



Resuscitation



Practical Physiology

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MSc Oral physiology



- **Resuscitation:** is the reservation to life of those who are near the death because either breathing has stopped. Or their heart beat and their breathing have stopped.

Aims of Resuscitation:



- Preserve life: the aim of all medical care is to save lives and minimize the threat of death.
- Prevent further harm: also sometimes called prevent the condition from worsening.

Artificial Respiration:



Mouth-to-Mouth expired air resuscitation technique:

- The patient is placed on his back.
- Head should be extended, titled back as far as possible and his nostrils looking directly up ward, this keep the tongue from blocking the air way.
- The nose closed by thumb and fore finger.



- Make sure that the patient mouth is open.
- If necessary clean and clear the mouth, some patient rescued from river and there is mud or weeds blocked his throat, this done by pushing your fore finger in the opened mouth in fast movement.
- Take deep breath in yourself.



- Put your mouth tightly on the opened mouth of patient.
- Breath in to the patient firmly and fully, do not make it hard puff, let it be a steady controlled blowing which will enter the patient lungs, while you blow watch the patient chest to make that it is rising as his lungs full up with your air.
- Lift your mouth and the patient chest empty naturally.



- ❖ Repeat this breathing again as long as it's necessary and you need to do it about 12 times breathing \ minutes, and must give the first five pushes of air rapidly to let the oxygen reaches to the patient blood, without timing yourself.



Beware of blowing harder air than necessary, because:

- 1- It may damage the lungs.
- 2- It irritates the stomach and cause the patient to vomit.
- 3- It may send air into the stomach as well as into the lungs





Mouth -to-Nose Method

Use the fingers on one hand to keep the patients lips firmly shut and breaths in to him with your mouth sealed round his nostrils directly.

