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# EMPOWER

Empowering Persons with Disabilities  
Through Effective Disaster Management



## VODCAST 4

### Basic First Aid (II). CPR

#### Summary

In this vodcast, nurse and teacher Emanuela (from Italy) teaches us how to perform CPR effectively. Step by step!



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## EMPOWER PROJECT

Empowering people with disabilities through effective disaster management

The project partners are:

The Governorship of Istanbul (from Türkiye)

Institute for Vocational Education and Guidance (from Greece)

Institute for Promotion of Development and Training (from Spain)

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Vodcast: Basic First Aid: CPR

My name is Emanuela Cattaneo. I am a nurse working at the Maugeri Scientific Clinical Institutes in Pavia, in the cardiology department.

I teach vital parameters and I work as a tutor in the degree course in nursing at the University of Pavia.

Now we will see some practical demonstrations on how to practice cardiopulmonary resuscitation (CPR).

A cardiac arrest is the cessation of the mechanical cardiac activity of the heart with consequent arrest of blood flow.



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In this case, you must act promptly in order to avoid severe damage to the person's organs that could even lead to death.

Let's see together the maneuvers to perform cardiopulmonary resuscitation

First, you need to assess the person's state of consciousness.

Use the "call and shake" maneuver: get as close to the person as possible

Call them out loud and gently shake them by the shoulders. Shake very gently, especially in case of trauma.

See their chest lifts. If it does not, then they are not breathing.

In this case you must immediately begin cardio-pulmonary resuscitation maneuvers.

If the person is on a rigid surface on their back, lie at the side, start chest compressions.

Place one hand in the center of the chest and the other over the first one.

Intertwine your fingers. Start compressions. Start compressing 30 times.

The chest must be compressed at least 5 cm.

Do not leave your hands from the person's chest

The duration of compressions and duration of release must be the same

After the first 30 compressions, perform mouth-to-mouth resuscitation

First, you need to clean the airways. Place one hand on their forehead and raise the jaw of

two fingers of the other hand. Open their mouth and visually inspect the oral cavity

Extend the person's head to keep the airways clear

Close their nostrils. Inhale normally and place your lips tightly over those of the person

Blow the air slowly for 1 second until the chest begins to rise

Once the insufflation is finished, let them exhale



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repeat mouth-to-mouth resuscitation twice

Chest compressions must be alternated with ventilations with the ratio of 30 to 2

Each compression carries out to ventilations

Repeat these two maneuvers in sequence. Continue up to:

Either the recovery of consciousness of the person

Or until the arrival of further assistance or your exhaustion

For more information, you can visit the website [www.empowerpwd.eu](http://www.empowerpwd.eu)