

**Student
Guide
Preview**



Child/Infant

*CPR and AED
Supplement*

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MEDIC 
 **First Aid**

MEDIC First Aid

Child/Infant

CPR and AED

Supplement

Student Guide

Version 7.0

Purpose of this Guide

This MEDIC First Aid *Child/Infant CPR and AED Supplement Version 7.0 Student Guide* is solely intended to facilitate certification in a MEDIC First Aid Child/Infant CPR and AED Supplement 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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Preview

Sudden Cardiac Arrest in Children

Cardiac arrest in children is often the result of the loss of an open airway or breathing, such as in drowning, choking, or a severe breathing problem. Without oxygen, the heart weakens and slows. A child can appear to be in cardiac arrest.

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.

Early CPR with effective rescue breaths may be the only treatment required to stimulate the heart and prevent an actual cardiac arrest from occurring. However, conditions can occur that result in ventricular fibrillation and for which defibrillation of a child or infant is warranted.

When treating a child or infant suspected of being in cardiac arrest, ensure an open airway and effective rescue breaths when doing CPR. When available, always attach an AED.

Chain of Survival for Children

Due to the nature of pediatric cardiac arrest, the Chain of Survival is slightly modified for children. It includes the following links:

- Effective prevention of the typical causes for airway and breathing emergencies
- Early CPR and defibrillation with an AED
- Prompt activation of EMS to quickly get professional care
- Rapid pediatric advanced life support procedures and medications used by paramedics, nurses, or doctors to help sustain the chance for recovery and survival
- Integrated post-cardiac arrest care to increase the likelihood of long-term survival.



Chest Compressions — Children and Infants

Skill Sheet 1



Child

- Place heel of one hand on lower half of breastbone, just above the point where the ribs meet.
- Push hard, straight down at least $\frac{1}{3}$ the diameter of the chest, or about 2 inches. Lift hand and allow chest to fully rebound.
- Without interruption, push fast at a rate of at least 100 times per minute. Keep up the force and speed of compressions.
- 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. Lift fingers and allow chest to fully rebound.
- Without interruption, push fast at a rate of at least 100 times per minute. Keep up the force and speed of compressions.

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