

# [Process analysis the abcs of cpr](https://assignbuster.com/process-analysis-the-abcs-of-cpr/)

Elizabeth Fregia Ms. Mello English 1301-80 10-03-09 Word count 547 The ABC'S of CPR 7 In-home accidents, electrical shock, drowning, and heart attacks are the leading causes of cardiac arrest. Prompt medical attention increases the survival rate tremendously, every second counts. Since most cardiac arrests occur outside of the hospital, the knowledge of CPR can help save lives. Prior to providing assistance, secure the scene. Check the victim for responsiveness by tapping the shoulder. Ask loudly, " Are you ok" If the victim remains unresponsive, call 911. Obtain an Automated External Defibrillator, if available. Begin CPR. The three main components of CPR that can save a life include the ABC's, Airway, Breathing, and Circulation.
7Airway, the A in ABC, begins with checking the airway. Perform the Head tilt chin lift by placing the palm of one hand on the forehead. Put the fingers of the other hand on the bony part of the chin. Push the forehead back to lift the chin. Pull the jaw forward. Then, open the mouth. Look for the chest to rise and fall. Listen close near the victim's mouth for sounds of breathing. Feel the cheek for any breathing movement. Check airway for no more than 5-10 seconds. Do not consider gasps of breath as breathing. These gasps may occur for a few minutes after the heart stops beating.
7The absences of breathing, is the B in ABC. Pinch the nose of the victim closed. Take in a normal breath. Hold it. Making a good seal, over the victim's mouth, give two breaths for 1 second each. Watch the chest rise and fall during each breath. If no breaths go in, reposition the victim's head. Attempt two more breaths. If breaths still do not go in check for a foreign object in the mouth. Begin CPR to remove the object. If breaths go in and pulse is present, continue with breaths until help arrives or when the victim begins breathing on his own.
9Circulation represents the C in ABC. Check for circulation by placing two fingers at the carotid pulse below the jaw line at the neck. If no pulse, begin chest compressions. Kneel at the victim's side. Remove any clothing that can prohibit chest compressions. Place the heel of one hand between the nipples of the chest. Cover this hand with the heel of the other hand. Interlock the fingers. Lock elbows. Push down hard and fast, giving 30 compressions and 2 breaths per cycle, compressing at a rate of 100 compressions per minute. Release pressure on the chest after each compression, to allow the chest to return to normal position, this simulates a normal heartbeat. Do this for 5 cycles, then attempt to use the AED. Follow the simple instructions on the devise itself. If shock is unsuccessful, or AED is unavailable, keep giving sets of 30 compressions and 2 breaths until the victim starts moving or emergency personnel arrive.
4Knowing the ABC's of CPR, saves lives. Most people think they will never be a cardiac arrest victim, unfortunately at some point in their lives; individuals may require CPR or know someone who will. Having this knowledge just may save a loved one's life. Being a part of something so profound has a lasting effect on a person. Truly, every person should learn CPR. Word Count 547
Dear Customer,
The word count has been changed. 547 - title and article only
557 - including name and course
There are only12 transitional word/phrases
AND - 5 times
Since - once
Prior to - once
Then - twice
After - twice
Truly - once
There are only four be verbs
Are - once
Is - thrice
Below are the list of transitive words/ phrases and the list of " be verbs" for your reference.
Respectfully,
Emylene
Illustration
Thus, for example, for instance, namely, to illustrate, in other words, in particular, specifically, such as.
Contrast
On the contrary, contrarily, notwithstanding, but, however, nevertheless, in spite of, in contrast, yet, on one hand, on the other hand, rather, or, nor, conversely, at the same time, while this may be true.
Addition
And, in addition to, furthermore, moreover, besides, than, too, also, both-and, another, equally important, first, second, etc., again, further, last, finally, not only-but also, as well as, in the second place, next, likewise, similarly, in fact, as a result, consequently, in the same way, for example, for instance, however, thus, therefore, otherwise.
Time
After, afterward, before, then, once, next, last, at last, at length, first, second, etc., at first, formerly, rarely, usually, another, finally, soon, meanwhile, at the same time, for a minute, hour, day, etc., during the morning, day, week, etc., most important, later, ordinarily, to begin with, afterwards, generally, in order to, subsequently, previously, in the meantime, immediately, eventually, concurrently, simultaneously.
Space
At the left, at the right, in the center, on the side, along the edge, on top, below, beneath, under, around, above, over, straight ahead, at the top, at the bottom, surrounding, opposite, at the rear, at the front, in front of, beside, behind, next to, nearby, in the distance, beyond, in the forefront, in the foreground, within sight, out of sight, across, under, nearer, adjacent, in the background.
Concession
Although, at any rate, at least, still, thought, even though, granted that, while it may be true, in spite of, of course.
Similarity Of Comparison
Similarly, likewise, in like fashion, in like manner, analogous to.
Emphasis
Above all, indeed, truly, of course, certainly, surely, in fact, really, in truth, again, besides, also, furthermore, in addition.
Details
Specifically, especially, in particular, to explain, to list, to enumerate, in detail, namely, including.
Examples
For example, for instance, to illustrate, thus, in other words, as an illustration, in particular.
Consequence Or Result
So that, with the result that, thus, consequently, hence, accordingly, for this reason, therefore, so, because, since, due to, as a result, in other words, then.
Summary
Therefore, finally, consequently, thus, in short, in conclusion, in brief, as a result, accordingly.
Suggestion
For this purpose, to this end, with this in mind, with this purpose in mind, therefore.
Transition Words
Words that can be used to show location:
above
behind
by
near
throughout
across
below
down
off
to the right
against
beneath
in back of
onto
under
along
beside
in front of
on top of
among
between
inside
outside
around
beyond
into
over
Words that can be used to show time:
while
first
meanwhile
soon
then
after
second
today
later
next
at
third
tomorrow
afterward
as soon as
before
now
next week
about
when suddenly
during
until
yesterday
finally
Word that can be used to compare two things:
likewise
also
while
in the same way
like
as
similarly
Words that can be used to contrast two things:
but
still
although
on the other hand
however
yet
otherwise
even though
Words that can be used to emphasize a point:
again
truly
especially
for this reason
to repeat
in fact
to emphasize
Words that can be used to conclude or summarize:
finally
as a result
to sum up
in conclusion
lastly
therefore
all in all
because
Words that can be used to add information:
again
another
for instance
for example
also
and
moreover
additionally
as well
besides
along with
other
next
finally
in addition
Words that can be used to clarify:
that is
for instance
in other words
Here is a list of all the Be Verbs in English:
Am, is, are
Was, Were
Been
Being
Be
You should try to avoid these verbs. Note that I am not saying " do not use them." These are perfectly wonderful words and you need to use them, but try to limit their use to 30-35% of your sentences
Reasons to avoid Be verbs:
Clarity
Repetition
Lack of action
If you want readers to find your documents easy to read or interesting, try to avoid Be verbs. If you don't care about your readers, use Be verbs a lot

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