Hands Only CPR and First Aid for a Student Experiencing Anaphylaxis

Developed by:
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Public Act 14-176

- Any school personnel volunteering to be trained to administer epinephrine auto-injectors are required to receive annual instruction in:
  - CPR; and
  - First Aid.

Recommendations

- Trainers must be CPR certified in order to provide CPR training to school staff.

First Aid

After a student has received epinephrine, the following first aid measures should be taken:

- Keep the student supine(lying face upwards) with the feet elevated.
- If the student wishes to sit or stand do so slowly as to not create a sudden decrease in blood pressure.
- Remain with the student until EMS arrives.
- If symptoms do not resolve or re-occur you may administer another epinephrine auto injector in 5-10 minutes.
- Remain with and monitor the student!

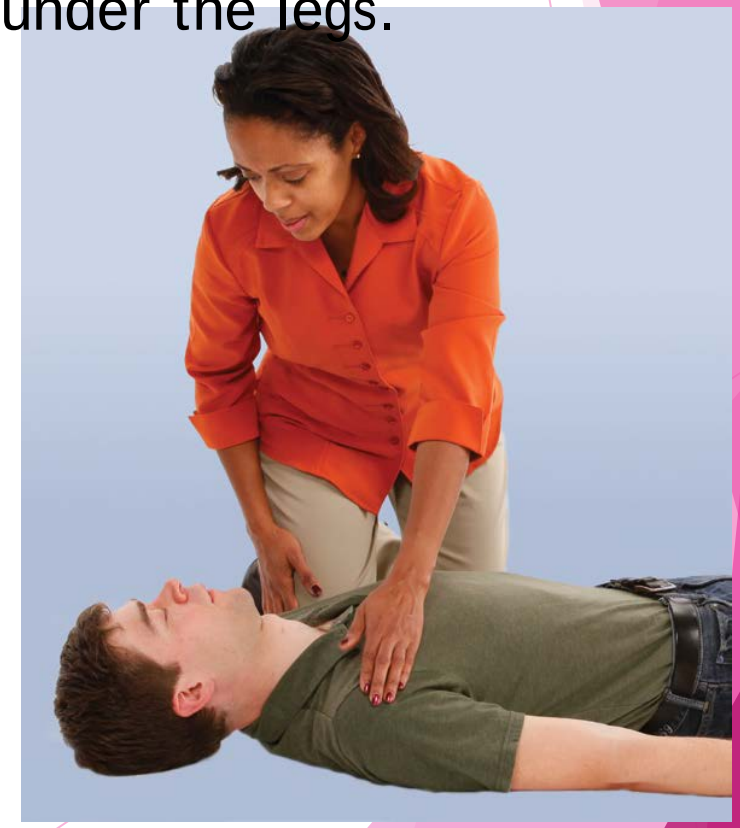
First aid, cont'd

On rare occasions a student who has experienced an anaphylactic episode may not respond to the epinephrine injections and may require advanced life saving measures.

In the event that a student loses consciousness, perform CPR!

Hands Only CPR

1. Be sure 911 has been called!
2. Keep the neck and head in proper alignment.
3. Gently guide the student to the floor and elevate the legs by placing a blanket or pillow under the legs.
4. Tap on the shoulder and *shout*, "Are you okay?" and quickly look for breathing.
5. If unresponsive and not breathing, BEGIN CHEST COMPRESSIONS!



When to do Chest Compressions

If unresponsive and not breathing:

BEGIN CHEST COMPRESSIONS!

- Tips:
  - Whenever possible use disposable gloves when giving care.
  - Occasional gasps are not breathing.

How to do Chest Compressions.

1. Place the heel of the other hand on top of the first hand, lacing your fingers together.

2. Place the heel of one hand on the center of the chest.

3. Keep your arms straight, position your shoulders directly over your hands.

4. Push hard, push fast:
   - Compress the chest at least 2 inches;
   - Compress at least 100 times per minute;
   - Let the chest rise completely before pushing down again.

When to Stop Chest Compressions

Do Not Stop Except in one of these situations:

- You see an obvious sign of life (breathing);
- Another trained responder arrives and takes over;
- EMS personnel arrive and take over;
- You are too exhausted to continue;
- An AED is ready to use; or
- The scene becomes unsafe.

Video Resources – American Heart Association

The following are video links for Hands Only CPR for educational purposes:

- http://www.youtube.com/watch?v=r8iU3Mtblho
- http://www.heart.org/HEARTORG/CPRAndECC/HandsOnlyCPR/DemosandVideos/Demos-and-Videos_UCM_440561_Article.jsp
- http://depts.washington.edu/learncpr/videodemo/two-step-cpr.html