

BÖLÜM

3

TEMEL YAŞAM DESTEĞİ

Doç. Dr. Yeşim YAMAN AKTAŞ¹

Öğrenme Hedefleri

- Yetişkin, çocuk ve bebeklerde yabancı cisme bağlı solunum yolu tıkanıklığı durumunda uygulanması gereken ilkyardım girişimlerini sırasıyla sayabilmek,
- Yetişkin temel yaşam desteği uygulama basamaklarını sıralayabilmek,
- Çocuklarda (1-8 yaş) temel yaşam desteği uygulama basamaklarını sıralayabilmek,
- Bebeklerde (0-12 ay) temel yaşam desteği uygulama basamaklarını sıralayabilmek.

¹ Giresun Üniversitesi Sağlık Bilimleri Fakültesi, Hemşirelik Bölümü / Cerrahi Hastalıklar Hemşireliği AD
yesimyaman28@hotmail.com

leri gelinceye veya çocuk/bebek hareket edinceye kadar uygulamaya devam edilir. Şoklanamaz ritm durumunda ise, 2 dakika süre ile (OED ritm analizine izin verinceye kadar) KPR'ye devam edilir. İleri yaşam desteği sağlayacak sağlık profesyonelleri gelinceye veya çocuk/bebek hareket edinceye kadar uygulamaya devam edilir.

KAYNAKLAR

1. Fingerhut, L.A., Cox, C.S., Warner, M. (1998). International comparative analysis of injury mortality. Findings from the ICE on injury statistics. International Collaborative Effort on Injury Statistics. *Adv Data*, 303, 1-20.
2. Monsieurs, K.G., Nolan, J.P., Bossaert, L.L., et al. (2015). European Resuscitation Council Guidelines for Resuscitation 2015 Section 1. Executive summary. *Resuscitation*, 95, 1-80.
3. Proceedings of the 2005 international consensus on cardiopulmonary resuscitation and emergency cardiovascular care science with treatment recommendations. (2005). *Resuscitation*, 67, 157-341.
4. Aydanur, A. (2018). Kardiyopulmoner Resüsitasyon (KPR). Ayla Gürsoy, Dilek Çilingir (Eds.), *Temel İlk Yardım Bilgi ve Uygulamaları* içinde (s. 46-57). Adana: Çukurova Nobel Tıp Kitabevi.
5. Sözen, C. (2012). *İlk Yardım*. İstanbul: Nobel Akademik Yayıncılık Eğitim Danışmanlık.
6. Tabak, R.S., Somyürek İ. (2008). *Hemşireler İçin Temel İlk Yardım ve Acil Bakım*. Ankara: Palme Yayıncılık.
7. Alparslan, Ö. (2016). Temel Yaşam Desteği. Ferdağ Yıldırım, Saide Faydalı (Eds.), *İlk Yardım* içinde (s. 85-104). Ankara: Eğiten Kitap.
8. Erdil, F., Bayraktar, N. & Çelik, S.Ş. (2010). *Temel İlk Yardım* (2. Baskı). Ankara: Efil Yayınevi.
9. Özdemir, A.A. & Akça, K. (2019). Temel Yaşam Desteği ve Şok. Reva Balcı Akpınar, Sibel Küçükkoğlu (Eds.), *Çocuk Sağlığı ve İlk Yardım* içinde (s. 247-251). Ankara: Akademisyen Tıp Kitabevi.
10. Uysal, H. (2010). Kardiyak arrest ve hemşirelik bakımı. *Kardiyovasküler Hemşirelik Dergisi*, 1(1), 19-27.
11. Marengo, J.P., Wang, P.J., Link, M.S., et al. (2001). Improving survival from sudden cardiac arrest. The role of the Automated External Defibrillator. *JAMA*, 285(9), 1193-1200.
12. Panchal, A.R., Bartos, J.A., Cabañas, J.G., et al. (2020). Part 3: Adult basic and advanced life support: 2020 American Heart Association Guidelines for cardiopulmonary resuscitation and emergency cardiovascular care. *Circulation*, 142, S366-S468.
13. Field, J.M., Hazinski, M.F., Sayre, M.R., et al. (2010). Part 1: executive summary: 2010 American Heart Association guidelines for cardiopulmonary resuscitation and emergency cardiovascular care. *Circulation*, 122, S640-S656.
14. Perkins, G.D., Walker, G., Christensen, K., et al. (2006). Teaching recognition of agonal breathing improves accuracy of diagnosing cardiac arrest. *Resuscitation*, 70, 432-437.
15. Riou, M., Ball, S., Williams, T.A., et al. (2018). 'She's sort of breathing': What linguistic factors determine call-taker recognition of agonal breathing in emergency calls for cardiac arrest? *Resuscitation*, 122, 92-98.
16. Fukushima, H., Imanishi, M., Iwami, T., et al. (2015). Abnormal breathing of sudden cardiac arrest victims described by laypersons and its association with emergency medical service dispatcher-assisted cardiopulmonary resuscitation instruction. *Emerg Med J*, 32, 314-317.
17. Eberle, B., Dick, W.F., Schneider, T., et al. (1996). Checking the carotid pulse check: diagnostic accuracy of first responders in patients with and without a pulse. *Resuscitation*, 33, 107-116.
18. Moule, P. (2000). Checking the carotid pulse: diagnostic accuracy in students of the healthcare professions. *Resuscitation*, 44, 195-201.
19. Ochoa, F.J., Ramalle-Gómara, E., Carpintero, J.M., et al. (1998). Competence of health professionals to check the carotid pulse. *Resuscitation*, 37, 173-175.

20. Brown, J., Rogers, J., Soar, J. (2001). Cardiac arrest during surgery and ventilation in the prone position: a case report and systematic review. *Resuscitation*, 50, 233–238.
21. Mazer, S.P., Weisfeldt, M., Bai, D., et al. (2003). Reverse CPR: a pilot study of CPR in the prone position. *Resuscitation*, 57, 279–285.
22. Nikandish, R., Shahbazi, S., Golabi, S., et al. (2008). Role of dominant versus non-dominant hand position during uninterrupted chest compression CPR by novice rescuers: a randomized double-blind crossover study. *Resuscitation*, 76, 256–260.
23. Kundra, P., Dey, S., Ravishankar, M. (2000). Role of dominant hand position during external cardiac compression. *Br J Anaesth*, 84, 491–493.
24. Yannopoulos, D., McKnite, S., Aufderheide, T.P., et al. (2005). Effects of incomplete chest wall decompression during cardiopulmonary resuscitation on coronary and cerebral perfusion pressures in a porcine model of cardiac arrest. *Resuscitation*, 64, 363–372.
25. Zuercher, M., Hilwig, R.W., Ranger-Moore, J., et al. (2010). Leaning during chest compressions impairs cardiac output and left ventricular myocardial blood flow in piglet cardiac arrest. *Crit Care Med*, 38, 1141–1146.
26. Kim, H.J., Kim, S.H., Min, J.Y., et al. (2017). Determination of the appropriate oropharyngeal airway size in adults: Assessment using ventilation and an endoscopic view. *Am J Emerg Med*, 35, 1430–1434.
27. Kim, H.J., Kim, S.H., Min, N.H., et al. (2016). Determination of the appropriate sizes of oropharyngeal airways in adults: correlation with external facial measurements: A randomised crossover study. *Eur J Anaesthesiol*, 33, 936–942.
28. Hastings, R.H., & Wood, P.R. (1994). Head extension and laryngeal view during laryngoscopy with cervical spine stabilization maneuvers. *Anesthesiologist*, 80, 825–831.
29. Gerling, M.C., Davis, D.P., Hamilton, R.S., et al. (2000). Effects of cervical spine immobilization technique and laryngoscope blade selection on an unstable cervical spine in a cadaver model of intubation. *Ann Emerg Med*, 36, 293–300.
30. Aufderheide, T.P., Sigurdsson, G., Pirralo, R.G., et al. (2004). Hyperventilation-induced hypotension during cardiopulmonary resuscitation. *Circulation*, 109, 1960–1965.
31. Kramer-Johansen, J., Edelson, D.P., Abella, B.S., et al. (2007). Pauses in chest compression and inappropriate shocks: a comparison of manual and semi-automatic defibrillation attempts. *Resuscitation*, 73, 212–220.
32. Cheskes, S., Hillier, M., Byers, A., et al. (2015). The association between manual mode defibrillation, pre-shock pause duration and appropriate shock delivery when employed by basic life support paramedics during out-of-hospital cardiac arrest. *Resuscitation*, 90, 61–66.
33. Schneiderman, L.J. (2011). Defining medical futility and improving medical care. *J Bioeth Inq*, 8, 123–131.
34. Topjian, A.A., Raymond, T.T., Atkins, D., et al. (2020). Part 4: Pediatric Basic and Advanced Life Support 2020 American Heart Association Guidelines for cardiopulmonary resuscitation and emergency cardiovascular care. *Circulation*, 142(suppl 2), S469–S523.
35. Niles, D.E., Duval-Arnould, J., Skellett, S., et al. (2018). Pediatric Resuscitation Quality (pedi-RES-Q) Collaborative Investigators. Characterization of pediatric in-hospital cardiopulmonary resuscitation quality metrics across an international resuscitation collaborative. *Pediatr Crit Care Med*, 19, 421–432.
36. Sutton, R.M., Niles, D., Nysaether, J., et al. (2009). Quantitative analysis of CPR quality during in-hospital resuscitation of older children and adolescents. *Pediatrics*, 124, 494–499.
37. Niles, D., Nysaether, J., Sutton, R., et al. (2009). Leaning is common during in-hospital pediatric CPR, and decreased with automated corrective feedback. *Resuscitation*, 80, 553–557.
38. Sutton, R.M., Reeder, R.W., Landis, W.P., et al. (2019). Eunice Kennedy Shriver National Institute of Child Health and Human Development Collaborative Pediatric Critical Care Research Network (CPCCRN). Ventilation rates and pediatric in-hospital cardiac arrest survival outcomes. *Crit Care Med*, 47, 1627–1636.
39. Arslan, S., & Erden, S. (2017) İlk Yardıma Giriş. Mehmet Yanardağ, İlker Yılmaz (Eds.), Sağlık ve ilk yardım içinde (s. 82-108). Ankara: Pegem Akademi Yayıncılık.