

CPR FOR YOUR CAT

CPR includes chest compressions to get blood flowing, and rescue breaths to deliver oxygen to the organs.



If you find your cat unresponsive, attempt to stimulate him by shaking or calling his name. If he doesn't respond, check for breathing. If he's breathing, get him to the closest veterinary office.



If your cat isn't breathing, check to make sure his windpipe is clear. Pull the mouth open, grasp the tongue, pull the tongue toward you and get a look all the way to the back of the throat. If you see something in there, gently try to remove it. Be careful not to push it further into the airway. If this invokes a response from your cat, stop! Beware of accidental bites.



If a response is not elicited, call for help. CPR is a team sport and remember, your primary goal is to get your cat to the closest open veterinary hospital. So ask your helper to go and get the car immediately while you start CPR.

Start by doing 30 chest compressions, pause to deliver 2 quick breaths, then immediately repeat both steps.

GET IN POSITION

1. KNEEL OR STAND BEHIND YOUR CAT.

2. PUT ONE HAND ON TOP OF THE OTHER WITH THE FINGERS INTERLACED.

Focus the force of your compression on the heel of the hand that's touching the chest.

3. PLACE YOUR SHOULDERS DIRECTLY ABOVE YOUR HANDS AND KEEP YOUR ELBOWS LOCKED.

Bend at the waist, not at the elbows.

4. COMPRESS AT LEAST 1/3 AND NO MORE THAN 1/2 THE WIDTH OF THE CHEST.

In cats, it's easy to push too hard, so be sure not to compress more than 1/2 the width of the chest!

5. AIM FOR ABOUT 100 – 120 COMPRESSIONS PER MINUTE, or about two compressions every second. Sing a song in your head to keep the right beat, such as "Stayin' Alive".



Find Your Compression Location



Focus your compressions directly over the heart. To minimize the chance of squeezing too hard, you could do compressions with one hand, rather than the two-handed approach.

RESCUE BREATHS

1. CLOSE THE MOUTH.

2. MAKE SURE YOUR CAT'S WINDPIPE IS AS STRAIGHT AS POSSIBLE. Head should be flat on the table or floor and the tip of the nose should be aligned with the spine.

3. OPEN YOUR MOUTH, PUT IT OVER BOTH OF THE CAT'S NOSTRILS, MAKE A SEAL, AND DELIVER A BREATH.

4. ALLOW THE CAT TO EXHALE AND REPEAT FOR ONE MORE BREATH. Blow hard and quickly and make sure that you see your cat's chest move.

TIP

If you have another person to help, one person should do chest compressions and the other should deliver rescue breaths. After two minutes, switch positions. Chest compressions are tiring!



CPR