

BÖLÜM 3

CPR/ACLS: AHA-ERC KILAVUZ GÜNCELLEMELERİ

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GİRİŞ

İnsanlık var olduğundan itibaren ölüme çare aramaktadır. Eski çağlarda insanları hayata döndürmek amacıyla ayaklardan asıp sallandırma, soğutma, ata bindirerek koşturma veya ağızdan sıcak hava üfleme gibi birçok yöntem kullanılmıştır. Resüsitasyonun gelişimi ise yaklaşık 200 yıllık bir geçmişe dayanmaktadır. 1740 yılında Paris Bilim Akademisi tarafından boğulan insanlara yönelik ağızdan ağıza solunumun önerilmesi ile modern anlamda ilk resüsitasyon girişimi kabul görmüştür. 1891 yılında Dr. Friedrich Maass, insanlarda uygulanan göğüs kompresyonunu ilk kez kayıt altına almıştır. Amerikan Kalp Derneği (American Heart Association) 1963 yılında kardiyopulmoner resüsitasyon (CPR) uygulanmasını ilk kez resmi olarak kabul etmiş olup 1966 yılında ise profesyonel olmayan kurtarıcılar için standardize edilen kılavuzların kullanımı yaygınlaştırılmaya başlanmıştır (1).

İleri Kardiyak Yaşam Desteği (ACLS) kılavuzları, uzman topluluklar tarafından bilimsel kanıtlara dayanarak sürekli olarak gelişim halindedir. Bu bölümde American Heart Association (AHA) ve European Resuscitation Council (ERC) güncel kılavuzlarına dayanarak temel ve ileri yaşam desteğine yaklaşımdan bahsedilecektir.

EPİDEMİYOLOJİ

Kardiyak arrest, gelişen kılavuzlara rağmen hala Amerika Birleşik Devletleri (ABD) ve Avrupa'da önde gelen ölüm ve hastalık sebebi olmaya devam etmektedir. AHA'nın "Kalp Hastalığı ve İnme İstatistikleri 2020 Güncellemesi" ne göre her

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