



# CPR (Cardiopulmonary Resuscitation) Using 2 People

## In cases of No Breathing (gums are purple/blue)

1. Open the mouth and remove any foreign material that may be blocking air movement.
2. Lay the pet on his/her side.
3. Hold the muzzle/mouth closed and put the entire nose of the pet in your mouth.
4. Blow hard enough to cause the chest to expand at a rate of 80-120 times per minute. This means **1 to 2 times per second**.
5. Continue until the color of the gums returns to pink.

## If the pet's gums are Still Purple/Blue In 90 Seconds or in cases of No Breathing with Gums That Are Pale/Gray, start chest compressions in addition to breathing.

1. While the breather continues at the same rate of **1 to 2 times per second**, the other person places the heel of one hand on the side of the pet's chest. The correct spot for the hands is the place where the point of the elbow would be when the front leg is pulled up next to the chest. After finding

that spot, move the front leg away. Place the heel of the other hand on top of the first hand so that you can push down using the heels of both hands together--that is, one hand on top of the other.

2. The person doing chest compressions pushes hard on the chest using a quick thrust at a rate of 80-120 times per minute. That means pushing hard on the side of the chest at the same rate as the breather: **1 to 2 times per second**.
3. The breather blows into the nose as the chest compression person raises his/her hands between pushes. It goes like this:
  - **Push-breathe-push-breathe-push-breathe.....**
4. Continue until the color of the gums returns to pink.
5. If the gums are still purple/blue or pale/gray after 10 minutes, stop and wait to see if the pet will breathe voluntarily.

Failure to revive an arrested pet in 10 minutes indicates a failed attempt. This is a dead pet. In these cases, I am very sorry. You did your best. Try to accept that some lives were meant to go their maker.

## **Things *NOT* to do**

You shouldn't stop CPR to load the pet into the car for the trip to the emergency veterinarian. It's far better to do CPR at home right away, then it is to wait for the doctor to do it when you arrive at the animal hospital. No pet can be revived unless CPR is started immediately after breathing stops.

## **Follow-up**

In cases of successful life-saving efforts, the pet will need hospitalization for further treatment. There are many systems in the body that may have been damaged during the period of poor blood and oxygen delivery.

The causes of the cardiac and pulmonary arrest will need to be completely understood to prevent a repeat occurrence.

Other tests will be done when you arrive at the veterinary hospital. These tests include electrocardiogram, doppler blood pressure, and pulse oximetry (measurement of the oxygen levels in the red blood cells).

Oxygen therapy may be needed. Drugs to manage abnormal heart rhythms and fluid in the lungs.