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“ I think luck is the sense to recognize an opportunity and the ability to take advantage of it. Every one has bad breaks, but every one also has opportunities. The man who can smile at his breaks and grab his chances gets on. “

Samuel Goldwyn

Cardiac Arrest

Sudden cardiac arrest is fatal 95 percent of the time....What is replacing CPR?

Answer:

CCR, meaning Cardio Cerebral Resuscitation which focuses on rapid, forceful chest compressions, about 100 per minute, minus the mouth to mouth. Dr. Gordon Ewy, director of the University of Arizona's Sarver Heart Center says, *“Mouth to mouth inflates the lungs, but it's not the lungs that need oxygen, it's the heart and the brain....Chest compressions alone will help save those organs.”* Current American Heart Association and American Red Cross guidelines do recommend compression- only CPR for anyone who is unwilling to provide mouth to mouth. AHA encourages emergency dispatchers to give instructions for compression- only

CPR to bystanders at the scene of a presumed cardiac arrest.

WHAT ELSE?

By inducing hypothermia in a patient resuscitated after cardiac arrest, doctors are able to reduce cell death and increase the chance of a full recovery.

HOW?

- 1) Two liters of chilled saline administered intravenously.
- 2) Cold water is then pumped through tubes connected to pads on the torso and legs.
- 3) Core temperature is lowered to about 93 degrees F for 24 hours.

Out of more than 5,700 hospitals in the United States, only about 225 hospitals have installed machines for inducing hypothermia. Any in Montana?

Answer: No.

Somatoform Disorder

When you see this in a psychiatrist's report listed under Axis I-Clinical Syndromes.....What does it really mean? Simply put..... it means that an individual is expressing unmet psychological and social needs as physical symptoms.

Keep in mind: It is important to note that somatoform disorders are not the result of conscious malingering or factitious disorders. This type of disorder usually begins at an early age often pre-adolescent or adolescent. This is a very difficult condition to treat because it is based on an individual's entrenched belief system and is actually a dysfunctional coping mechanism.

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Your thoughts and comments are welcome!