

2015 Healthcare Provider CPR Guidelines

Action	Adult Adolescent and older	Child 1 year to adolescent	Infant Under 1 year of age
Make sure the scene is SAFE!	The Scene is Safe.	The Scene is Safe.	
Recognition of Cardiac Arrest	“Hey! Hey! Are you ok? Look for breathing and for a Carotid pulse in no more than 10 seconds	‘Hey! Hey! Are you ok? Check for breathing and Check for a carotid pulse in a child, a brachial pulse for the infant.	
Active EMS and get an AED	Call 911 or call the code. If alone and you have a mobile phone, use it.	Lone Rescuer: For SUDDEN COLLAPSE , call 911 & get AED. Otherwise, give 5 cycles CPR, AND THEN call 911 & AED.	
START COMPRESSIONS			
Compression landmarks	lower half of breastbone but above the xiphoid process	Just below nipple line at the lower half of breastbone but above the xiphoid process.	
Compression method <i>Push hard, push fast Allow complete recoil Rate 100-120/min</i>	2 Hands: Heel of 1 hand on lower half of the breastbone, other hand on top of first hand, interlock fingers	2 Hands: Heel of 1 hand with second on top or 1 Hand: Heel of 1 hand 1 rescuer 30:2 2 rescuer 15:2	1 rescuer: 2 fingers 30:2 2 rescuers; 2 thumb-encircling hands 15:2
Compression depth	2 “or 5 cm no more than 2.4” or 6 CM	2” or 5cm no more than 2.4” or 6 CM	1 ½ “ or 4cm
Compression rate	100 to 120 per minute. No more than 120 as you will not achieve adequate depth.		
AIRWAY	Head tilt-chin lift If suspected trauma, use a jaw thrust		
.BREATHS	2 breaths, over 1 second each, with just enough air to see the chest rise.		
Rescue Breathing w/o chest compressions	1 breath every 5- 6 seconds (10/12min)	1 breath every 3- 5 seconds (12-20/min)	
Rescue Breathing with Advanced Airway	1 breath every 6 seconds, or 10 breaths a minute When an advanced airway is in place during CPR, do not stop compressions to give breaths. Give one breath every 6 seconds while the compressor is maintaining chest compressions at a rate of 100-120 compressions per minute.		
Compression-Ventilation ratio	30:2 (Adult 1 or 2 rescuer)	30:2 (1 rescuer) –Child and Infant 15:2 (2 rescuer)- Child and infant	

<p>AED</p> <p><u>The First Step in Using an AED is to turn it on. It will talk you through the steps of using it.</u></p>	<p><u>Adult AED Use</u></p> <p><u>Follow the prompts of the AED. If shock is advised, deliver shock then immediately start chest compressions.</u></p> <p><u>Use adult pads.</u></p> <p><u>Do not use child pads or turn on the pediatric switch if using aed on an adult. It will not be effective.</u></p>	<p><u>Child AED USE</u></p> <p><u>Use AED as soon as available for sudden collapse and in-hospital.</u></p> <p><u>After 5 cycles of CPR (out-of-hospital), use Child pads or pediatric switch if available or use adult pads.</u></p>	<p><u>Infant AED USE</u></p> <p><u>A manual defibrillator is preferred @ 2-4J/kg.</u></p> <p><u>OR – an AED with pediatric pads & pediatric dose</u></p> <p><u>OR – an AED with adult pads & dose you may need to alter pad placement to front and back placement.</u></p>
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Foreign Body Airway Obstruction

ADULT
(Adolescent [puberty] and older)

1. Ask “Are you choking?”
2. Give abdominal thrusts or chest thrusts for pregnant victims.
3. Repeat abdominal thrusts until effective or victim becomes unresponsive.

Victim becomes unresponsive

4. Activate EMS, if second rescuer is present, send that person to activate EMS system.
5. Begin Chest Compressions.
6. Look into mouth when opening the airway during CPR. Use finger sweep only to remove visible foreign body in unresponsive victim.
7. Continue CPR until EMS arrives.

CHILD
(1 year to adolescent [puberty])

1. Ask “Are you choking?”
2. Give abdominal thrusts.
3. Repeat abdominal thrusts until effective or victim becomes unresponsive.

Victim becomes unresponsive

4. If second rescuer is present, send that person to activate EMS system.
5. Begin Chest Compressions.
6. Look into mouth when opening the airway during CPR. Use finger sweep only to remove visible foreign body in unresponsive victim.
7. Continue CPR for 5 cycles or 2 minutes and then activate EMS system. Return to child and continue CPR until EMS arrives.

INFANT
(Less than 1 year of age)

1. Confirm severe airway obstruction. Check for the sudden onset of severe breathing difficulty, ineffective or silent cough, weak, or cry.
2. Give 5 back slaps and 5 chest thrusts.
3. Repeat step 2 until effective or victim becomes unresponsive.

Victim becomes unresponsive

4. If second rescuer is present, send that person to activate EMS system.
5. Begin Chest Compressions.
6. Look into mouth when opening the airway during CPR. Use finger sweep only to remove visible foreign body in unresponsive victim.
7. Continue CPR for 5 cycles or 2 minutes and then activate EMS systems. Return to child and continue CPR until EMS arrives.

American Heart Uses the acronym CAB for the steps of CPR, CAB stands for C= compressions, A = open the Airway. B = Breaths.

I use SAYCAB for all the steps leading up to CPR.

S- Scene is Safe

A- Assess (Tap and shout “Are you OK”, Are they breathing?) Check for a pulse?

Y- Yell for Help. Call 911, Call the Code, Send someone to call for help and get the AED.

C- If there was no pulse or if you’re not sure if pulse is present - do chest compressions.

A- Open the Airway

B- Give 2 Breaths. Then Chest compressions, Repeat sequence from Open the Airway, use defibrillator as soon as it arrives. If someone can apply the AED while you are doing CPR do so, otherwise stop and apply the AED.