

# [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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