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The Beat

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How do I perform CPR?

What is CPR? CPR stands for cardiopulmonary resuscitation. It is a very easy process that everyone should be familiar with, not just healthcare providers. The AHA reports "Eighty percent of sudden cardiac arrests happen in private or residential settings". Unfortunately, around 90 percent of those individuals die because they do not receive CPR quickly enough. In an effort to try and improve these numbers, the CPR instructions for the public changed several years ago to make it easier.

How do I give CPR? Now, there are two main steps if you see someone collapse or lose consciousness. First and foremost, call 911. If you are in a building or setting that has an



AED (automatic external defibrillator), tell someone to go get it. The second step is to push hard and push fast. That is it until help arrives. What the research has shown is that many people will not give CPR to a stranger because they do not want to breathe for them. The updated guidelines for the public says that hands only CPR will double or triple that person's chance of survival. In order to perform this, try and

try and make sure they are on a hard surface. Kneeling or standing next to them, place your hands one over the other on top of their chest. Start compressions at a rate of 100 times a minute which is rather fast. Try and push the chest down at least 2 inches. Allow the chest to

recoil or rise back to normal before the next compression is given. You may hear cracking or feel like you are injuring the chest but that is okay. This is their best chance of survival at this point. If an AED is present, follow the instructions placing one pad on the right upper chest and one on the left lower chest. Press the power button. It will analyze the rhythm and may advise a shock. If it does, press the shock button. (4,5).

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Tip of the Month

Taking an Accurate Blood Pressure Reading:

1. Put the blood pressure cuff directly on your skin, not over clothes.
2. Empty the bladder before taking the measurement.
3. Do not talk while taking the measurement.
4. Sit straight with the back supported.
5. Do not cross your legs or have them dangling.
6. Have the arm supported on a table or hard surface so it is not hanging.
7. Sit for 5 minutes quietly before taking the reading. (2,3).



Honey Mustard Dressing



Recipe from the book
Breaking the Salt Habit by
Erik Williams. (1).

Ingredients:

1. 1/4 cup Light Mayonnaise
2. 1 Tbsp. Mustard
3. 1 1/2 Tbsp. Honey
4. 1 tsp. Lemon Juice

Directions:

1. Mix all ingredients in a small bowl.
2. Refrigerate to store.
3. Enjoy!

Health Information

Serving size: 1 Tbsp.
Servings 8
Calories 27
Total fat 2g
Saturated fat <1g
Cholesterol 0mg
Sodium 45mg
Total fiber <1g
Protein <1g
Carbohydrates 4g
Potassium 6mg
Sugar 3g

Quote of the Month: “Never do tomorrow what you can do today. Procrastination is the thief of time.” Charles Dickens

Did you Know?

Did you know that a reversal agent for the blood thinners Xarelto and Eliquis has been approved by the FDA? This approval came on May 3, 2018 for the drug ANDEXXA. This drug is only indicated when there is life threatening or uncontrollable bleeding in individuals that are taking Xarelto or Eliquis. Therefore it will not be used for the nosebleed or average stomach bleeding problem. Andexxa (Andexanet alfa) is a recombinant modified human factor Xa decoy protein that has been shown to reverse the effects of these drugs. This drug is given as an IV infusion so it is not a pill. It appears it will take a while for this drug to get mainstream as it will be limited in supply initially.

After the Andexxa infusion, bleeding was able to be controlled in 79 percent of the patients at the 12 hour mark. More recent data shows this number to be higher around 83 percent. Certainly there are side effects of any medication and with this one, the side effects include blood clots. This is not unexpected as these individuals that are taking a blood thinner to prevent blood clots so just by stopping the drug itself this can happen. The rate of major events at 30 days was around 18 percent. The study is still ongoing and more information will be released in the future. For now, stay tuned but it is approved and should be available for use in the near future. (6,7,8).

Andexxa®
Coagulation Factor Xa
Recombinant, Inactivated – zhzo

Either way, resume CPR with as little interruptions as possible. If it is a child or baby, it is still recommended to give breaths to them if you feel comfortable.

Why does someone need CPR? CPR is needed when someone has a cardiac arrest. This happens when the heart has an abnormal heart rhythm that is life threatening if CPR is not started immediately. Blood flow to the brain the rest of the organs will stop unless the blood is continuing to be pumped to the body with CPR. If an AED is available, a shock could put the heart back into normal rhythm if it is indicated. The act of doing CPR could keep someone alive until EMS arrives. Remember, two things can save a life. Call 911. Push hard and push fast.



For a video on Hands Only CPR, go to this website:

http://cpr.heart.org/AHA/ECC/CPRECC/Programs/HandsOnlyCPR/UCM_475516_Hands-Only-CPR-Training-Videos-and-Playlist.jsp

To find a course for CPR, go to this website:

http://cpr.heart.org/AHA/ECC/FindACourse/Courses/UCM_473164_Courses.jsp

(4,5).