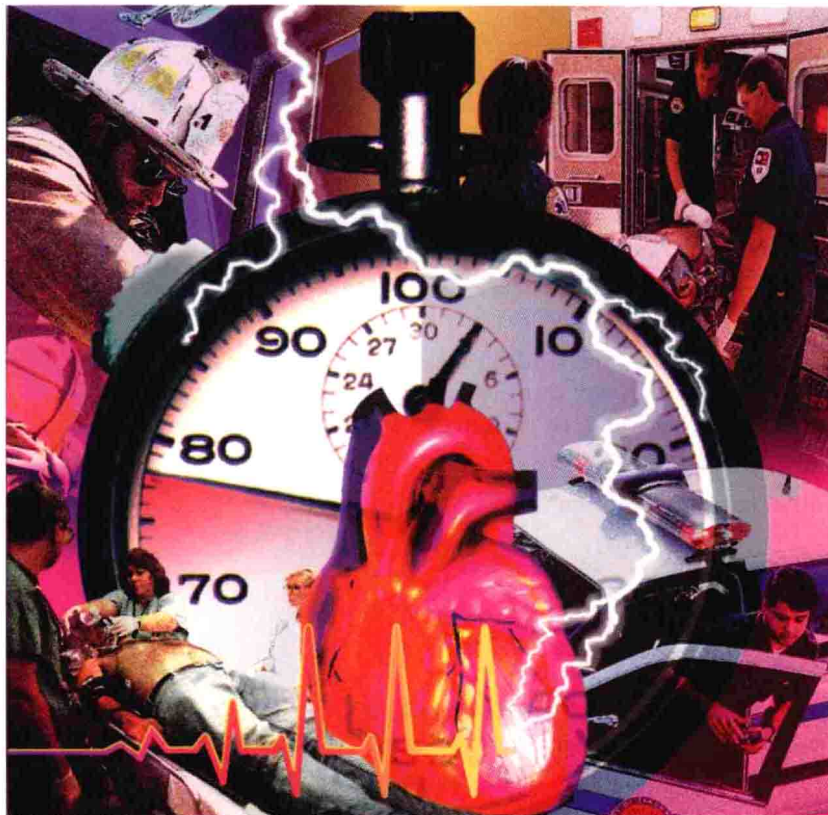
CPR FOR THE PROFESSIONAL RESCUER

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American Red Cross certificates may be issued upon successful completion of a training program that uses this textbook as an integral part of the course. By itself, the text material does not constitute comprehensive Red Cross training. In order to issue ARC certificates, your instructor must be authorized by the American Red Cross and must follow prescribed policies and procedures. Make certain that you have attended a course authorized by the Red Cross. Ask your instructor about receiving American Red Cross certification, or contact your local chapter for more information.



CPR FOR THE PROFESSIONAL RESCUER



StayWell



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This participant's manual is an integral part of the American Red Cross CPR for the Professional Rescuer course. By itself, it does not constitute complete and comprehensive training.

The emergency care procedures outlined in this book reflect the standard of knowledge and accepted emergency practices in the United States at the time this book was published. It is the reader's responsibility to stay informed of changes in the emergency care procedures.

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About This Course

◆ WHY YOU SHOULD TAKE THIS COURSE

It would be ideal if everyone knew what to do when suddenly confronted with an emergency. But that is not reality. Instead, people tend to look to others who are more knowledgeable about what care to provide to an injured or ill person. You, the professional rescuer, are often the first trained person to arrive at the emergency scene. You will be expected to take appropriate action to provide care for injuries or sudden illnesses until more advanced medical personnel arrive. This course prepares you to fulfill this role as a professional rescuer.

◆ HOW YOU WILL LEARN

Course content is presented in various ways. Video segments present information and skills that are then discussed in class. Course participants practice these skills. These video segments emphasize the key points you need to remember when making decisions in emergencies and help you provide the proper care. This participant's manual contains the information and skills provided in the video segments.

The course design allows you to frequently evaluate your progress in terms of skills com-

petency, knowledge, and decision-making. Your ability to correctly perform specific skills shown in the video and described in the participant's manual will be checked by your instructor during practice sessions. Your ability to make appropriate decisions when faced with an emergency will be enhanced as you participate in various class activities.

Periodically, you will be given situations in the form of scenarios that provide you the opportunity to apply the knowledge and skills you have learned. These scenarios also provide an opportunity to discuss with your instructor and classmates the many different situations that you may encounter in any emergency.

◆ REQUIREMENTS FOR COURSE COMPLETION CERTIFICATE

When this course is taught by a currently authorized American Red Cross instructor, you will be eligible for an American Red Cross course completion certificate. In order for you to receive an American Red Cross course completion certificate, you must—

- ◆ Perform specific skills competently and demonstrate the ability to make appropriate decisions for care.

- ♦ Pass a final written examination with a score of 80% or higher.

The final written examination is designed to test your retention and understanding of the course material. You will take this examination at the end of the course. If you do not pass this examination the first time, you may take a second examination.

◆ PARTICIPANT'S MANUAL

This participant's manual has been designed to facilitate your learning and understanding of the material it presents. It includes the following features:

Objectives

At the beginning of each chapter is a list of objectives. Read these objectives carefully and refer back to them from time to time as you read the chapter. The objectives describe what you should be able to do after reading the chapter and participating in class activities.

Key Terms

After the objectives is a list of defined key terms you need to know to understand chapter content. The pronunciation of certain medical and anatomical terms is provided, and a pronunciation guide is included in the glossary. In the chapter, key terms are printed in bold type the first time they are defined or explained.

Main Ideas

A section called "Main Ideas" follows the key terms. These are the major concepts in the chapter and each is expressed in one or two sentences.

Sidebars

Feature articles called sidebars appear in certain chapters and enhance the content of the main body of the text. They present a variety of material ranging from historical information and accounts of actual events to everyday application of the information presented in the main body of the text. You will not be tested on any information presented in these sidebars as part of the American Red Cross course completion requirements.

Tables

Tables are included in many chapters. They concisely summarize important concepts and information and may aid in studying.

Review Questions

At the end of each chapter are a series of multiple-choice questions designed to test your retention and understanding of the material in the chapter. Answers to the questions are in small print at the bottom of the page.

Skill Sheets


Skill sheets at the end of certain chapters provide you with step-by-step, illustrated directions for performing certain skills described in the chapter and shown on the video.

Appendix

One appendix at the end of this textbook provides additional information on a topic professional rescuers will find useful. The subject is automated external defibrillation.

Glossary

The glossary includes definitions of all the key terms and of other words in the text that may be unfamiliar. A pronunciation guide is included in the glossary. All glossary terms appear in the textbook in bold type.



Health Precautions and Guidelines for the Professional Rescuer

The American Red Cross has trained millions of people in first aid and CPR (cardiopulmonary resuscitation) using manikins as training aids. According to the Centers for Disease Control (CDC), there has never been a documented case of any disease caused by bacteria, a fungus, or a virus transmitted through the use of training aids such as manikins used for CPR.

The Red Cross follows widely accepted guidelines for cleaning and decontaminating training manikins. **If these guidelines are adhered to, the risk of any kind of disease transmission during training is extremely low.**

To help minimize the risk of disease transmission, you should follow some basic health precautions and guidelines while participating in training. You should take precautions if you have a condition that would increase your risk or other participants' risk of exposure to infections. Request a separate training manikin if you—

- Have an acute condition, such as a cold, a sore throat, or cuts or sores on your hands or around your mouth.

- Know you are seropositive (have had a positive blood test) for hepatitis B surface antigen (HBsAg), indicating that you are currently infected with the hepatitis B virus.*
- Know you have a chronic infection indicated by long-term seropositivity (long-term positive blood tests) for the hepatitis B surface antigen (HBsAg)* or a positive blood test for anti-HIV (that is, a positive test for antibodies to HIV, the virus that causes many severe infections including AIDS).

**A person with hepatitis B infection will test positive for the hepatitis B surface antigen (HBsAg). Most persons infected with hepatitis B will get better within a period of time. However, some hepatitis B infections will become chronic and will linger for much longer. These persons will continue to test positive for HBsAg. Their decision to participate in CPR training should be guided by their physician.*

After a person has had an acute hepatitis B infection, he or she will no longer test positive for the surface antigen but will test positive for the hepatitis B antibody (anti-HBs). Persons who have been vaccinated for hepatitis B will also test positive for the hepatitis antibody. A positive test for the hepatitis B antibody (anti-HBs) should not be confused with a positive test for the hepatitis B surface antigen (HBsAg).

- ♦ Have a type of condition that makes you unusually likely to get an infection.

If you decide you should have your own manikin, ask your instructor if he or she can provide one for you to use. You will not be asked to explain why in your request. The manikin will not be used by anyone else until it has been cleaned according to the recommended end-of-class decontamination procedures. Because the number of manikins available for class use is limited, the more advance notice you give, the more likely it is that you can be provided a separate manikin.

In addition to taking the precautions regarding manikins, you can further protect yourself and other participants from infection by following these guidelines:

- ♦ Wash your hands thoroughly before participating in class activities.
- ♦ Do not eat, drink, use tobacco products, or chew gum during classes when manikins are used.
- ♦ Clean the manikin properly before use. For some manikins, this means vigorously wiping the manikin's face and the inside of its mouth with a clean gauze pad soaked with either a solution of liquid chlorine bleach and water (sodium hypochlorite and water) or rubbing alcohol. For other manikins, it means changing the rubber face. Your instructor will provide you with instructions for cleaning the type of manikin used in your class.
- ♦ Follow the guidelines provided by your instructor when practicing skills such as clearing a blocked airway with your finger.

◆ PHYSICAL STRESS AND INJURY

Training in first aid and CPR requires physical activity. If you have a medical condition or disability that will prevent you from taking part in the practice sessions, please let your instructor know.



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Part One



The Professional Rescuer

1

The Professional Rescuer and the EMS System



The Professional Rescuer and the EMS System

1

◆ Objectives ◆

After reading this chapter, you should be able to—

1. List desirable characteristics of professional rescuers.
2. Describe the structure and functions of the emergency medical services (EMS) system.
3. Describe the responsibilities of professional rescuers.
4. Identify nine legal considerations for professional rescuers.
5. Define the key terms for this chapter.