

# 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
1. tidak memberikan respons terhadap rangsangan	<ul style="list-style-type: none"> <li>✓ Serangan jantung</li> <li>✓ Renjatan elektrik</li> <li>✓ Lemas</li> </ul>
2. Tidak bernafas	<ul style="list-style-type: none"> <li>✓ Panahan petir</li> </ul>
3. Tiada degupan jantung atau nadi	

KAEDAH CPR
<ul style="list-style-type: none"> <li>➤ Periksa respons mangsa. Jika tiada respons hubungi 999.</li> <li>➤ Buka saluran pernafasan. Baringkan mangsa dan dongakkan kepala ke atas. Angkat dagunya.</li> <li>➤ Tekanan dada bagi membantu peredaran darah dim bdn mangsa.</li> <li>➤ Tekan 5cm dan tekanan dada pd kadar 100-120 per minit</li> <li>➤ Bantuan pernafasan. Picit hidung mangsa dan hembus udara ke dalam mulut selama 1saat setiap hembusan.</li> </ul>

<p>Tujuan: membolehkan udara beroksigen masuk ke dalam trakea dan sampai ke peparu.</p> <ul style="list-style-type: none"> <li>➤ Tekanan dada sebanyak 30kali diikuti 2 kali hembusan mulut ke mulut sehingga mangsa sedar/ambulans sampai.</li> <li>➤ Jika telah bernafas tetapi belum sedar, ubah kedudukan mangsa dim keadaan mengiring.</li> </ul>
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KEPENTINGAN CPR	
	<ul style="list-style-type: none"> <li>✓ Memulihkan sistem peredaran darah mangsa (TEKANAN DADA)</li> <li>✓ membekalkan oksigen dalam badan mangsa (BANTUAN PERNAFASAN)</li> </ul>

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

<p>Kesan jika bantuan lambat diberikan, maka oksigen tidak dapat dihantar ke otak dgn cukup dan menyebabkan :</p> <ul style="list-style-type: none"> <li>➔ Kerosakan otak</li> <li>➔ Mengakibatkan kematian</li> </ul>
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KAEDAH HEIMLICH MANOUVRE
<ul style="list-style-type: none"> <li>➤ Berdiri di belakang dan bongkokkan mangsa ke hadapan sedikit</li> <li>➤ Kelilingkan tangan dari belakang</li> <li>➤ Letakkan genggaman tangan kanan antara pusat dan bawah rusuk. Tangan kiri atas tangan kanan</li> <li>➤ Tekan dan sentak ke atas dengan kuat dan cepat.</li> </ul>

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**Anthony S. Fauci**



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