

NOTA RINGKAS KSSM TINGKATAN 9

BAB 2 : BANTUAN KECEMASAN

2.1 RESUSITASI KARDIOPULMONARI (CPR)

- ➔ Melibatkan gabungan Teknik tekanan di bahagian dada dan hembusan ke dalam mulut mangsa
- ➔ Tujuan : Mengembalikan degupan jantung dan pernafasannya

Situasi yang memerlukan CPR	Punca Keadaan yang memerlukan CPR
<ol style="list-style-type: none"> 1. tidak memberikan respons terhadap rangsangan 2. Tidak bernafas 3. Tiada degupan jantung atau nadi 	<ul style="list-style-type: none"> ✓ Serangan jantung ✓ Ranjatan elektrik ✓ Lemas ✓ Panahan petir

KAEDAH CPR

- Periksa respons mangsa. Jika tiada respons hubungi 999.
- Buka saluran pernafasan. Baringkan mangsa dan dongakkan kepala ke atas. Angkat dagunya.
- Tekanan dada bagi membantu peredaran darah dim bdn mangsa.
- Tekan 5cm dan tekanan dada pd kadar 100-120 per minit
- Bantuan pernafasan. Picit hidung mangsa dan hembus udara ke dalam mulut selama 1saat setiap hembusan.

Tujuan: membolehkan udara beroksigen masuk ke dalam trakea dan sampai ke peparu.

- Tekanan dada sebanyak 30kali diikuti 2 kali hembusan mulut ke mulut sehingga mangsa sedar/ambulans sampai.
- Jika telah bernafas tetapi belum sedar, ubah kedudukan mangsa dim keadaan mengiring.

KEPENTINGAN CPR	
	<ul style="list-style-type: none"> ✓ Memulihkan sistem peredaran darah mangsa (TEKANAN DADA) ✓ membekalkan oksigen dalam badan mangsa (BANTUAN PERNAFASAN)

2.2 HEIMLICH MANOUVRE

- ➔ dilakukan bagi menyelamatkan seseorang individu yang tercekik
- ➔ tercekik ialah keadaan apabila saluran pernafasan tersekat disebabkan makanan atau bendasing

Situasi yang memerlukan Heimlich Manouvre dilakukan :	Situasi yang hanya memerlukan tepukan kuat di belakang mangsa:

<ol style="list-style-type: none"> 1. memegang leher dengan kedua-dua tangan. 2. Tidak boleh bertakap atau batuk 3. Sukar bernafas 4. Kulit, bibir dan kuku kebiruan 	<ol style="list-style-type: none"> 1. Boleh bertakap 2. Boleh bernafas 3. Boleh batuk
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Keperluan Heimlich Manouvre :	
	<ul style="list-style-type: none"> ✓ Memastikan saluran pernafasan tidak terhalang ✓ Memastikan oksigen sampai ke peparu

Kesan jika bantuan lambat diberikan, maka oksigen tidak dapat dihantar ke otak dgn cukup dan menyebabkan :

- ➔ Kerosakan otak
- ➔ Mengakibatkan kematian

KAEDAH HEIMLICH MANOUVRE

- Berdiri di belakang dan bongkokkan mangsa ke hadapan sedikit
- Kelilingkan tangan dari belakang
- Letakkan genggaman tangan kanan antara pusat dan bawah rusuk. Tangan kiri atas tangan kanan
- Tekan dan sentak ke atas dengan kuat dan cepat.

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RM Cervero



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