

# CPR Notes Cardiac Distress/ Heart Problem

---

## Cardiac Distress/Heart Attacks

### Causes

- Blocked artery
- Respiratory emergency
- Electrocutation
- Trauma

If a person stop breathing, the heart stops beating within a few minutes.

### Result

- Ischemia
  - o Lack of blood and oxygen in the heart and arteries
- Ventricular fibrillation – beating so fast it's not pumping blood out properly in the body.
- Asystole- no heart beat, no pulse can be found or felt.

### Symptoms

- Chest pain, difficulty breathing, lightheaded, ect.

### Angina

- Discomfort, pressure pain, tightness in the chest, neck, jaw, shoulder, back or arms, that last more than 3 minutes or goes away and comes back.

### Other signs/symptoms of cardiac insomnia

- Restlessness and irritability
- Heavy breathing
- Rapid heart rate
- Skin changes
  - o Cyanosis(blue) lips
- Changes is consciousness