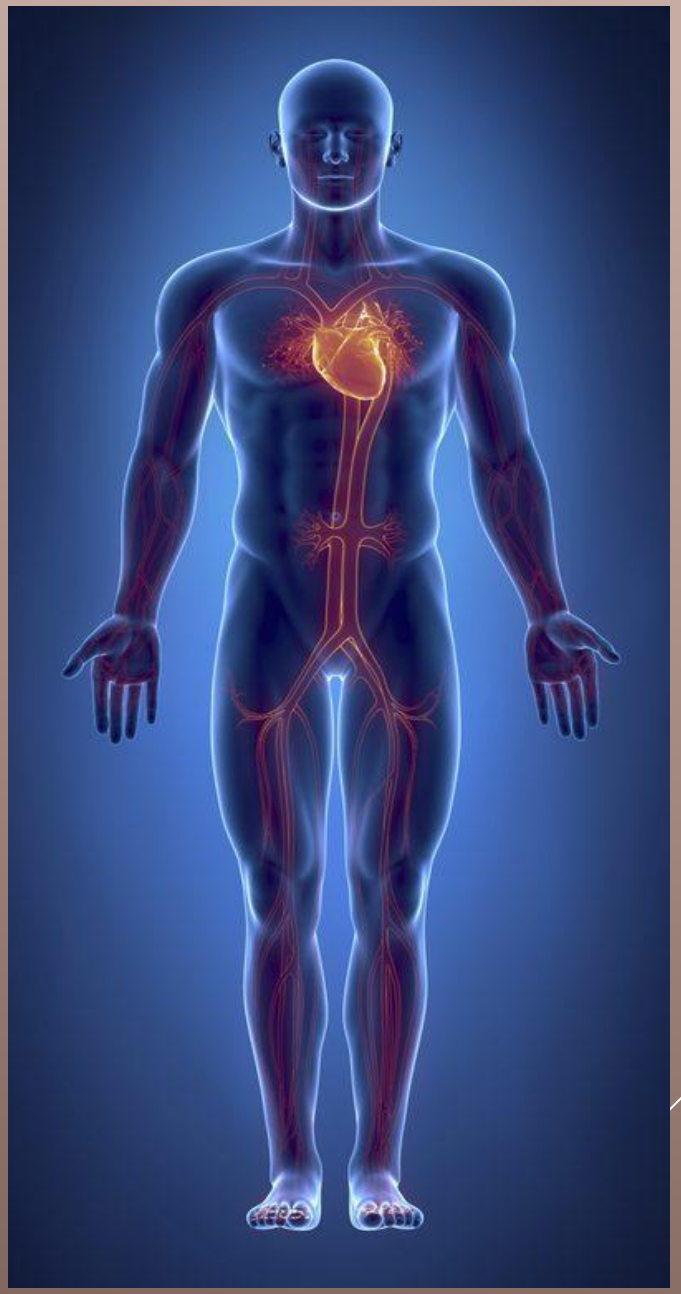
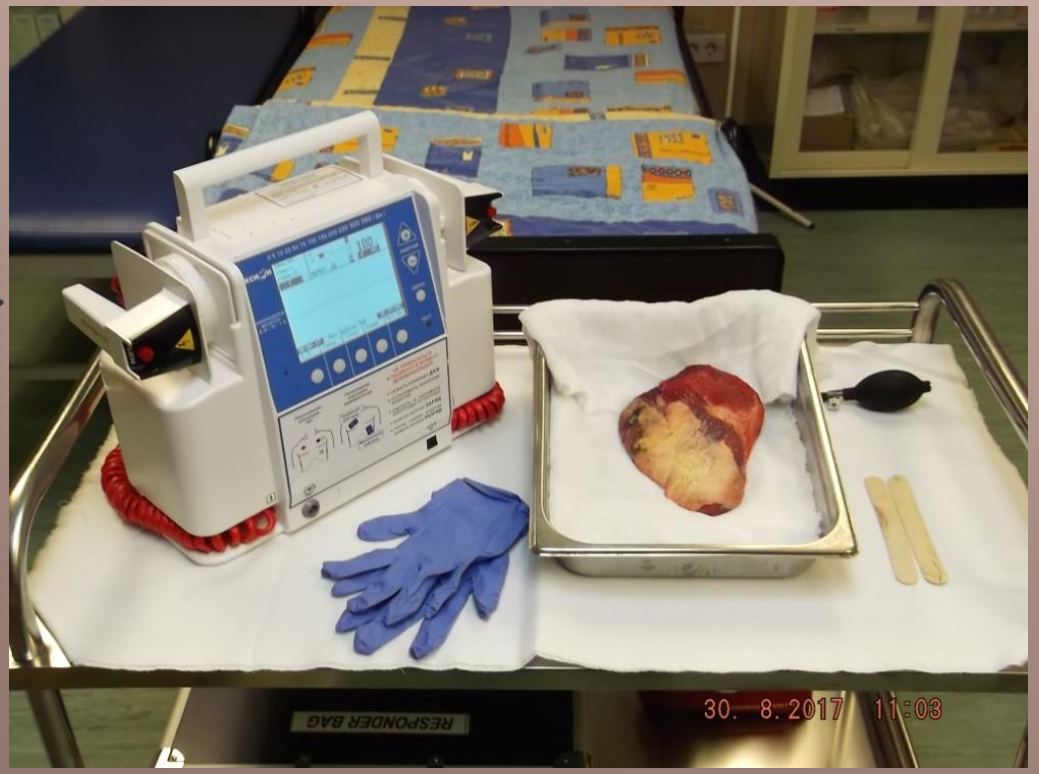
CARDIOVASCULAR SYSTEM DISEASES, BLS, CPR

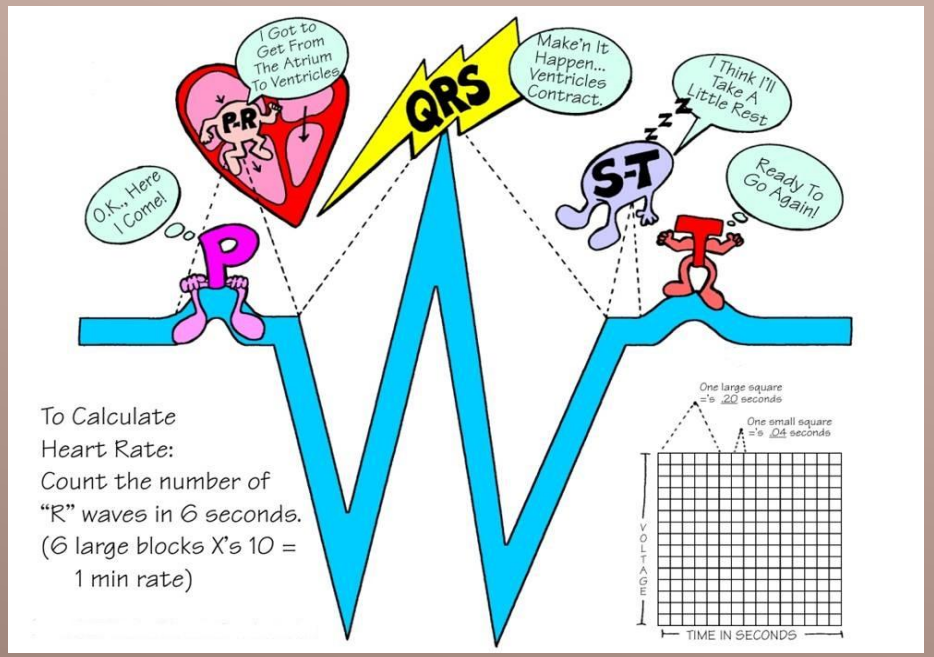
“MERCURY” FIRST AID TRAINING

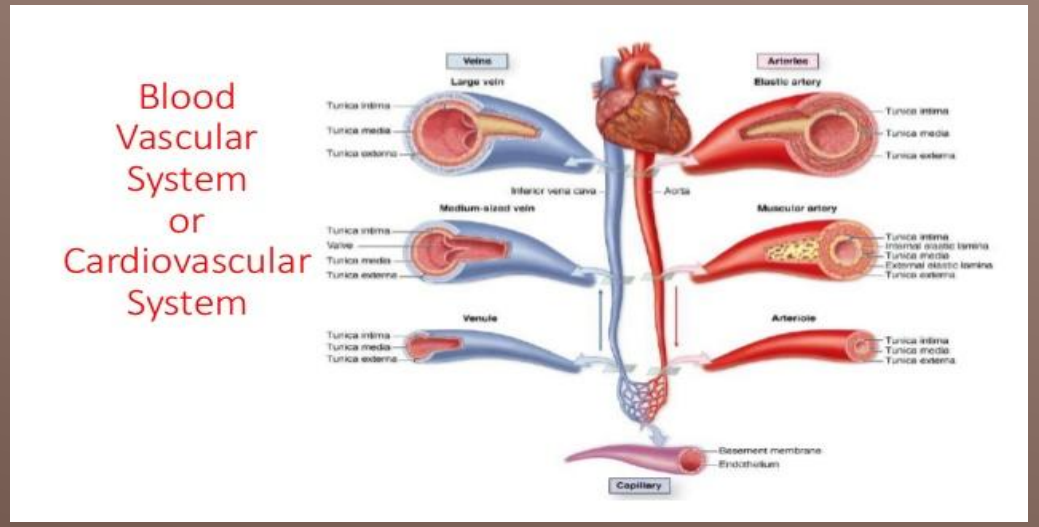
Dr Maxim Kurbanov



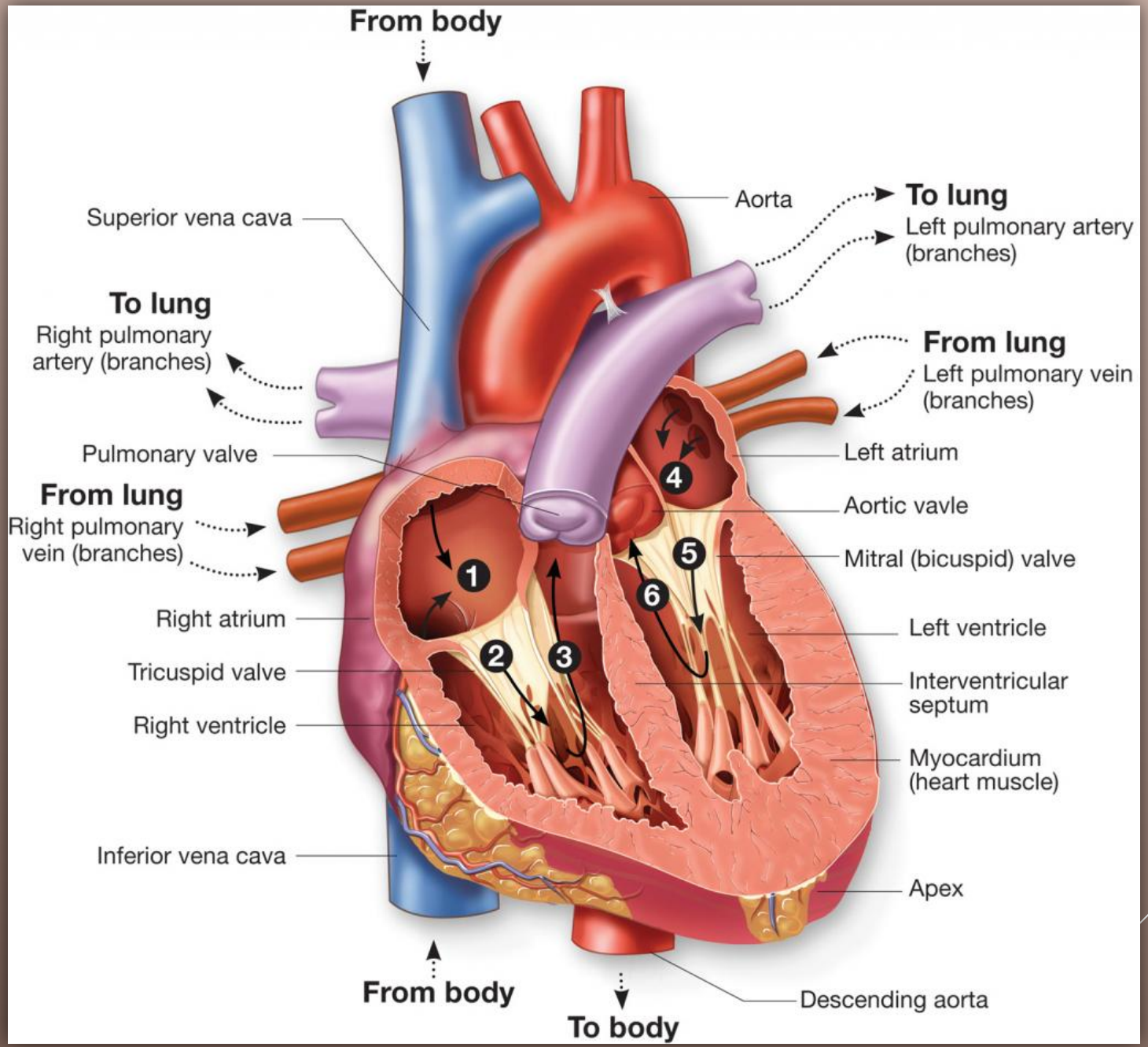
WELCOME TO OUR CLASS





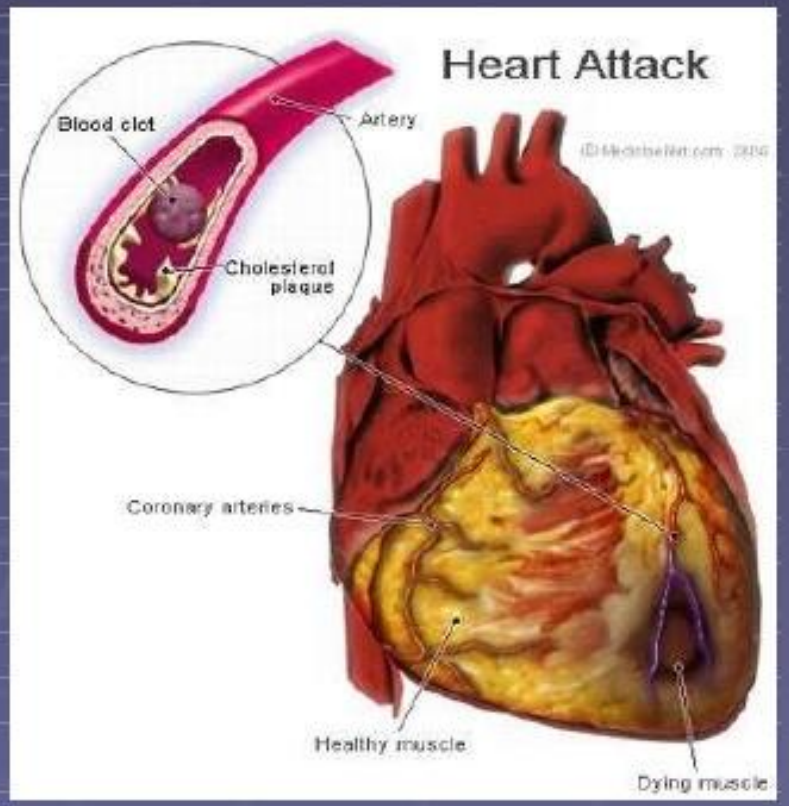


TUTORIALS FOR CVD TRAINING



HEART ANATOMY

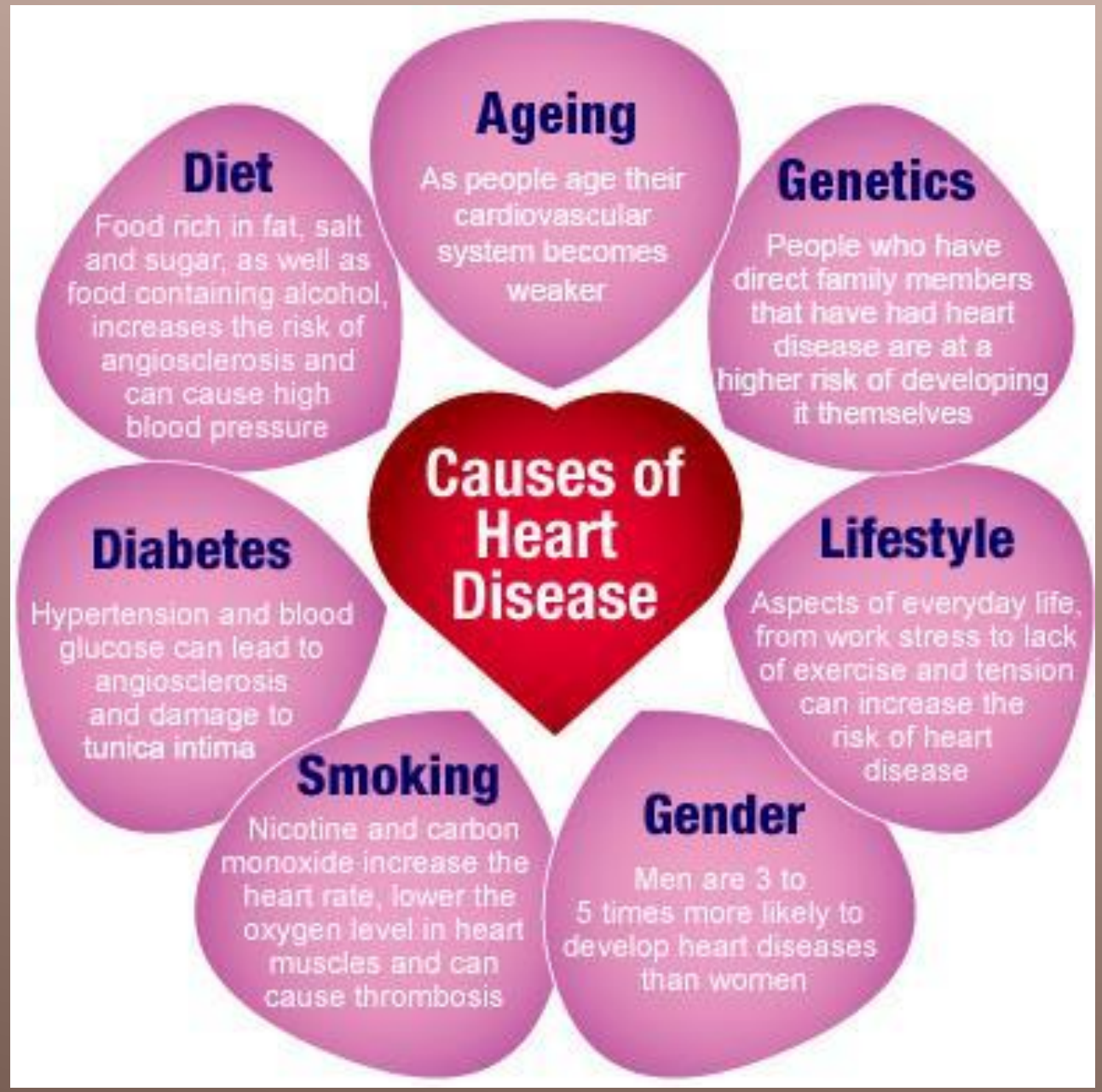
Cardiovascular System Diseases - Heart



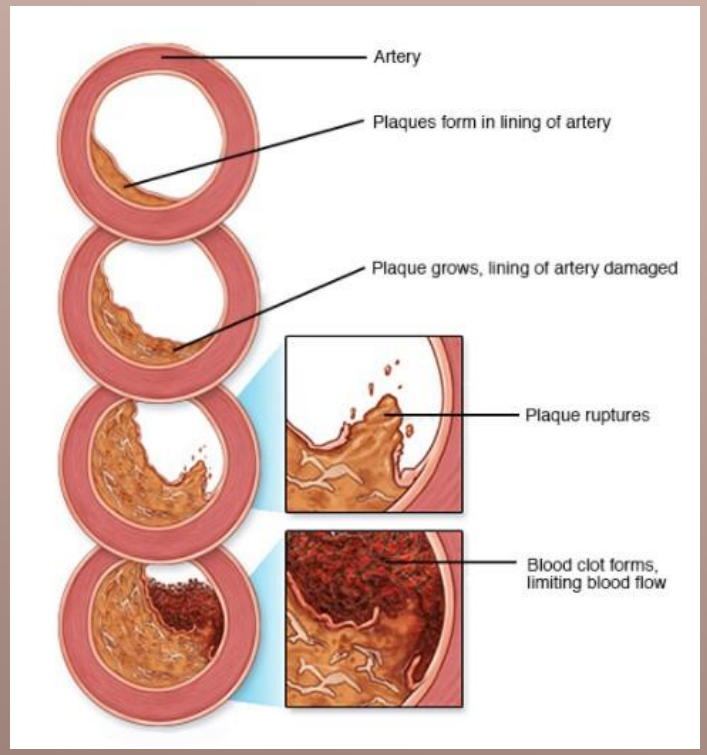
- Angina Pectoris
- Arrythmia
- Bundle Branch Block
- Cardiac Arrest
- CardioMyopathy
- Congenital Septal Defect
- Congestive Heart Failure
- Coronary Artery Disease
- Endocarditis
- Fibrillation
- Flutter
- Heart Valve Prolapse
- Heart Valve Stenosis
- Mycardial Infarction - Heart Attack
- MyoCarditis
- Pericarditis
- Tetralogy of Fallot

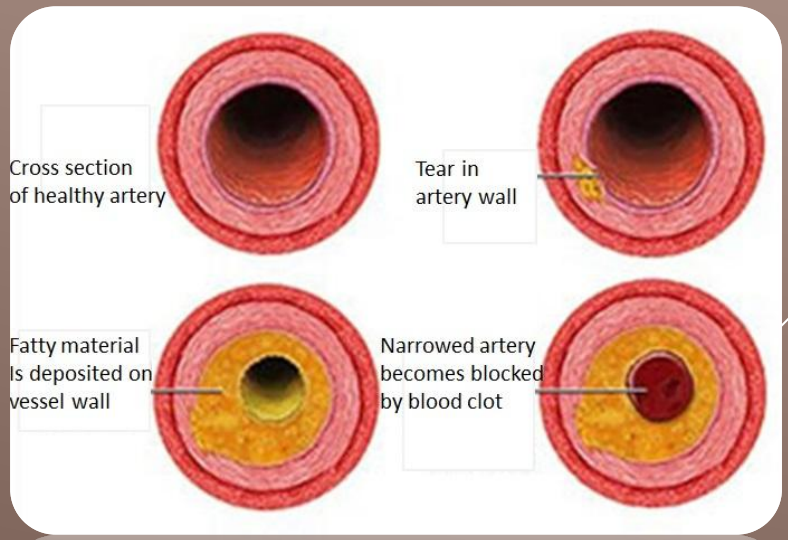
FIRST AID

CARDIOVASCULAR SYSTEM DISEASES



MAIN CAUSES OF CVS DISEASES

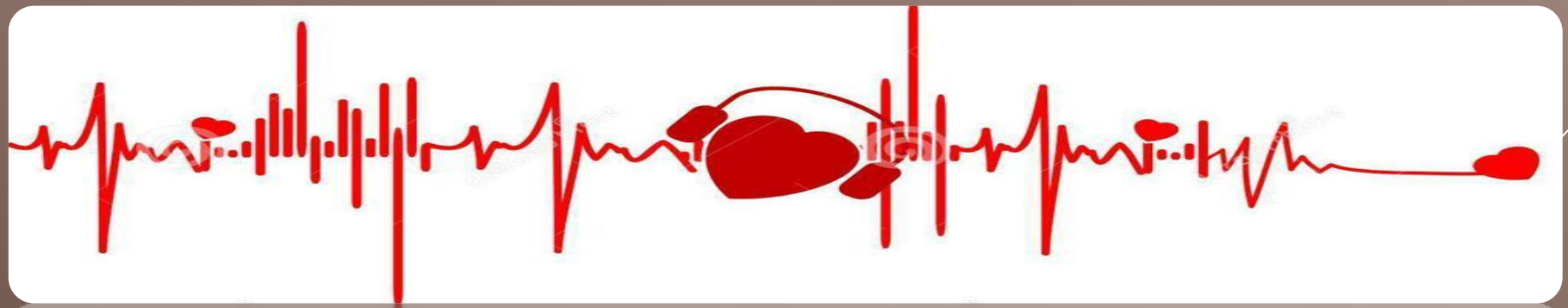




HEART MUSCLE NECROSIS AFTER PROLONGED ISCHEMIA

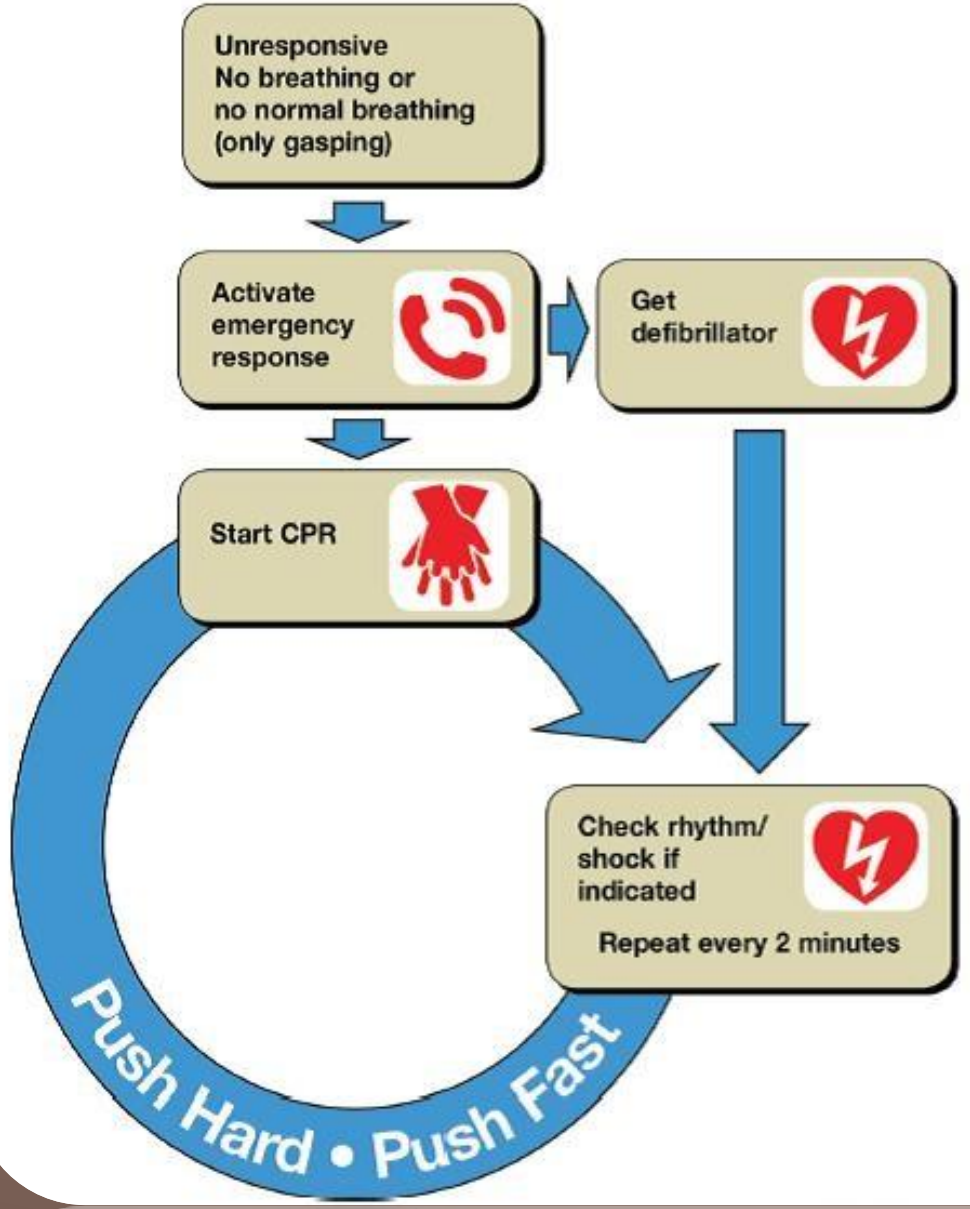
TIME FOR THEORY

LEARNING TIME

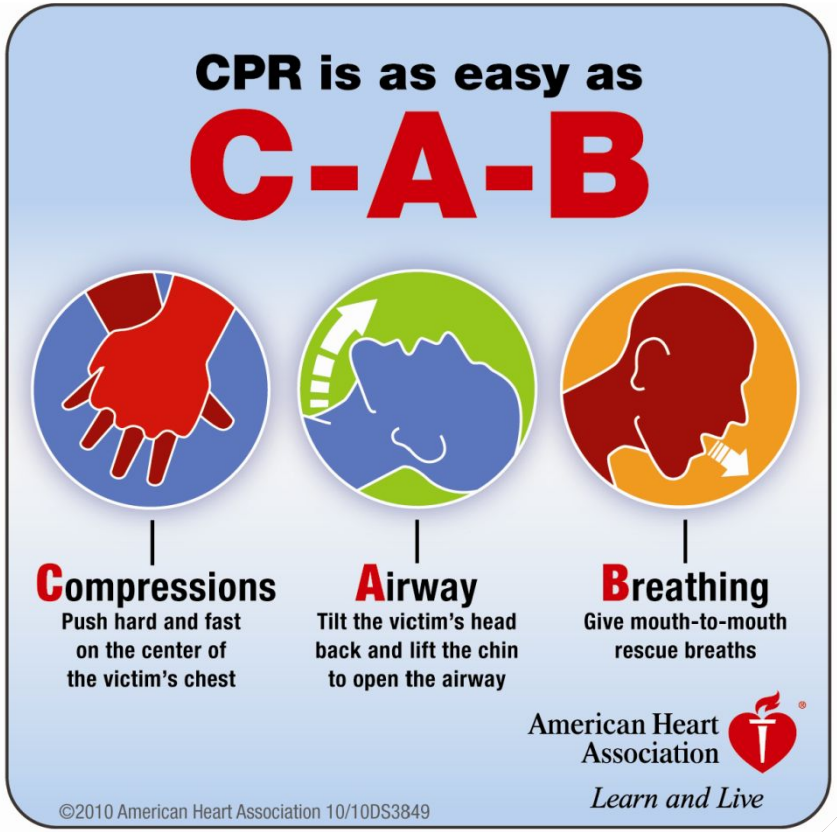


TIME FOR PRACTICE

LEARNING TOGETHER



American Heart Association®
Learn and Live



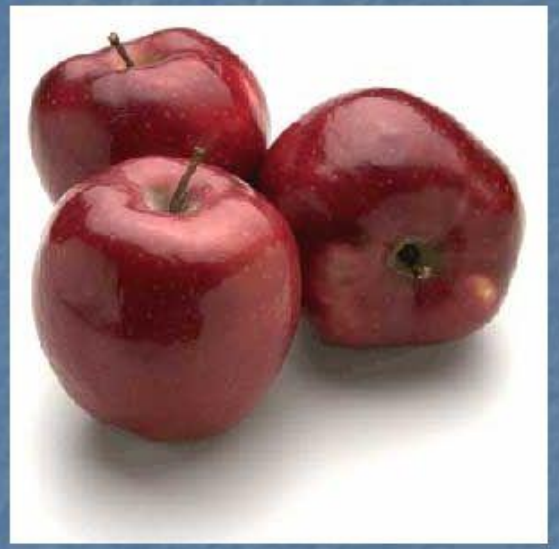
BLS AND CPR

REFRESHING OF BLS ALGORYTHM

WHY ECG IS IMPORTANT?

Circulatory System Health

- You can prevent cardiovascular disease by exercise, eating healthy and NOT SMOKING
- A diet low in saturated fat and cholesterol is important for heart health
- Excess fat and cholesterol builds up on artery walls
- Excess weight gain enlarges the circulatory system, which causes the heart to pump harder



READY TO SAVE LIVES

CPR (Adult) Unresponsive and Not Breathing

ViVO healthcare
Saving Lives...

Check Response
- Tap or squeeze shoulder. Ask loudly, "Are you Okay?" No response?

Call for Help!
- Have someone alert EMR and get an AED (Automated External Defibrillator).

Check Breathing
- Look quickly at face and chest for normal breathing. Occasional gasps are NOT considered normal

Give 30 Chest Compressions
- Place heel of one hand on centre of chest (lower half of breast bone)
- Place heel of second hand on top of first
- Using upper body weight, push hard, at least 2 inches in depth
- Push fast, at the rate of at least 100 times per minute. Allow chest to fully recoil

Open Airway
- Tilt-head-lift-chin to open the airway

Give 2 Breaths
- Pinch victim's nose
- Give 1 breath per 1 second
- Give 2 such breaths
- Make chest visibly rise with each breath
- Remember to take a fresh breath in between breaths

Child (1 year to puberty) - CPR
- All steps are the same as for Adult however use one hand for chest compressions as the pressure required for a child is less.
- Use two hands if required
- When two people are available, follow cycles of 15 compressions & 2 rescue breaths. 10 such cycles are to be given in 2 minutes

Repeat Cycles:(Step 4, 5, 6)

REMEMBER!

THANK YOU!