

CPR Edublog Assignment

Topic: My learning of CPR

- a. What was something you learned that you didn't know or consider before?

One thing that really surprised me is that anyone can learn CPR, you don't need to be a healthcare or emergency worker to do it. Everyone should do it. Having this knowledge can save the life of even someone you love or is close to. Another key is knowing how to administer CPR effectively and staying active for any emergency. In other words, it is not only the responsibility of the employees of the health or emergency department, but of everyone.

- b. What is a key takeaway from the Theory or Practical CPR unit?

The highlight for me in the theory is the whole process of applying CPR, because if it is not well administered it does not do much good. It is important to know the signs of a stroke, and to apply the FAST Act, because the faster you can save someone. It is also important to always be in contact with the emergency lines and not to do it alone even if you have the knowledge.

As for the practice if you are already in the resuscitation step of CPR and the person has stopped breathing or has no circulation is necessary to apply the CABD, this means Compressions, airway, breathing and defibrillation. and throughout this process also despite having the knowledge to be sincere as far as you can help and always ask permission to do so.

- c. How does this unit connect to the nutrition unit learned previously?

This unit is fully connected to the other unit on nutrition since many of the causes of heart disease or heart attacks are linked to poor diet, sedentary lifestyle, and other diseases such as obesity that are directly connected to people's nutrition. Therefore, if people had a better nutrition, we could avoid the consequences of ending up lying on the floor with a heart attack or cardiac arrest and be resuscitated in the best case or even lose our lives.

Figure 1.

The importance of knowing CPR



Note: Admin (October 03, 2008). The importance of CPR. Blog. Happy swimmers.

<https://www.happyswimmers.com/importance-learning-cpr/>

Liking this topic with a core competencies profile

Core competency	Reflection with the topic
<p>Communication Prompts: <i>I can get new ideas in areas in which I have an interest and build my skills to make them work. I generate new ideas as I pursue my interest. I deliberately learn a lot about something by doing research, talking to others, or practicing, so that I can generate new ideas about it.</i></p>	<p>The CPR is a topic that interested me, so I feel that this new idea teaching by my instructor helped me to build my own new that ideas and do some research more about it and also put in practice in future career learning process.</p>
<p>Thinking Prompts:</p>	<p>One area of CPR in which I'd like to spend more time learning is the application of CABD process</p>
<p>Personal Social Prompts:</p>	<p>One of the ways I can see using this learning to help others is in y future career, since I would like to be a doctor.</p>