

# Process analysis the abcs of cpr



**ASSIGN  
BUSTER**

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 device 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 only 12 transitional word/phrases

AND - 5 times

Since - once

Prior to - once

Then - twice

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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

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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

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avoid Be verbs. If you don't care about your readers, use Be verbs a lot

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