

## Burlington CPR

Burlington CPR - Usually, the first aid technique used once people stop breathing is mouth-to-mouth resuscitation. The main idea behind this effective method is for the rescuer to forcibly exhale air into the lungs of the victim and breathe in place of the injured individual.

Initially, mouth-to-mouth resuscitation was invented during the late 1950s. It has become a standard part of the cardiopulmonary resuscitation or CPR process that also uses chest compressions. The mouth-to-mouth resuscitation procedure is used in different situations such as in drowning accidents and instances as cardiac arrest.

It is important when initiating mouth-to-mouth resuscitation that the initial step is taken to check and make sure that the individual does not have a blocked airway. This is usually done by rolling the individual onto their stomach and afterward forcing their mouth open to look inside for any obstacles. If nothing is found, the person is then rolled onto their back and their head is gently tilted back. The nose of the individual is then pinched and their mouth opened. The rescuer who is performing mouth-to-mouth resuscitation then takes a deep breath, puts his mouth around the victim's mouth and exhales deeply for approximately 2 seconds.

Under normal instances, this process is repeated around every 5 seconds or so, after each and every exhalation, it is usually advised for the rescuer administering the mouth-to-mouth resuscitation to turn the head to the side and carefully listen for any sign of exhalation from the victim. When administering mouth-to-mouth resuscitation on a baby, the exhalation from the rescuer is required to be much less forceful and only lasting for around one second.

Some doctors don't suggest mouth-to-mouth resuscitation for victims of cardiac arrest unless they are kids. It is believed that the hands only cardiopulmonary resuscitation technique with chest compressions might be more effective by itself in those specific instances. The main reason for this is that most patients who are going through heart attack still have oxygen in their system; hence getting the heart started again is a higher priority than getting oxygen to the lungs. This is not always the case in the case of kids experiencing cardiac arrest, which is the main reason for this exception.

James Elam and Peter Safar are the individuals who were recognized to invent mouth-to-mouth resuscitation. Safar was instrumental in assisting to set the standardization for the basic technique use. Safar assisted to incorporate mouth-to-mouth into the standard procedures for cardiopulmonary resuscitation. Elam was the main creator of the method itself. In 1959, a pamphlet was printed outlining the basics of performing the method. This technique was popularized in the latter part of the 1950s and early part of the 1960s with this pamphlet.