

Cardiopulmonary resuscitation

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CPR is an important lifesaving method that was developed since the twentieth century and it have been improving since then. CPR stands for cardiopulmonary resuscitation and is used to revive heart attack victims.

The practice of mouth-to-mouth resuscitation dates back to the eighteenth century, while performing chest compressions goes back to the early twentieth century. The term " CPR" emerged in the early 1960s, and the idea became recognized by organizations such as the American Heart Association. Since then, CPR has been taught to millions of people, including grade-school children. Cardiopulmonary resuscitation (CPR) is a method that was developed in the early 1960s for restoring the circulation and respiration in a patient who has suffered cardiac arrest, often leading to heart attack. Lack of oxygen to the brain causes loss of consciousness, which then results in abnormal or absent breathing. Brain injury is likely if cardiac arrest goes untreated for more than five minutes. If there is no medical provider around to give quick medical care, the cardiac arrest may lead to brain injury. The only mean is to keep the blood circulating by providing quick CPR.

This May help victim stay alive until proper medical care to take over. The history of CPR dates back to the 17th century. It was later on promoted to the public to learn the basic rescue breathing and chest compression. James Otis Elam and Peter Safar is the two researchers who contributed significantly to the development and understanding cardiopulmonary resuscitation or CPR. Together Elam and Safar developed mouth-to-mouth breathing which is now known as mouth-to-mask ventilation, and head tilt and chin lift method which we still use today (Safar). Since their

development, other researchers have been working hard to contribute to it. New technique tools to help improve or supports life.

The main purpose of CPR is to bring oxygen to the victim's lung, brain and keep blood circulating so oxygen can get to very parts of the body until emergency care arrives. A person's heart and ability to breath regularly can stop during a medical emergency, such as when a person has a heart attack or when he has been under water too long. Performing Cardio Pulmonary Resuscitation (CPR) on the person can prevent his death. Back in the eighteenth century Amsterdam a city in Europe introduced resuscitation method to respond to the deadly heart disease which killed as many as 400 people per year. Within four years, 150 people were saved. Here are some examples of resuscitation techniques advocated by the Amsterdam Society: To instigate warmth in the victim. Placing the victim in the Trendelenburg position, head lower than the body.

Applying manual pressure to the belly to help force inhaled water out of the lungs. Providing respirations, mouth-to-mouth or mouth-to-nostril, using a handkerchief to cover the mouth if preferred; occasionally bellows were used. Stroking or tickling the victim's throat. Using nicotine to “ fumigate” the victim, rectally or orally (History). Some of the ideas were sound and are still used today and even more advances. Today some of our working places such as teaching, child care and so no require CPR.