

CARDIOPULMONARY RESUSCITATION (CPR) FOR CHILDREN WHO HAVE GONE THROUGH 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. For children over puberty the American Heart Association teaches Hands-Only CPR.

HOW THE LUNGS WORK

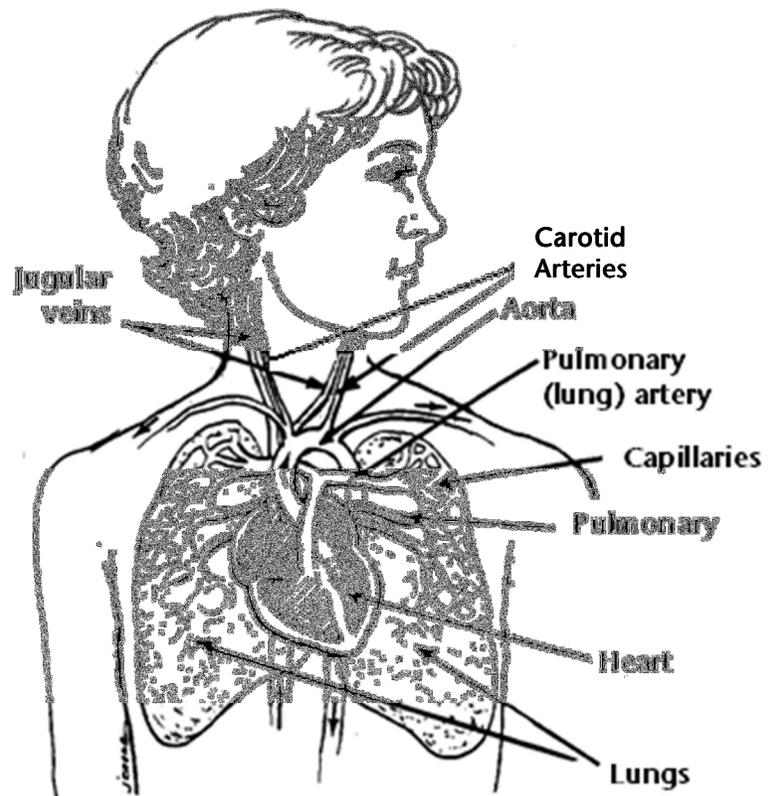
Air is breathed in (inhaled) through the nose and mouth. The air goes through the windpipe and into the large airways of the lungs. It then goes into the small airways and into the air sacs.

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.

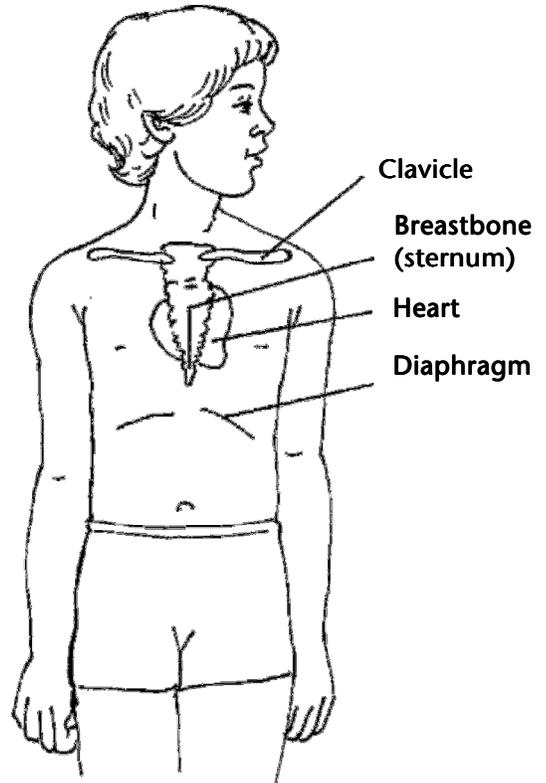
IF THE CHILD STOPS BREATHING OR THE HEART STOPS BEATING

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 pumping the child's heart with your hand (compressing) using Hands-Only CPR.

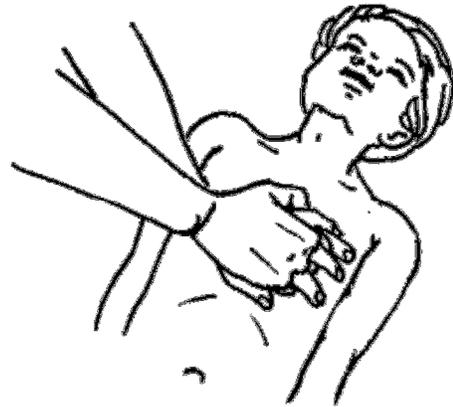
HOW TO DO HANDS-ONLY CPR

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. **If you are alone and are performing this technique on a child over puberty, or on an adult, leave and call 911 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. Look from child's head to belly to see if the child is breathing. Look for at least 5 seconds, but no more than 10 seconds.
8. Remove clothing from child's chest.
9. Place the heel of one hand on the lower half of the breastbone between the nipples. Put the heel of your other hand on top of the first hand (Picture 3). Compress the child's chest at a rate of 100 compressions per minute by pressing the breastbone in about 2 inches. Allow the chest to come back up to its normal position after each compression.
10. Continue with compressions at a rate of 100 per minute until someone with more advanced training takes over.



Picture 2 The heart lies under the breastbone.



Picture 3 Place both hands on the breastbone at the nipple level.

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.