

Initial Life Support for Sudden Cardiac Arrest

2020 ILCOR/AHA Guidelines

Assessment - CPR

Scene Safety

- Look for Hazards/Personal Dangers
- Obtain and use appropriate personal protection equipment

Assess

- Responsiveness (are they alert, can they speak)
- Airway (Open and/or clear)
- Check for Severe Bleeding

Call for Help

- If alone call 911 and retrieve the AED, if available
- If second rescuer is available, have them call 911 and retrieve the AED

Check Breathing

- Look for normal breathing
- If no breathing, start CPR

Adult CPR

Provide Chest Compressions

- If no breathing, locate hand position on chest; *Place heel of one hand in center of the chest*
- Deliver 30 compressions
 - Push Hard (Compress chest at least 2 inches)
 - Push Fast (Approximately 100-120 compressions per minute). *Allow chest to rise after each compression.*

Open Airway

- After 30 compressions, open airway using head tilt/chin lift

Provide Breathing Alternating with Compressions

- Apply face shield/pocket mask
- Provide 2 normal breaths (1 second each)
- Ensure that chest rises and falls with each breath
- Continue to alternate 30 compressions with 2 breaths

Continue CPR until

- Victim is moving and/or making sounds
- You are relieved by another person who can provide CPR
- Your own safety is in danger
- You are completely exhausted
- AED is on scene and ready to be attached

AED

Upon Arrival of the AED

- Open AED case (if necessary)
- Turn Power On
- Follow Voice/Visual AED prompts
- Prepare Chest (Removing clothing from patient's chest, shave or dry if needed)

Attach Electrode Pads

- Unpack Electrodes
- Attach pads to patient's chest
- Stay clear of patient

Follow Voice and Visual Prompts

- Ensure that no one is in contact with the patient
- Press flashing shock button, if AED instructs you to do so
- Initiate CPR immediately when AED instructs you to do so

If the patient begins breathing, moving or making verbal sounds

- Maintain open airway using head tilt/chin lift
- Assist with breathing if necessary
- Leave pads attached and AED turned on

AED - Responder

Pre-Planning

- Know the locations of all AED's
- Review the site specific response plan
- Download EU Alert and use for drills
- Learn the contents of the Redi-Kits in back of AED

Drills

- Use responder cards
- Designate a team leader (different leader each scenario)
- Designate a CPR and AED provider

After the drill

- Go over the drill with the instructor (good points/points of improvement)
- Reset the room and equipment for next scenario

Initial Life Support for First Aid

2020 ILCOR/AHA Guidelines

Assessment - First Aid

Scene Safety

- Look for Hazards/Personal Dangers
- Obtain and use appropriate personal protection equipment

Assess

- Responsiveness (are they alert, can they speak)
- Airway (open and/or clear)
- Check for severe bleeding
- What do you see (burns, wounds, vomiting, deformities)
- What do they say (my head hurts, I am in pain, I feel sick),

Call for Help

- If alone call 911 and retrieve the AED, if available
- If second rescuer is available, have them call 911 and retrieve the AED

Perform Specific First Aid Skills

Obstructed Airway

Determine if Victim is Choking

- Ask the victim; "Can you speak?" "Are you choking?"
- Direct the victim to cough hard. Repeat efforts to make victim cough hard.

Perform Abdominal Thrusts

- Stand behind victim.
- Place your fist below the sternum; Cover your fist with your other hand. Perform several quick, inward and upward thrusts into the abdomen.
- Repeat until object is expelled or patient becomes unconscious.

If Victim Becomes Unconscious

- If patient becomes unconscious begin CPR

Serious Bleeding

Emergency Care

- Have Victim sit or lie down
- Apply direct pressure and bandage the wound
- If you do not suspect a spinal injury, raise the legs 8-10 inches
- Maintain normal body temperature
- Continue to monitor airway and circulation
- If bleeding cannot be controlled, consider the use of a Tourniquet

Medical Emergency

Emergency Care

- Have Victim sit or lie down
- Assist victim with personal medication (if present)
- Provide treatment to specific illnesses (such as low blood sugar or a seizure)
- Maintain normal body temperature
- Provide comfort and support
- Continue to monitor airway and circulation

Unconscious Severe Bleeding

Emergency Care

- Log Roll Victim onto back unless you suspect a spinal injury and can effectively treat them in the position found.
- Assess for breathing and maintain an open airway
- Hold direct pressure on the bleeding wound
- If patient is on back and no spinal injury suspected, elevate the victims legs 8-10 inches
- Maintain normal body temperature
- Continue to monitor airway and circulation
- Continue to reassess, even if unconscious