

## American Heart Association Cpr Guidelines

**Product 15-2326**

**20-1106**

**Basic Life Support (BLS) Provider Manual - The content in this handbook is in compliance with the 2020 guidelines for CPR and ECC (Emergency Cardiac Care), recently released by the American Heart Association - therefore, all the protocols illustrated in this book are based on up-to-date evidence. These guidelines are updated every 5 years. The BLS Provider Manual is a complete guide and reference tool that covers all the information students need to know in order to successfully complete the BLS course. For easier learning, multiple-choice questions can be found at the end of each chapter. The answers to these exercises are found at the very end of the book. Basic Life Support (BLS) refers to a set of procedures that can be learned to prolong survival in life-threatening situations until more professional help is available. Any individual can become certified in basic life support protocols. These protocols are frequently updated, based on the latest evidence available, and every individual who undergoes BLS certification may need to refresh their knowledge every two years. Medical professionals usually have a sound understanding of basic life support protocols. Even then, it is essential for them to frequently undergo certifications to update their knowledge regarding the latest evidence-based protocols. This handbook is designed for both medical professionals and non-healthcare individuals. It aims to establish a sound understanding of the mechanisms underlying basic life support. The intended audience is healthcare students and personnel who need to learn how to perform CPR and other basic cardiovascular life support skills in a wide variety of both clinical and prehospital settings. Go to the top-right of the page and click "Add to Cart"**  
**An in-depth review by leading authorities of the latest therapies and techniques for rescuing persons in cardiac arrest. The authors explore the physiology behind current state-of-the-art clinical resuscitation and translate it into practical bedside recommendations, clinical tips, and expert techniques. Topics of interest include the epidemiology of sudden death, management of ventilation, chest compression technique training, public access defibrillation, drug delivery during CPR, the latest drug therapies, and cardiac arrest in disease, pregnancy, drowning, lightning strike, and trauma. The authors also review the major ongoing research in resuscitation science that will likely affect the next set of international resuscitation guidelines.**

**ACLS for Experienced Providers**

**CPR/AED for the Professional Rescuer**

**Pediatric First Aid and CPR**

**Pediatric Advanced Life Support Provider Manual (International English)**

**Essential Clinical Anesthesia**

**A Time to Act**

The student workbook for the credentialed Heartsaver Pediatric First Aid course. Provides information on how to manage illness and injuries in a child during the first few minutes of an emergency until professional help arrives. Includes four core modules: First Aid Basics, Injuries and Illnesses, Life-Threatening Emergencies and the Chain of Survival, and CPR and AED. Also includes optional modules, such as Use of a Nebulizer, to meet regulations for day-care centers in certain states. Workbook comes shrink-wrapped with the Heartsaver Pediatric First Aid Quick Reference Guide (#80-1002), the Adult CPR And AED Reminder Card, the Child And Infant CPR And AED Reminder Card, and a CD containing supplemental information and video clips on CPR and AED skills. An ideal resource for first responders, child-care workers, teachers, foster-care workers, camp counselors, youth organizations, coaches/Little League organizations, as well as parents, grandparents, and baby sitters.

**20-2804**

**Pediatric Resuscitation** is reviewed in this issue of Pediatric Clinics of North America, guest edited by Drs. Steve Schexnayder and Arno Zaritsky. Authorities in the field have come together to pen articles on Background and Epidemiology; CPR - Why the New Emphasis?; Airway Management; Arrhythmias, Cardioversion, and Defibrillation; Vascular Access and Medications; Medical Emergency Teams; Teamwork in Resuscitation; Resuscitation Education; Outcome Following Cardiac Arrest; Extracorporeal Life Support during CPR; Post-resuscitation Care; and Future Directions.

Knock down that sodium--but not the flavor--to decrease your blood pressure and risks for heart attack and stroke. This toolkit, sodium tracker, and cookbook in one gives you solid health information and 60 low-sodium recipes for favorite comfort foods. With the book's step-by-step approach, eating less salt has never been more achievable. Everyone can benefit from a lower sodium diet: Millions of Americans (including 97 percent of children) consume far more sodium than they need, averaging about 3,400 milligrams of sodium a day, or seven times what the body needs to function. To help you achieve the association's recommended daily sodium intake of 1,500 milligrams, Eat Less Salt gives you realistic strategies for cutting back on sodium gradually. With this book, you'll learn how to: -Monitor your current sodium intake -Reduce the high-sodium products in your pantry, refrigerator, and freezer -Read and understand food labels -Know which popular foods are "salt traps" -Keep sodium in check while eating out -Plan healthy, lower-sodium weekly menus without sacrificing flavor

**BLS for Healthcare Providers**

**Strategies to Improve Cardiac Arrest Survival**

**Cardiopulmonary Resuscitation**

**Basic Life Support Provider Manual (International English)**

**Family & Friends CPR**

**Pediatric Resuscitation**

**20-1115**

Instructor CD contents include: Precourse materials -- Course materials -- Evaluation materials -- Resources.

1 copy of the Basic Life Support (BLS) For Healthcare Providers Instructor Manual (90-1036), 1 Basic Life Support (BLS) For Healthcare Providers Course And Renewal Course DVD (90-1035), 1 copy of the Basic Life Support (BLS) For Healthcare Providers Student Manual (90-1038), and 1 American Heart Association Stopwatch (90-1509).

The required student text for the classroom-based Advanced Cardiovascular Life Support for Experienced Providers (ACLS EP) course, and an important reference for Instructors. Full-color softcover, 480 pages, 8 1/2" x 11," plus the ACLS EP Systematic Approach Pocket Reference Card and the 2-card Advanced Cardiovascular Life Support (ACLS) Pocket Reference Card Set (90- 1012). Based on 2010 American Heart Association Guidelines for CPR and ECC.

Heartsaver Pediatric First Aid

Heartsaver AED.

Pediatric Advanced Life Support Emergency Crash Cart Cards

Family and Friends CPR Student Manual (Spanish)

2015 Handbook of Emergency Cardiovascular Care for Healthcare Providers

**20-1132**

**20-1101**

**Demonstrates CPR procedures for use in group training.**

**20-2872**

**The American Heart Association Low-Salt Cookbook**

**American Heart Association Eat Less Salt**

**Diabetes and Heart Healthy Meals for Two**

**For CPR and ECC**

**Why Are Health Disparities Everyone's Problem?**

**Resuscitate!**

The nation's premier authority on heart-friendly food presents a revised and updated edition of their low-salt cookbook, featuring a delicious assortment of two hundred recipes, including updated version of old favorites and fifty new dishes, that emphasize the use of fresh ingredients, herbs, and spices to promote flavor. Reprint.

Sudden cardiac arrest is the leading cause of death among adults, yet it need not be fatal. Though survival in most communities is very poor, a few communities achieve rates as high as 50%. Why are some communities so successful in snatching life from the jaws of death? Resuscitate! describes the steps any EMS system can take to improve cardiac arrest survival. It is written for the medical directors, administrative directors, fire chiefs, dispatch directors, and program supervisor who direct and run EMS systems all across the country, and for the EMTs, paramedics, and dispatchers who provide frontline care. This second edition of Resuscitate! provides fifteen concrete steps to improve survival. Four steps will lead to rapid improvements at the local level and are relatively easy to implement. Six additional steps are more difficult to implement but also likely to improve survival. The remaining steps recommend changes at the national level. Resuscitate! is the official textbook for the Resuscitation Academy, held twice a year in Seattle. Cosponsored by Seattle Medic One, King County EMS, and the Medic One Foundation, the Academy draws attendees from throughout the world for two intensive days of classes, demonstrations, and workshops to acquire the knowledge and tools to improve survival in their own communities. This new edition includes lessons learned from attendees of the Academy as well as from the faculty's evolving thoughts on how to measure performance and improve survival, one community at a time. It also includes an addendum on the Resuscitation Academy (resuscitationacademy.org). For more than thirty years, Mickey S. Eisenberg M.D., Ph.D. , has played a leading role in developing King County, Washington's emergency response to cases of sudden cardiac arrest, a system recognized as among the very best in the nation. He is a professor of medicine at the University of Washington and serves as the medical director of King County Emergency Medical Services.

A balanced, sensible approach to a heart-healthy lifestyle introduces a simple method for calculating a person's ideal caloric intake, along with two weeks of menus, nutritional analyses, and two hundred new recipes, ranging from Sole Champignon to Vanilla Soufflé with Brandy-Plum Sauce. 50,000 first printing.

The clinical practice of anesthesia has undergone many advances in the past few years, making this the perfect time for a new state-of-the-art anesthesia textbook for practitioners and trainees. The goal of this book is to provide a modern, clinically focused textbook giving rapid access to comprehensive, succinct knowledge from experts in the field. All clinical topics of relevance to anesthesiology are organized into 29 sections consisting of more than 180 chapters. The print version contains 166 chapters that cover all of the essential clinical topics, while an additional 17 chapters on subjects of interest to the more advanced practitioner can be freely accessed at [www.cambridge.org/vacanti](http://www.cambridge.org/vacanti). Newer techniques such as ultrasound nerve blocks, robotic surgery and transesophageal echocardiography are included, and numerous illustrations and tables assist the reader in rapidly assimilating key information. This authoritative text is edited by distinguished Harvard Medical School faculty, with contributors from many of the leading academic anesthesiology departments in the United States and an introduction from Dr S. R. Mallampati. This book is your essential companion when preparing for board review and recertification exams and in your daily clinical practice.

Heartsaver First Aid Student Workbook (International English)

Over 200 All-New Quick and Easy Low-Fat Recipes

Basic Life Support

Update for CPR and ECC

American Heart Association Meals in Minutes Cookbook

Advanced Cardiovascular Life Support Provider Manual

**2020 American Heart Association GuidelinesFor CPR and ECC2020 Handbook of Emergency Cardiovascular Care for Healthcare Providers (International English)**

*People with diabetes want heart-healthy recipes, since heart disease strikes people with diabetes twice as often as the rest of the population. But they also want recipes that taste great. In Diabetes & Heart Healthy Meals for Two, the two largest health associations in America team up to provide recipes that are simple, flavorful, and perfect for people with diabetes who are worried about improving or maintaining their cardiovascular health. A follow-up to Diabetes & Heart Healthy Cookbook, this collaboration from the American Diabetes Association® and the American Heart Association focuses on meals with only two servings. Because so many adults with diabetes are older, two-serving meals are perfect for those without children in the house—or even those living alone who want to keep leftovers to a minimum.*

*Cardiac arrest can strike a seemingly healthy individual of any age, race, ethnicity, or gender at any time in any location, often without warning. Cardiac arrest is the third leading cause of death in the United States, following cancer and heart disease. Four out of five cardiac arrests occur in the home, and more than 90 percent of individuals with cardiac arrest die before reaching the hospital. First and foremost, cardiac arrest treatment is a community issue - local resources and personnel must provide appropriate, high-quality care to save the life of a community member. Time between onset of arrest and provision of care is fundamental, and shortening this time is one of the best ways to reduce the risk of death and disability from cardiac arrest. Specific actions can be implemented now to decrease this time, and recent advances in science could lead to new discoveries in the causes of, and treatments for, cardiac arrest. However, specific barriers must first be addressed. Strategies to Improve Cardiac Arrest Survival examines the complete system of response to cardiac arrest in the United States and identifies opportunities within existing and new treatments, strategies, and research that promise to improve the survival and recovery of patients. The recommendations of Strategies to Improve Cardiac Arrest Survival provide high-priority actions to advance the field as a whole. This report will help citizens, government agencies, and private industry to improve health outcomes from sudden cardiac arrest across the United States.*

*CLS Review Made Incredibly Easy!® gives you the confidence you need to pass the ACLS certification exam as well as the knowledge and skills needed to perform advanced cardiac life support. Packed with easy-to-remember definitions and step-by-step directions on the latest treatment algorithms, this enjoyable review text tackles required ACLS course and exam content. It is also the perfect on-the-spot clinical reference—for nurses, students, and all healthcare professionals. Be expertly guided through the latest ACLS training and exam preparation with: NEW and updated content in quick-read, bulleted format, based on current American Heart Association guidelines NEW and updated cardiovascular pharmacology content NEW and updated interventions Explains ACLS course and exam components and requirements Proven study strategies, end-of-chapter quick quizzes, and an end-of-book practice test Explanations of complex concepts—easy-to-retain guidance on how to recognize and treat cardiac arrhythmias, including: Classifications of interventions, including basic life support skills, adult cardiac arrest algorithm, and defibrillation Step-by-step how-tos for current treatment algorithms Managing specific rhythms—hypovolemia, hypoxia, acidosis, hypothermia, cardiac tamponade, tension pneumothorax, pulmonary coronary thrombosis, and more Dozens of colorful diagrams and illustrations outline the core concepts and skills needed for ACLS certification, including: CPR - when and how to use it Devices and procedures skills - safe ventilation techniques, including endotracheal intubation and supraglottic devices, as well as defibrillators, pacemakers, and more Early management - managing the first 30 minutes of cardiac emergencies Emergency conditions - which cardiac rhythms may require ACLS treatment IV and invasive techniques - such as peripheral and central IV line insertion Pharmacology - knowing the action, indication, dosages, and precautions for the major drugs used during ACLS Special features that include: Just the facts - quick summary of each chapter's content o "Nurse Joy" and "Nurse Jake" - expert insights on interventions and problem-solving Quick quiz - multiple-choice questions after each chapter to help you retain knowledge o Now I get it! - real-life patient scenarios illustrating correct ACLS interventions o What to look for - tips on identifying and interpreting arrhythmias. About the Clinical Editor Kate Stout, RN, MSN, is a Critical Care Charge RN at Southern Hills Hospital in Las Vegas, Nevada.*

*Eye Movement Desensitization and Reprocessing (EMDR), Second Edition*

*CPR, AED and First Aid Provider Handbook*

*2020 American Heart Association Guidelines for CPR and ECC*

*Highlights of the 2015 American Heart Association Guidelines Update for CPR and ECC*

*How Your Community Can Improve Survival from Sudden Cardiac Arrest*

*2020 Handbook of Emergency Cardiovascular Care for Healthcare Providers (International English)*

Product 15-3105

The nation's leading advocate for heart-friendly eating and cardiac health shares more than two hundred quick and easy recipes designed keep readers healthy and fit, in a beautifully illustrated new edition to the American Heart Association cookbook library. Reprint. 20,000 first printing.

**20-1119**

Through these compelling narratives, their insights will spark conversations from dorm rooms to dining rooms to boardrooms.

A Personal Plan for Healthy Weight Loss

BLS Reference Card

The No-fad Diet

Basic Life Support Provider Manual - A Comprehensive Guide Covering the Latest Guidelines

An Easy Action Plan for Finding and Reducing the Sodium Hidden in Your Diet

Pediatric Advanced Life Support Provider Manual

***This volume provides the definitive guide to Eye Movement Desensitization and Reprocessing (EMDR), the psychotherapeutic approach developed by Francine Shapiro. EMDR is one of the most widely investigated treatments for posttraumatic stress disorder, and many other applications are also being explored. Presenting background on EMDR's development, theoretical constructs, and possible underlying mechanisms, the volume also contains detailed descriptions and transcripts that guide the clinician through every stage of therapeutic treatment, from client selection to the administration of EMDR and its integration within a comprehensive treatment plan. Among the many clinical populations for whom the material in this volume has been seen as applicable are survivors of sexual abuse, crime, and combat, as well as sufferers of phobias and other experientially based disorders. Special feature: Two online-only appendices were added in 2009 ([www.guilford.com/EMDR-appendices](http://www.guilford.com/EMDR-appendices)). These appendices comprehensively review current research on EMDR and its clinical applications. EMDR is now recognized by the American Psychiatric Association as an effective treatment for ameliorating symptoms of both acute and chronic PTSD (APA Practice Guidelines for the Treatment of Patients with Acute Stress Disorder and Posttraumatic Stress Disorder). New to This Edition: \*Updated neurobiological data, findings from controlled clinical studies, and literature on emerging clinical applications. \*Updated protocols and procedures for working with adults and children with a range of presenting problems.***

**Product 15-2849**

**20-2811**

***This New American Red Cros CPR/AED for the Professional Rescuer Participant's Manual and course reflect changes based on the 2005 Consensus on Science for CPR and Emergency Cardiovascular Care (ECC) and the Guidelines 2005 for First Aid. Changes to this program and manual include simplifications to many of the CPR skill sequences, which helps improve retention. There have also been changes to help improve the quality of CPR. The integration of CPR skills into the operation of AEDs had changed to help improve survival from sudden cardiac arrest. Professional rescuers are now trained to use AEDs on adults and children. Information has been updated and added to this program to help professional rescuers administer epinephrine, aspirin and fixed-flow-rate oxygen. The skills learned in this course include adult, child and infant rescue breathing, conscious and unconscious choking, CPR, two-rescuer CPR and adult and child AED. Additional training can be added to this course including airborne pathogens training and emergency oxygen administration. While the skills and knowledge that professional rescuers use are increasing, this training will help you meet your most important responsibility as a professional rescuer- the responsibility to save lives.***

**Basic Principles, Protocols, and Procedures**

**2020 American Heart Association Guidelines**

**Heartsaver Pediatric First Aid CPR AED Student Workbook**

**Pediatric Emergency Assessment, Recognition, and Stabilization**

**2020 Alcs Reference Card Set**

**Manual and Resource Text**

**Product 80-1535TR**

**20-1120**

**ACLS Review Made Incredibly Easy**

**Instructor Manual**

**2015 American Heart Association Guidelines**

