Check, call, care

Agony breath- short, otherwise abnormal breathing.

Shock- Life threatening condition when someone is struggling to get adequate blood and oxygen supply. Irregular breathing, body temp will drop, greying in face, person's organs can shut down, skin may feel cold and clammy.

- Minimizing shock: Leave the person lying flat, maintain body temperature, don't give person anything to eat or drink.
- Why not give someone to drink? Someone could be internally bleeding, etc, they may need surgery. Because when you drink or eat before surgery they can't really do it.

Cardiac Emergency and CPR:

- Signals of a heart attack: Persistent chest pain (3-5 minutes), goes away then comes back, crushing sensation in chest, squeezing/tightness, mild discomfort/pain/pressure felt in center of chest, pain or pressure to shoulder/arm/neck/jaw/stomach/back, diaphoresis, light headedness, loss of consciousness, trouble breathing, nausea, pale skin, sweating.
- People may deny experiencing the signals, women are more likely to experience: shortness of breath, nausea or vomiting, stomach, back or jaw pain, fatigue or malaise, sudden, sharp, short-lived pain outside of the breastbone.

Cardiac chain of survival:
1. Early recognition/access to EMS (most important)
2. Early CPR
3. Early defibrillation
4. Early advanced medical care

CPR- cardiopulmonary resuscitation

- Position self next to person, breathing barrier ready, hand in center of chest near breastbone, lace hands together, 30 chest compressions (2 in. deep), stop, give a second set.
- 30 chest compressions then two rescue breaths, close nose shut, and give a close seal around the mouth.
- 5 cycles of CPR is about two minutes
- Don't check for pulse anymore

Why would you stop CPR?
- Too tired to continue, area is unsafe, medical person arrives, if they start breathing.