

**Student
Guide
Preview**



PediatricPlus

***CPR, AED, and First Aid
for Children, Infants,
and Adults***

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MEDIC 
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MEDIC First Aid

PediatricPlus

*CPR, AED, and First Aid for
Children, Infants, and Adults*

Student Guide

Version 7.0

Purpose of this Guide

This MEDIC First Aid *PediatricPlus Version 7.0 Student Guide* is solely intended to facilitate certification in a MEDIC First Aid PediatricPlus CPR, AED, and First Aid training class. The information in this guide is furnished for that purpose and is subject to change without notice.

MEDIC First Aid certification may only be issued when a MEDIC First Aid-authorized instructor verifies a student has successfully completed the required core knowledge and skill objectives of the program.

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First Edition—2011



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ISBN 978-936515-32-5

5071 (11/11)

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The First Aid Provider



Unintentional injury is the leading cause of death in the United States for children from 1 to 9 years of age. On average, 33 children die each day in the U.S. from traumatic injuries, and more than nine million children are seen in emergency departments for injuries each year.

Once an injury or sudden illness has occurred, effective first aid could make the difference between a rapid or prolonged recovery, a temporary or permanent disability, and even life or death.

According to the American Academy of Pediatrics, pediatric first aid is the immediate care given to a suddenly ill or injured child until the responsibility for the medical condition, and effort to prevent it from becoming worse, can be taken over by a medical professional, parent, or legal guardian. It does not take the place of proper medical treatment.

The First Aid Provider

First aid for pediatric emergencies with a child-specific approach is more beneficial than a standardized adult-focused approach. When describing treatment guidelines for children:

- Someone younger than 1 year of age is referred to as an infant.
- Someone between 1 year and the onset of puberty is referred to as a child. The onset of puberty can be indicated by breast development in females and the presence of armpit hair in males.
- Anyone at or beyond puberty is considered an adult.

First aid does not require making complex decisions or having in-depth medical knowledge. It is easy to learn, remember, and perform.

A first aid provider is someone trained in the delivery of initial emergency procedures, using limited equipment to perform a primary assessment, and administering initial treatment until Emergency Medical Services, or EMS, personnel arrive.



The essential responsibilities of a first aid provider are:

- Recognizing a medical emergency,
- Making the decision to help,
- Identifying hazards and ensuring personal safety,
- Activating the EMS system, and
- Providing supportive, basic first aid care.

This program has been designed to give you specific information on how to manage an ill or injured child and the differences required in order to care for infants and adults. The goal of this training is to help you gain the knowledge, skills, and confidence necessary to manage a medical emergency until more advanced help is available.

Children and Emergencies

Organizations with staff members trained in pediatric first aid, including pediatric CPR, and a facility designed to ensure the safety of children reduce the potential for the death or injury of a child. Wherever children are commonly found, it is appropriate to have an adult trained to assess for and provide initial treatment for common pediatric injuries, illnesses, and life-threatening emergencies.

Age-Related Behaviors

Behavior at each stage of development also carries increased risk. An infant may turn over unexpectedly and fall if left unattended on a changing table, couch, or other high surface.

At three to six months of age infants begin putting things in their mouths. Their underdeveloped sense of taste and inability to recognize danger increases the risk of poisoning and choking.



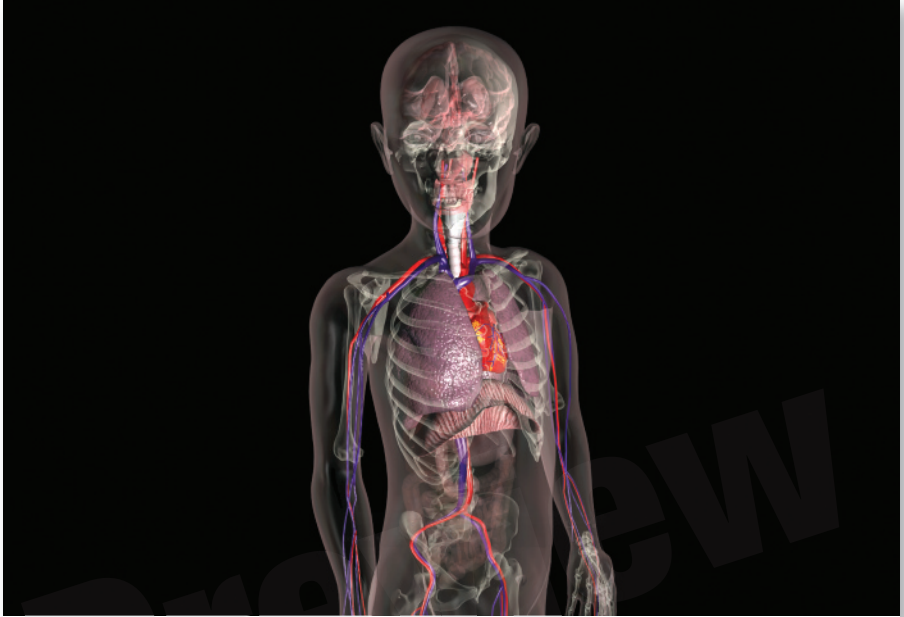
As infants learn to move, they can encounter new and unexpected hazards. Toddlers love to independently walk, run, and explore. They can get into problems quickly, without warning.

The risk of injury increases as children learn to use new things such as bicycles, scooters, skates, and skateboards. Curiosity can lead to the risk of burns from matches, lighters, wood stoves, and ovens.

Disruption to Routine

Certain circumstances or disruptions in a child's routine can increase risk of a medical emergency. These can include traveling; a move to a new home; a busy holiday; when the child is hungry or thirsty; when someone other than the normal caregiver is taking care of the child; when the child is left unattended; when another family member is ill, or the caregiver is tired or stressed.

Respiratory and Circulatory Systems



Because the human body cannot store oxygen, it must continually supply tissues and cells with oxygen through the combined actions of the respiratory and circulatory systems.

The respiratory system includes the lungs, and the “airway,” the passage from the mouth and nose to the lungs. Expansion of the chest during breathing causes suction, which pulls outside air containing oxygen through the airway and into the lungs. Relaxation of the chest increases the pressure within the chest and forces air to be exhaled from the lungs.

The circulatory system includes the heart and a body-wide network of blood vessels. Electrical impulses stimulate mechanical contractions of the heart to create pressure that pushes blood throughout the body. Blood vessels in the lungs absorb oxygen from inhaled air. The oxygen-rich blood goes to the heart, then out to the rest of the body.

Large vessels called arteries carry oxygenated blood away from the heart. Arteries branch down into very small vessels that allow oxygen to be absorbed directly into body cells so it can be used for energy production. Veins return oxygen-poor blood back to the heart and lungs where the cycle repeats.

Chest Compressions



If the heart stops, it is possible to restore at least some blood flow through the circulatory system by way of external chest compressions. The most effective chest compressions occur with the rhythmic application of downward pressure on the center of the chest.

External compressions increase pressure inside the chest and directly compress the heart, forcing blood to move from the heart to the brain and other organs.

Always compress fast and deep when performing compressions. Without losing contact, allow the chest to fully rebound at the top of each compression.

Blood pressure and flow is created and maintained with well-performed compressions. If compressions stop, blood pressure is quickly lost and has to be built up again. Minimize any interruptions when doing compressions.

When compressing properly, you may hear and feel changes in the chest wall. This is normal. Forceful external chest compression is critical if the person is to survive.

Chest Compressions

Skill Sheet 2



Child

- Place heel of one hand on lower half of breastbone.
- Push hard, straight down at least $\frac{1}{3}$ the diameter of the chest, or about 2 inches. Allow chest to fully rebound.
- Without interruption, push fast at a rate of at least 100 times per minute. Keep up the force.
- Compressions can be tiring. If desired, use two hands, as with adults.



Infant

- Place tips of two fingers on the breastbone just below the nipple line.
- Push hard, straight down at least $\frac{1}{3}$ the diameter of the chest, or about $1\frac{1}{2}$ inches.
- Without interruption, push fast at a rate of at least 100 times per minute.



Adult

- Place heel of one hand on center of chest. Place heel of second hand on top of first.
- Push hard, straight down at least 2 inches. Lift hands and allow chest to fully rebound.
- Without interruption, push fast at a rate of at least 100 times per minute.

Unresponsive and Breathing



Even if a child is breathing normally, a lack of responsiveness is still considered to be a life-threatening condition that requires immediate care.

There are a variety of things that can result in unresponsiveness. Regardless of the cause, the greatest treatment concern is the ability of the child to maintain a clear and open airway.

Positioning an uninjured, unresponsive child in the recovery position can help maintain and protect the airway. This position uses gravity to drain fluids from the mouth and keep the tongue from blocking the airway.

If an unresponsive child has been seriously injured, do not move him unless you are alone and need to leave to get help.

Frequently assess the breathing of anyone placed in a recovery position. The condition can quickly become worse and require additional care.

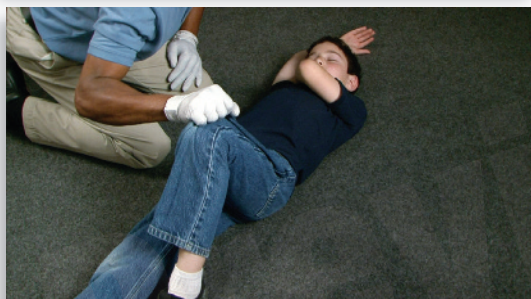
Unresponsive and Breathing — Recovery Position

Skill Sheet 6



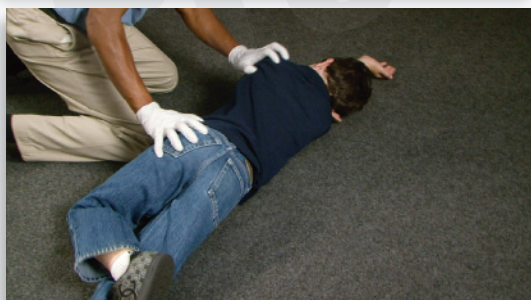
Assess Child

- If safe, tap or squeeze shoulder. Ask loudly, “Are you okay?”
No response!
- Have someone alert EMS and get an AED.
- Look quickly at face and chest for normal breathing.
Normal breathing present!



Prepare

- Extend arm nearest to you up alongside head.
- Bring far arm across chest and place back of hand against cheek.
- Grasp far leg just above knee and pull it up so foot is flat on ground.



Roll

- Grasp shoulder and hip and roll child toward you. Roll in a single motion, keeping head, shoulders, and torso from twisting.
- Roll far enough for face to be angled forward.
- Position elbow and knee to stabilize head and body.



Suspected Injury

- If child has been seriously injured, do not move unless fluids are collecting in airway, or you are alone and need to leave to get help.
- During roll, make sure head ends up resting on extended arm and head, neck, and torso are inline.

Warning Signs of Sudden Illness



Medical conditions and illnesses can suddenly trigger an unexpected medical emergency. In general, suspect a serious illness when, without warning, a child suddenly appears weak, ill, or in severe pain.

In many cases, the human body displays warning signs to alert us to serious illness. A sudden onset of fever, headache, and stiff neck or a blood-red or purple rash can indicate the possibility of severe infection.

Other common warning signs of serious illness include:

- Altered mental status
- Breathing difficulty or shortness of breath
- Pain, severe pressure, or discomfort in the chest
- Severe abdominal pain

Early recognition and reaction to these warning signs can minimize the underlying problem and improve the overall outcome.

Meningitis/Sepsis

Meningitis can occur as a result of an infection of the fluid surrounding the brain and spinal cord. The infected fluid causes inflammation of the protective membranes around the brain and spinal cord. Common signs include a sudden onset of fever, headache, vomiting, and stiff neck.

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