Hi guys, so today I’ve gotten all dressed up in my nursing uniform and brought you into our simulation labs to teach you about CPR

If your heart has stopped beating oxygen around your body, this means that you are going to also go into respiratory arrest and stop breathing.

If you stop breathing then your heart muscle is no longer going to be able to pump blood around your body.

Either way, the reason why CPR is so important is that your brain, down here, needs oxygen.

If either one of these things happen, or both, your brain isn’t getting oxygen anymore so what we need to do is we need to do chest compressions to simulate the heart, and we need to breath into their mouths, or the breath, to simulate the respiratory system.

So, you’re walking along the street and Larry here has just collapsed from a heart attack. It’s now your job to make sure oxygen gets to his brain.

I’m sure you’ve all heard of this but DRS ABCD is the algorithm, no, the anagram, no, what is it? Were just going to call it a tool, so DRS ABCD is a tool that we use to remember the steps of CPR.

So Doctor, D, Danger, okay.

So if Larry was in the middle of the road and there was a tram and a truck coming past you’re not going to run out and start CPR on Larry in the middle of the road.

R is for response, so what we want to do with Larry here, is we want to say his name loudly or say “hello, can you hear me?” and pinch his shoulders for a pain response.

S is for send for help, okay, so you’re not qualified, you need to call an ambulance. Call an ambulance.

A is for airway, we need to check that Larry’s airway is clear and that he’s not chocking on something like his tounge or vomit or something like that. B is for breathing, so we need to check, so we need to feel, look for rise and fall of the chest and listen for breathing.

C is for compressions, so what we want to do is we want one hand, firmly, centre of the chest between the nipple line, one hand on top, and up and down we go.

You want to be compressing about 1/3 of his chest.

Usual rate is 30 compressions, 2 breaths, however if you’re just walking down the street and a complete stranger has just fallen over you’re probably not going to want to do the breaths.

Either way, the compressions are really really important.

D is for defibrillation, so defib, you need to get one from a train station or shopping centre, somewhere public normally has them, you’re going to whack on the pads, they have great instructions, here and here, and then that’s going to send an electrical shock through Larry’s heart and hopefully, restart it with a normal sinus rhythm.

Congratulations, you’ve now saved dear Larry’s life.