



EMERGENCY FIRST STEPS TO BE TAKEN IN A HEART ATTACK

Call 911 or your local emergency medical assistance number if the pain persists for more than 3 minutes.



Keep the person **calm and still**.



Chew and swallow an **aspirin (325 mg)** **slowly**, unless you're allergic or otherwise prescribed by your doctor.



Take **prescribed medicines** if any.



Give artificial respiration if required : **Oxygen**
support or AED (Automated External Defibrillator)



Take nitroglycerin : Upto three pills,
one at a time every **5 minutes**.



IMPORTANCE OF FIRST AID

For every minute that a person is not breathing, the chance of survival decreases by **10%.**



In an emergency the first 10 minutes are most important



In 4 minutes the victim starts to develop **brain damage**



If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes a person has a **40%** chance of survival.

FIRST AID FACTS



Defibrillation does not transfer any significant electrical current to a fetus, so it is safe to use on a pregnant woman.

Mobile phone or radio signals within 6 feet of an AED can disrupt analysis.

Administer emergency oxygen if an adult is breathing fewer than 12 breaths per minute.

Oxygen cylinders are labeled "U.S.P." which indicates the oxygen is to be used for medical purposes.

Agonal breathing is a gasping noise people make during cardiac arrest. It can be mistaken for breathing.

Pulse should be checked with fingers and not with thumb.

SOURCES

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First Aid For The Heart

Paul Chappuis Bragg, Patricia Bragg



First Aid For The Heart:

Textbook of Basic Nursing Caroline Bunker Rosdahl, Mary T. Kowalski, 2008 Now in its Ninth Edition this comprehensive all in one textbook covers the basic LPN LVN curriculum and all content areas of the NCLEX PN Coverage includes anatomy and physiology nursing process growth and development nursing skills and pharmacology as well as medical surgical maternal neonatal pediatric and psychiatric mental health nursing The book is written in a student friendly style and has an attractive full color design with numerous illustrations tables and boxes Bound in multimedia CD ROMs include audio pronunciations clinical simulations videos animations and a simulated NCLEX PN exam This edition s comprehensive ancillary package includes curriculum materials PowerPoint slides lesson plans and a test generator of NCLEX PN style questions *Use of Simulation Exercises for Safety Training in the U.S. Mining Industry*, 2001 **Heal Your Broken Heart** Michael Kane, 2012-11 Based on the highly successful Los Angeles workshop by the same name Heal Your Broken Heart is an easy to follow process that gently guides us through understanding releasing and ultimately healing our heartbreak from a lost romantic relationship The book is filled with extraordinary tools and superb guidance we can all use In his direct easy tone Michael Kane teaches us how to heal from both our past and present heart wounding as we also learn to identify our relationship patterns The result gives us a renewed connection to ourselves a refreshed sense of self confidence and personal awareness and a healthy approach to our future relationships Heal Your Broken Heart is also a primer on love clarifying what love is and inspiring us to love and nurture ourselves as we mend from our heartache This is a book for both women and men that teaches us how to process through our pain and fully recover from it **Kinn's The Administrative Medical Assistant E-Book** Brigitte Niedzwiecki, Julie Pepper, 2022-11-19 Selected for Doody s Core Titles 2024 in Medical Assisting More than any other product on the market the most successful medical assistants begin their careers with Kinn Known for more than 65 years for its alignment with national curriculum standards Kinn s The Administrative Medical Assistant An Applied Learning Approach 15th Edition teaches the real world administrative skills essential for a career in the modern medical office always with a focus on helping you apply what you ve learned This edition features new and expanded content on insurance coding privacy and security telehealth logistics and much more With its approachable writing style appropriate for all levels of learners and a full continuum of separately sold adaptive solutions EHR documentation experience and HESI remediation and assessment quickly master the leading skills to prepare for certification and a successful career in the dynamic and growing administrative medical assisting profession Step by step illustrated procedures include rationales and a focus on professionalism Electronic health record EHR coverage provides access to hands on activities using SimChart for the Medical Office sold separately Applied learning approach incorporates threaded case scenarios and critical thinking applications Patient education and legal and ethical features at the end of each chapter reinforce legal and communications implications within medical assisting practice Key vocabulary terms and

definitions are presented at the beginning of each chapter highlighted in text discussions and summarized in a glossary for quick reference Robust Evolve companion website offers procedure videos practice quizzes mock certification exams and interactive learning exercises NEW Content aligns to 2022 Medical Assisting educational competencies NEW and UPDATED Comprehensive coverage of all administrative functions complies with accreditation requirements and includes insurance coding privacy and security telehealth logistics and more NEW Artwork familiarizes you with the modern medical office and equipment

Studies of Heart Disease Mortality Alexander Gordon Gilliam, Henry Klein, James Edmund Ives, John Jacob Bloomfield, Joseph Walter Mountin, Lunsford Dickson Fricks, Mary Gover, Oswald Fenton Hedley, Royd Ray Sayers, Waldemar Claus Dreessen, Carroll Edwards Palmer, Elliott Harmon Pennell, Joseph Marius DallaValle, Mary Fouse Peyton, Wirt Alvin Gill, Emma Evelyn Flook, Samuel George Bloomfield, Thomas Isaac Edwards, John William Miller, 1936 *The Professional Protection Officer* Sandi J. Davies, Lawrence J. Fennelly, 2019-12-04 Eight previous iterations of this text have proven to be highly regarded and considered the definitive training guide and instructional text for first line security officers in both the private and public sectors The material included in the newest version covers all the subjects essential to the training of protection officers This valuable resource and its predecessors have been utilized worldwide by the International Foundation for Protection Officers since 1988 as the core curriculum for the Certified Protection Officer CPO Program The Professional Protection Officer Practical Security Strategies and Emerging Trends provides critical updates and fresh guidance as well as diagrams and illustrations all have been tailored to the training and certification needs of today's protection professionals

The City & Guilds Textbook Level 3 Diploma in Adult Care for the Lead Adult Care Worker Apprenticeship Maria Ferreiro Peteiro, 2018-12-24 Excel in Adult Care with the ideal companion for the Level 3 Diploma published in association with City Guilds and written by expert author in Health and Social Care Maria Ferreiro Peteiro Enhance your portfolio with key advice and activities linked to assessment criteria making it easier to demonstrate your knowledge and skills Manage the demands of your course with assessment criteria translated into simple everyday language and practical guidance Understand what it means to reflect on practice with Reflect on it activities and guidance on how to write your own reflective accounts Learn the core values of care compassion competence communication courage and commitment required as an Adult Care worker Summarise and check your understanding with Knowledge Skills Behaviours tables at the end of each learning outcome Successfully apply Adult Care theory in the workplace using real world case studies to guide you Expand your learning with access to popular optional units available online **StarGuard** Jill White, 2016-09-13 StarGuard Best Practices for Lifeguards Fifth Edition assists lifeguard candidates in preventing recognizing and responding to water emergencies in pool waterpark and waterfront settings Combined with hands on scenario based training sessions taught by authorized StarGuard instructors the updated text and accompanying web resource teach the essentials of lifeguarding prevention surveillance response and rescue emergency care and workplace safety and professionalism StarGuard Best Practices for Lifeguards

provides specific strategies for decision making With this authoritative yet accessible guide you will learn the following Strategies for reducing risk at recreational aquatic venues Essential skills for response and rescue including how to perform land based assists and water based rescues How to recognize indicators of and critical events that can lead to distress and drowning Emergency care skills in the event of a drowning injury or illness including suspected spinal injuries Techniques for adapting lifesaving skills for special situations such as single guard facilities inflatable play structures special events or lifeguarding individuals with disabilities Proper techniques for dealing with bodily fluids and fecal contaminations to reduce the risk of recreational water illness The updated fifth edition contains the latest research on best practices in lifeguarding and emergency care including the most current CPR AED first aid content based on international guidelines From surveillance to prevention and emergency care StarGuard Best Practices for Lifeguards Fifth Edition covers all aspects of lifeguarding in an easy to understand format Together the text online resource and hands on training course prepare lifeguards with the decision making emergency response and first aid skills necessary for preventing water emergencies and saving lives Additionally StarGuard Best Practices for Lifeguards provides the foundation for the operational policies procedures and guidance delivered through the StarGuard Elite complete aquatic safety and risk management system available to aquatic facilities

Health Opportunities Through Physical Education Corbin, Charles B, McConnell, Karen, Le Masurier, Guy, Corbin, David, Farrar, Terri, 2014-04-24 This is not just a health textbook with a few physical education concepts thrown in School systems that want a single textbook to help them address national state and local standards for both physical education and health education will find that this book provides them a unique and cost effective option

Literature Search National Library of Medicine (U.S.), 1980 [The Complete Outdoors Encyclopedia](#) Vin T. Sparano, 2000-10-20 Recipient of the Library Association's Outstanding Reference Work Award this complete and comprehensive guide is the ultimate one volume library for anyone interested in the outdoors This monumental work features extensive coverage of Fishing Hunting Firearms and shooting sports Camping Boating First Aid Archery and bowhunting Sporting dogs Fish species Big game Small game Upland game and waterfowl A complete listing of private organizations Government information sources To broaden the scope of this established reference work Vin T Sparano Editor Emeritus and Senior Field Editor of Outdoor Life has compiled brand new chapters and sections on survival all terrain vehicles and watersports including kayaking water skiing and personal watercraft He also included new information on GPS Global Positioning System and increased focus on such sections as fly fishing sporting clays backpacking nutrition and new first aid breakthroughs in outdoor emergencies With nearly 400 new photographs and 100 drawings added to the already more than 1300 illustrations The Complete Outdoors Encyclopedia illustrates the newest technology and the latest trends in the outdoors Representing decades of research and authoritative writing by Vin T Sparano this is the definitive guide that bridges all aspects of the outdoors today It is a must buy for anyone and everyone venturing outdoors

Get Yourself Back in

Motion Jason T Smith, 2018-11-01 SAVE TIME AND MONEY BY TAKING CHARGE OF YOUR HEALTH Having treated thousands of clients over more than a decade and supervised hundreds of trained physiotherapists in one of Australia's leading health care groups few people are better positioned to give advice on physical health and wellness than International Author and Speaker Jason Smith Written in plain English this unique book will change your life by combining timeproven and medically sound principles with an innovative philosophy of selfempowerment You will Discover The secret to wellness is a lot more than being uninjured or pain free Crucial health advice that doctors and therapists rarely have time to share with you The importance of physical movement to living longer and enjoying life Innovative strategies to reduce pain immediately and make a fast recovery How to assess which treatment options are best for you Proven approaches to achieving lasting results from each physiotherapy session and not lose the benefits over time How to save time and money by not becoming dependent on your practitioner The Back In Motion Story A Simple Philosophy Back in Motion Health Group first emerged as a concept or desire to operate a first class physiotherapy practice which offered clients holistic solutions sustainable outcomes genuine and ongoing after care and was altogether encapsulated in relating to people with prestige and dignity The more traditional physiotherapy practice models observed at the time certainly did not reflect these found values or philosophies of care Back in Motion Health Group commenced as a small practice in the home of founders Jason and Paulina Smith in September 1999 Their early success resulted in quick growth and by April 2000 had moved the practice from their home into more suitable commercial medical facilities An expert and committed team soon gathered around Jason and Paulina as they focused on emerging as one of the choice physiotherapy providers and employers in our industry

Massage Therapy Susan G. Salvo, 2015-04-13 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo's Massage Therapy Principles and Practice 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like

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Massage Therapy - E-Book Susan G. Salvo, 2015-03-25 Covering massage fundamentals techniques and anatomy and physiology Susan Salvo s Massage Therapy Principles and Practice 5th Edition brings a whole new meaning to the word comprehensive This student friendly text boasts more than 700 illustrations and expanded sections on neuroscience research and special populations plus new line drawings in the kinesiology chapter of origins and insertions that match the painted skeletons found in most classrooms It makes the essential principles of massage therapy more approachable and prepares you for success in class on licensing and board certification exams and in a wide range of therapeutic practice settings Clear straightforward approach simplifies complex content for easier understanding Complete anatomy and physiology section in addition to material on techniques and foundations gives you all the information you need in just one book Certification Practice Exam on Evolve mimics the major certification exams in format and content builds confidence and helps increase pass rates Over 700 high quality illustrations including line drawings and halftones clarify difficult concepts in vibrant detail Case studies challenge you to think critically and apply your understanding to realistic scenarios foster open mindedness and stimulate dialogue Profile boxes provide an inspirational real world perspective on massage practice from some of the most respected authorities in massage and bodywork Clinical Massage chapter focuses on massage in clinical settings like hospitals nursing homes and medical offices to broaden your career potential Two business chapters loaded with skills to make you more

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Weaver,2018-08-31 Launch your Medical Assisting career with Kinn s Medical Assisting Fundamentals Administrative and Clinical Competencies with Anatomy RMA and CMAS from American Medical Technologist CCMA and CMAA from the National Healthcareer Association NCMA from the National Center for Competency Testing and CMAC from the American Medical Certification Association Emphasis on anatomy and physiology along with pathology signs symptoms diagnostic procedures and treatments enables you to meet key competencies Strong focus on medical terminology includes feature boxes that highlight chapter related medical terminology to help you learn word parts pronunciation and definitions Math exercises embedded throughout the text challenge you to sharpen your math skills Procedures are mapped to CAAHEP and ABHES accreditation standards down to the step offer rationales for each step and can be conveniently performed in the classroom Customer Service boxes in appropriate chapters help you develop the soft skills that employers seek when hiring Medical Assistants Applied learning approach introduces a case scenario at the beginning of each chapter and then revisits it throughout the chapter to help you understand new concepts as they are presented Chapter learning tools include vocabulary with definitions critical thinking applications and content that ties directly to the order of learning objectives Pharmacology glossary of the top 100 150 most common over the counter and prescription medications gives you quick access to pronunciation guides generic and trade names and drug classification *Zookeeping* Mark D. Irwin,John B. Stoner,Aaron M. Cobaugh,2013-12-09 As species extinction environmental protection animal rights and workplace safety issues come to the fore zoos and aquariums need keepers who have the technical expertise and scientific knowledge to keep animals healthy educate the public and create regional national and global conservation and management communities This textbook offers a comprehensive and practical overview of the profession geared toward new animal keepers and anyone who needs a foundational account of the topics most important to the day to day care of zoo and aquarium animals The three editors all experienced in zoo animal care and management have put together a cohesive and broad ranging book that tackles each of its subjects carefully and thoroughly The contributions cover professional zookeeping evolution of zoos workplace safety animal management taxon specific animal husbandry animal behavior veterinary care public education and outreach and conservation science Using the newest techniques and research gathered from around the world *Zookeeping* is a progressive textbook that seeks to promote consistency and the highest standards within global zoo and aquarium operations

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http://www.pet-memorial-markers.com/About/detail/default.aspx/get_the_fat_out_501_simple_ways_to_cut_the_fat_in_any_diet.pdf

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