

adults CPR

· window of opportunity for successful is small.

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it decreases by 6-10% each minutes without defibrillation.

· when it's a lone rescuer situation, when first provide CPR then call fast 911.

· EMD provide first link!

· **respiratory arrest**: happens when respirations are completely absent or clearly inadequate to maintain effective oxygenation and ventilation. → tx: have a patent airway & provide rescue breathing!

· **cardiac arrest**: circulation ceases and vital organs are deprived O₂.

- patient will have no signs of circulation & no pulse.

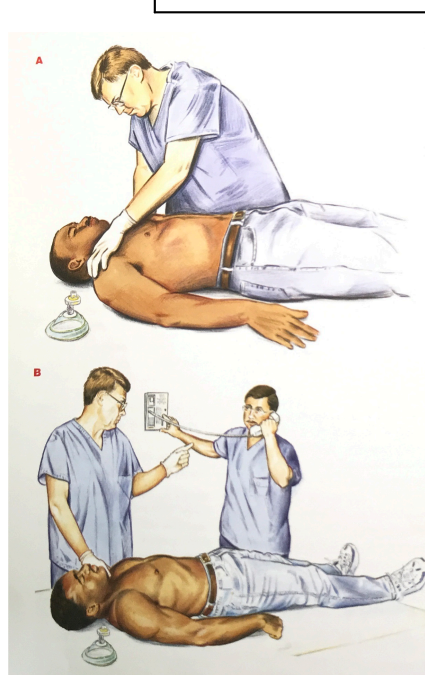
- symptoms "gagging" breathing efforts called **agonal respirations**.

AED use

· cardiac arrest rhythms of ventricular tachycardia and VF are treated most effectively with early defibrill.

BLS sequence

· **assessment phases** of BLS are crucial.



→ involves constant process of observing the victim and victim's response to rescue support.

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rescuer quickly determine if the scene is safe and shout "are you all right?"

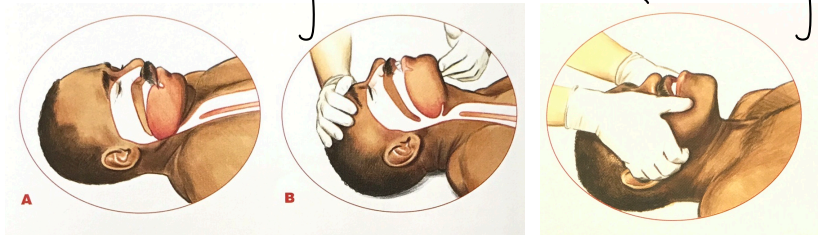
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activate EMS, calling 911

← determine if the victim is breathing

→ victim must be supine position, you should be at the victim's side

← provide 30 compressions to 2 ventilations.

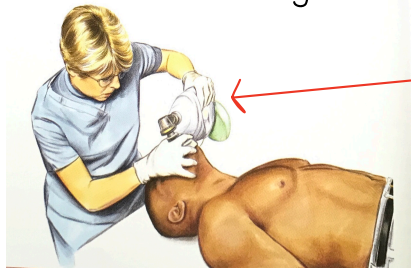
→ use the **head tilt-chin lift maneuver** or **jaw thrust maneuver** (for neck injury)



provide rescue breathing

technique of bag muscle ventilation:

- providing respiratory support only, position yourself at the top of the victim's head.
- place 3, 4, 5th fingers along the bony part of the mandible and thumb and index fingers on the mouth.



important to maintain an airtight seal during the delivery

- provide rescue breathing, deliver 2 breaths slowly (2 sec each).
- compressions and ventilations are delivered, provide 30 compressions to 2 ventilations.
- after 30th compressions allow 2 breaths then start back to compressions.

circulation assessment

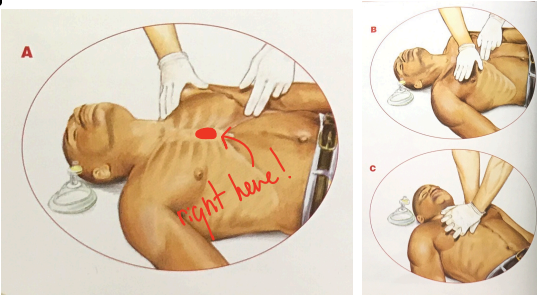
- pulses check is gold standard usually relied by determine if the heart is or not beating.
- recommend 5 to 10 sec to check for the carotid pulse. —————> with 2 fingers (index and middle)

chest compressions

- maintain oxygenation of the brain and other vital organs.
- rate of 100 to 120 compressions per min is recommend.
- head should not be elevated.

hand placement

- place the heel of one hand in the center of the chest between the nipples.



compressions technique

- elbows are locked in position, arms straightened, and shoulders positioned directly over the hands.
- so the chest compression are straight down.
- sternum depress at least 2 inches.
- maintain correct hand position, don't lift your hands and changes your hand position during chest compressions.



(ABC) airway, breathing, circulation

- if someone perform chest compressions becomes fatigued, someone should exchange positions ASAP.

litters

- no interruption CPR while transferring a victim to an ambulance.
- high wheeled bed, rescuer may have to kneel beside the victim on the bed or litter to gain height over the victim's sternum.

complications of BLS

- gastric inflation is a common complications of CPR in children.
- chest compressions can causes fractures like ribs and/or sternum.

**BLS Healthcare Provider
Adult Cardiac Arrest Algorithm—2015 Update**

