

CARDIOPULMONARY RESUSCITATION (CPR) FOR CHILDREN 1 TO PUBERTY

Cardiopulmonary resuscitation (car-dee-oh-PULL-mon-air-ee ree-SUS-i-TA-shun) is a combination of chest compressions (pumping) which moves blood from the heart to the body, and mouth-to-mouth breathing which sends oxygen to the lungs (ventilating).

HOW THE LUNGS WORK

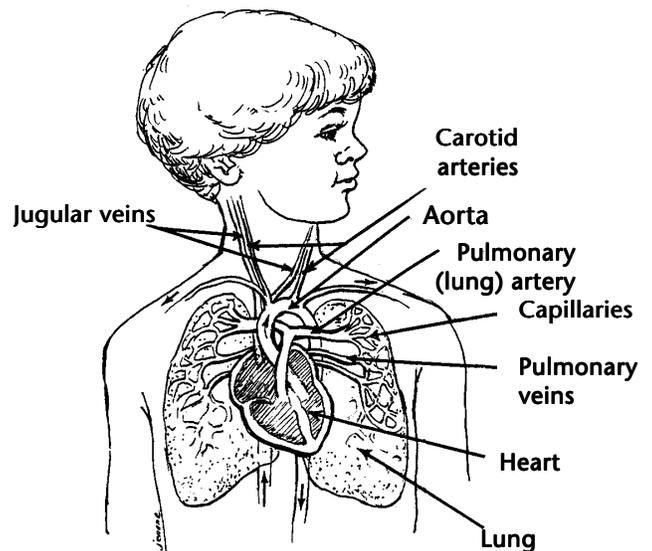
Air is breathed in (inhaled) through the nose and mouth. The air goes through the windpipe and into the large airways of the lungs. It then goes into the small airways and into the air sacs.

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 80 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 a 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. 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.
2. Breathing your air into the child's lungs (ventilating).

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. If you are alone in the house, **do not leave the child** to make a phone call at this time.
4. Place the child on the floor. (CPR must be performed on a **hard** surface to be effective.)
5. Turn the child on his back.
6. Look at child's face and chest to see if the child is breathing (**See page 3, Step 1**). Look for at least 5 seconds, but no more than 10 seconds.
7. If they are not breathing, remove clothing from child's chest.
8. Place your hand on the lower half of the breastbone. Using one hand, compress the child's heart 30 times by pressing the breastbone in about 2 inches. You can use both hands if you need more strength. Compressions are done at a rate of 100 per minute (**See page 3, Step 2**). After you have compressed the chest 30 times, open the child's airway for mouth-to-mouth breathing, using the head tilt/chin lift method (**See page 3, Step 3**). 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.
9. Give 2 breaths to the child (**See page 3, Step 4**). 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 make the child's chest rise. Remove your mouth after each breath and let the air come out. Since the child's lungs are small, it requires less air (than for an adult) to fill the lungs.
10. Repeat 30 compressions and 2 breaths for a total of 5 times.
11. After 5 sets of compressions and breaths, if you are alone, leave and call 911 and then resume CPR until help arrives. If you are not alone and the child is not moving or breathing, continue CPR.

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 with your child.

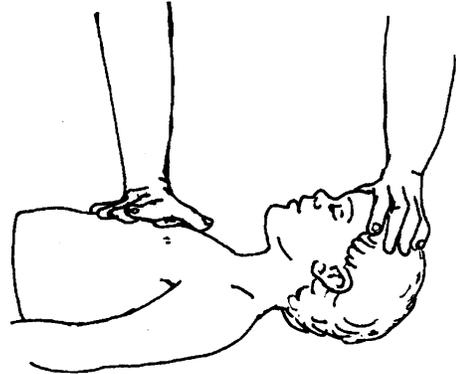
NOTE: If you wish to become certified in CPR, contact the American Heart Association or the Red Cross in your community.

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

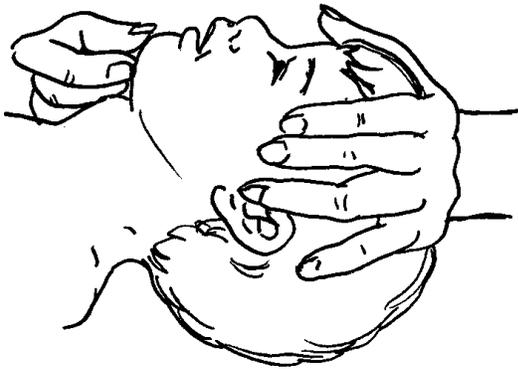
(Breaths per minute _____ Compressions per minute _____)



Step 1 Look for breathing.



Step 2 Place your hand on the breastbone, between the nipples. Give 30 compressions.



Step 3 Open the child's airway.



Step 4 Pinch the child's nose. Place your mouth over the child's mouth and give **2 breaths**.

EMERGENCY PHONE NUMBERS

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

Emergency Squad: _____

Doctor: _____

Other: _____

Other: _____