

# Cpr child

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Child CPR Child CPR or cardiopulmonary resuscitation is a life saving procedure that is performed when a child's (1 to 8 years) breathing or heartbeat has stopped. Some of the factors that can cause a child's heartbeat and breathing to stop include, drowning, smoke inhalation, choking, electrical shock, head trauma and poisoning (Heller). The main aim of CPR is to prevent permanent brain damage or death (Heller). CPR involves two major aspects – chest compressions to ensure circulation of blood in the body and rescue breathing to provide oxygen to the lungs (Heller).

If a child is unconscious, first check for imminent danger to you, to the bystanders and to the child. Once it is established that there is no danger then check the child for responsiveness by gently shaking the child's hands and shouting " open your eyes, can you hear me"? If the child is still unresponsive, then ask a bystander to call 911 immediately and also get an AED (automated external defibrillator). However if you are alone with the child, then you should start rescue efforts immediately and perform CPR for at least 1 to 2 minutes before calling 911. Carefully place the child on his or her back. If spinal injury is suspected, then two people should move the child to prevent the head and neck from twisting. Follow the C-A-B action plan (Heller):

C stands for chest compressions: Place the heel of one hand on the breast bone of the child, just below the nipples ensuring that the heel is not at the very end of the breastbone. Keep the other hand on the child's forehead, keeping it tilted. Press down on the child's chest so that it pushes about 1/3 to 1/2 the depth of the chest and give 30 compressions, allowing the chest rise completely each time. The compressions should be fast and hard without any pause and count as the compressions are being given.

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A stands for airway: Look into the airways and if there is something, roll the child over to one side and then clear up the airway by putting the finger into the child's mouth and pulling out whatever that is obstructing the airway. Roll the child on his or her back while supporting the neck and lift up the chin with one hand and tilt the head by pushing down on the forehead with the other hand.

B stands for breathing: Check for breathing for 10 seconds by looking, listening and feeling the child for breathing movements. Bring your cheeks near the nose of the child to feel for breath. If there is no breathing, cover the child's mouth tightly with your mouth, pinch the nose closed and keep the chin lifted and head tilted. Then give two rescue breaths. Each breath should be given for a second and make the child's chest rise.

Continue giving CPR (30 chest compressions followed by 2 breaths) for about 2 minutes. If you are alone and the child still does not have normal breathing, coughing or any movement, then leave the child and call 911. If AED for children is available, use it now. Continue giving CPR till the child recovers or help arrives. If the child starts breathing again, help him or her in the recovery position and check for breathing periodically till help arrives.

In conclusion, Child CPR can save the life of a child if given immediately after the breathing or heartbeat has stopped. It helps to prevent permanent brain damage or death and comprises of 30 chest compressions followed by 2 rescue breaths given continuously till the child starts breathing again or till help arrives. CPR is therefore the most important intervention that can save a life.

#### Works Cited

Heller, Jacob L. CPR Child (1 - 8 years old). National Institutes of Health. 9  
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