

# What's New in Advanced First Aid, CPR, and AED EIGHTH EDITION

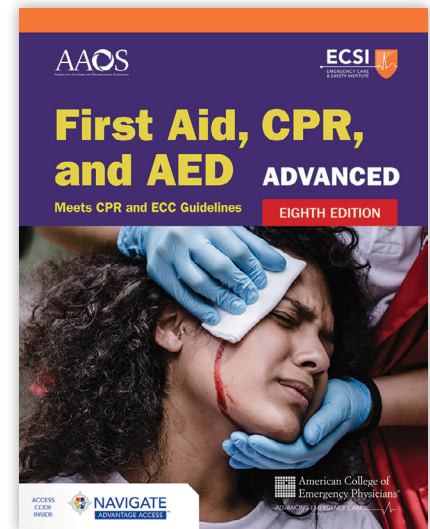
**Advanced First Aid, CPR, and AED, Eighth Edition** course materials are ideal for use within college-level and first responder courses designed to train individuals in first aid, CPR, and AED. This course features current, evidence-based content on topics from CPR skills to opioid emergencies and COVID considerations and precautions. To simplify training, the text focuses on the most vital lifesaving skills, so participants have clarity on how to respond to common emergencies like cardiac arrest, choking, life-threatening bleeding, anaphylactic shock, and strokes.

This manual includes:

- Updated content that meets and exceeds the scientific recommendations developed by the International Liaison Committee on Resuscitation (ILCOR) and is consistent with the Emergency Cardiovascular Care (ECC) Guidelines as established by the American Heart Association (AHA) and other resuscitation councils around the world.
- Emphasis on life-threatening conditions and focus on critical lifesaving skills.
- Decision tables that provide a concise summary of what signs to look for and what treatment steps to take during an emergency.
- Current and in-depth information on CPR, AED, injuries, and illnesses.
- New and updated content on hemorrhage control, opioid overdose response, airway obstruction response, compression-only CPR, COVID-19, and more.
- New and updated photographs and illustrations to help prepare layperson responders for actual emergencies.

## CHAPTER-BY-CHAPTER CHANGES

Below is a list of the changes in each chapter included in the *Eight Edition*.



American Academy of Orthopaedic Surgeons (AAOS)

American College of Emergency Physicians (ACEP)

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### FRONT MATTER

- New preface on the ILCOR/ECC guidelines and COVID-19

### CHAPTER 1 Introduction

- Title change from *Background Information*
- Provided clearer definition of the term *first aid* and clarified the difference between first aid care and professional medical care

### CHAPTER 2 Action at an Emergency

- Updated content on consent
- Updated content on general lay responder personal protective equipment
- Added new content and photos on face masks and face shields for public health (in the instance of the COVID-19 pandemic, for example) and discussion on how to put on a mask

### CHAPTER 3 The Human Body

- Changed *circulatory system* to *cardiovascular system* throughout

### CHAPTER 4 Finding Out What is Wrong

- Changed *primary check* to *primary assessment* throughout
- Changed *first impression* to *general impression* throughout
- Introduced *secondary assessment* terminology as an alternative to *physical exam*
- Expanded content on SAMPLE (symptoms, allergies, medications, pertinent past medical history, last food or drink, events leading up to injury or illness) history taking
- Added new content on how to care for responsive and unresponsive people
- Added new content on reassessment
- Added new content on optional assessments (heart rate, breathing rate, skin conditions, checking the eyes, and capillary refill test)

### CHAPTER 5 CPR

- Completely restructured chapter for clarity and flow
- Added content and image on new American Heart Association out-of-hospital chain of survival to reflect new sixth link
- Refined discussion on RAB-CAB (responsive, airway, breathing, chest compressions, airway open, breaths)
- Added content and photo on encircling thumbs technique for infant CPR
- Added discussion on compression-only CPR and COVID-19
- Added new content and skill sheet on back blows for adult and child airway obstruction
- Added new content and photo on chest thrusts
- Added new content on the recovery position
- Updated photos in the *infant choking* skill sheet

### CHAPTER 6 Automated External Defibrillation

- Added clarification on when an AED is needed
- Updated content on how to use an AED
- Updated AED special considerations
- Moved CPR and AED review table to this chapter (previously in chapter 5 in the *Seventh Edition*).

### CHAPTER 7 Shock

- Outlined and defined treatment of shock based on responsive and unresponsive people

### CHAPTER 8 Bleeding

- New content on common tourniquet mistakes
- Updated content on bleeding control, massive bleeding control, and tourniquets
- New content on applying a roller bandage
- New content on stuffing (packing) a hemostatic dressing into a wound

### CHAPTER 9 Wounds

- Added new content on shallow and deep wound cleaning
- Added new content on how to cover deep open wounds
- Updated content on infected wounds and tetanus
- Updated content on care for amputated body parts
- Updated content on impaled objects
- Updated content on wounds requiring professional medical care and sutures

### CHAPTER 10 Bandaging Wounds

- New skill sheet on how to secure a cravat bandage with a square knot
- Updated content on bandaging a foot and ankle

### CHAPTER 11 Burns

- Updated the term *body surface area (BSA)* to *total body surface area (TBSA)* for burns per 2015 and 2020 Guidelines
- New content on actions to take based on where electricity is coming from

### CHAPTER 12 Head and Spinal Injuries

- Reorganized for clearer chapter flow
- New content on how to test sensation and movement for spinal injuries
- New content on dry eye, conjunctival problems, and hyphema
- New and updated content on broken and knocked-out tooth injuries
- Updated content on spine injuries
- Updated *spinal injuries* skill sheets

### CHAPTER 13 Chest, Abdominal, and Pelvic Injuries

- Updated illustrations on the four quadrants of the abdomen

### CHAPTER 14 Bone, Joint, and Muscle Injuries

- Clarified definition of *bone fracture*

### CHAPTER 15 Extremity Injuries

- Reorganized for clearer chapter flow
- Updated photos in the *RICE procedure for bone, joint, and muscle injuries* skill sheet
- New content clarifying that ice should never be applied directly to the skin during the RICE procedure
- Updated content on knee fractures
- Updated content on patellar dislocations

### CHAPTER 16 Extremity Injuries

- New content on how to apply a sling for an arm injury
- Updated content on how to apply a sling for a clavicle or shoulder injury

### CHAPTER 17 Sudden Illness

- New content on the AVPU (alert, verbally responsive, painfully responsive, unresponsive) scale for measuring mental status
- Updated content on the differences between heart attack and cardiac arrest
- Updated content on heart attack symptoms
- New content on heart attack symptoms in women and older adults
- Updated content on asthma and inhalers
- New skill sheet on using an inhaler without a spacer
- New skill sheet on using an inhaler with a spacer
- New content on presyncope
- Updated content on fainting (syncope)
- Updated content on hypoglycemia
- Updated content on hyperglycemia

### CHAPTER 18 Poisoning

- New content on inhaled poisons
- Reorganized drug emergencies section for clearer flow
- New content on poison control centers
- Updated content on opioids
- New content on naloxone and how to administer it in the event of an opioid overdose
- Updated content on poison ivy, poison oak, and poison sumac

### CHAPTER 19 Bites and Stings

- Updated content on animal-related deaths
- Updated maps and charts on animal statistics
- Updated illustration showing characteristic features of venomous and non-venomous snakes
- Updated content on insect stings
- Updated content on ticks and Lyme disease
- Updated content on marine animal injuries

### CHAPTER 20 Cold-Related Emergencies

- Updated content on sources of heat loss
- New content on cold stress and the differences between cold stress and hypothermia

### CHAPTER 21 Heat-Related Emergencies

- New content on whole-body cold-water immersion
- Updated content on heat illnesses and giving salt

### CHAPTER 22 Childbirth and Gynecologic Emergencies

- New content on breeching
- Updated key terminology
- New content on ectopic pregnancy
- Updated definition of *rape*

### CHAPTER 23 Psychological Emergencies and Abuse

- Title change from *Behavioral Emergencies*
- Updated language throughout the chapter to reflect trauma-sensitive language
- Updated the term *behavioral emergencies* to *psychological emergencies* throughout the chapter
- Included the National Suicide Prevention Lifeline phone number
- Updated definition of *rape*

### CHAPTER 24 Wilderness First Aid

- Updated content on CPR in the wilderness
- Updated content on altitude illness
- Updated content on lightning
- Updated content on evacuations

### CHAPTER 25 Rescuing and Moving Injured People

- Updated content on triage
- New content on jacket-and-pole improvised stretchers

### CHAPTER 26 Disaster Preparedness

- Updated content on deaths caused by weather events
- Updated images to show more recent disasters

### APPENDIX A FIRST AID SUPPLIES

- Added content on class A and class B first aid kits
- Updated recommended minimum items for workplace first aid kits

### APPENDIX B MEDICATION INFORMATION

- Updated layout for clearer chapter flow
- Updated to meet 2020 Medication Guidelines

### APPENDIX C HEALTH CARE PROVIDER BASIC LIFE SUPPORT

- Updated content on one-rescuer and two-rescuer adult CPR