

CPR for Veterinary Technicians

micro drip study guide

April 19, 2022

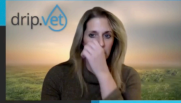
Instructor: Amy Newfield, MS, CVT, VTS (ECC)

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Good Technique



- Lock Hands
- Compress 1/3 - 1/2 width of chest
- Give 100-120bpm
 - SING STAYIN' ALIVE (Bee-Gees)
- Some indication that 150 bpm may be better?
 - Higher does not allow for full recoil of the chest



So you want to lock your hands like I showed you. Now recover will say you want to compress one third to one half the width of the chest. The reality is you're not going to measure this when it's actually happening. How do you even know who measures it? But I'm just going to tell you they tell you one third to one half. A lot of people say push hard. OK, that's my recommendation as well.

I want you to think singing Stayin' Alive, OK? It's about 100 to 120 beats a minute. If you can remember what Stayin' Alive is for a beat, it's by the Bee Gees, also Baby Shark, (SINGING) Baby shark, boop-boop-a-do-do. OK, I won't sing, but you guys know what I'm talking about.

There is one study out there that suggests that if you go as high as 150 beats a minute that might be better, but anything higher than that you don't allow for recoil, you'll just do what I call squishy chest which is, you're going so fast that-- like this that you don't allow for the chest to come up. So in case you guys all remember and need a refresher of what Stayin' Alive is.

[MUSIC - BEE GEES, "STAYIN' ALIVE"]

It's this beat. It's not too fast. It's actually kind of slow. Yes! Roger, it's not fast. And so a lot of times I see people that's way too fast.

BEE GEES: (SINGING) Well, you can tell by the way I do
--

- It's not too slow.

BEE GEES: --my walk, I'm a woman's man, no time to talk.

It's a nice beat. All right. [LAUGHING] Excellent. Thank you Drew. [LAUGHS] So yes, it is that nice solid beat. And again, when you get it, it's just this that's all it is. That's all the beat is. I'm glad that just made your day. I'm glad you guys are loving it.

But what I see people doing is-- and I'll show you a video of this-- people freaking out, and they're going way too fast. So just remember, probably you're going way too fast. Slow it down a little bit