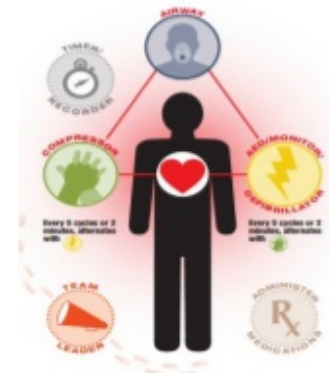
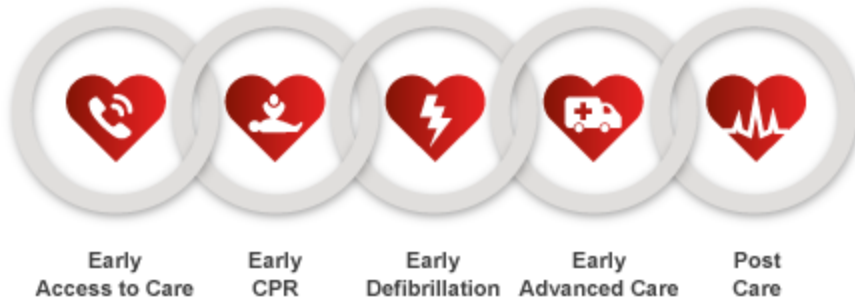


## Summary of High-Quality CPR Components for BLS Providers 2020

| <u>Component</u>   | <u>Adults and Adolescents</u>  | <u>Children (age 1 to Puberty)</u>  | <u>Infants (less than age 1 to newborn)</u>  |
|--|--|---|--|
| <b>Scene Safety</b>  | Make sure the scene is safe for rescuers and victims   |   |  |
| <b>Activation of emergency response system</b>                 | Check for Responsiveness<br>No breathing or only gasping (agonal)<br>No definite pulse felt within 10 seconds<br>(Breathing and Pulse check may be performed together in less than 10 seconds) |   |  |
| <b>Rescue Breathing</b>  | 1 breath every 6 sec   | 1 breath every 2 to 3 seconds   |  |
| <b>Compression - ventilation ratio without advanced airway</b> | If alone with no phone, leave victim to activate the ERS and get AED before beginning CPR.<br><br>Otherwise, send someone and begin CPR immediately; use AED asap                              | <p style="text-align: center;"><b>Witnessed collapse</b><br/>Follow steps for adult and adolescents</p> <p style="text-align: center;"><b>Unwitnessed collapse</b><br/>Give 2 minutes of CPR<br/>Leave victim to activate ERS and get AED.<br/>Return to victim and resume CPR; use AED asap.</p> |  |
| <b>Compression - vent ratio <i>without</i> advanced airway</b> | <b>1 or 2 rescuers</b><br>30:2   | <b>1 rescuer 30:2</b><br><b>2 or more rescuers 15:2</b>   |  |
| <b>Compression - vent ratio <i>with</i> advanced airway</b>    | Continuous compressions at rate of 100-120/min<br>Give 1 breath every 6 seconds (10 breaths/min) adult<br>Give 1 breath every 2-3 seconds (20-30 breaths/min) pediatric                        |   |  |
| <b>Compression Rate</b>  | <b>100-120/minute</b>  |   |  |
| <b>Compression Depth</b>                                       | At least 2 inches (5cm)<br>to max of 2.4" (6cm)  | At least 1/3 AP diameter of chest.<br>About 2 inches  | At least 1/3 AP diameter of chest.<br>About 1 1/2 inches   |
| <b>Hand Placement</b>  | 2 hands on the lower half of sternum   | 2 or 1 hand(s) on lower half of sternum   | <p style="text-align: center;"><b>1 rescuer</b><br/>2 fingers center of chest</p> <p style="text-align: center;"><b>2 or more rescuers</b><br/>2 thumb-encircling hands in center of chest</p> |
| <b>Chest Recoil</b>  | Allow full recoil of chest after each compression; do not lean on chest  |   |  |
| <b>Minimizing Interruptions</b>                                | Limit interruption in compressions to less than 10 seconds;<br>Switch compressors every 2 minutes  |   |  |
| <b>AED use</b>   | Adult pads only;<br>1 shock therapy if indicated   | Child pads if available;<br>Can use adult pads if do not touch or overlap   | Child Pads Only;<br>front back placement, do not use adult pads  |

## Summary of High-Quality CPR Components for BLS Providers 2020

### CHAIN OF SURVIVAL



### **Effective High-Performance Team Dynamics**

- Roles of Team Members: Team Leader / Compressor(s) / AED / Airway

### **Elements of Effective High-Performance Team Dynamics**

- Clear Roles and Responsibilities
- Knowing your Limitations
- Constructive Interventions
- Knowledge Sharing
- Summarizing and Reevaluating
- Closed-Loop Communications
- Clear Messages
- Mutual Respect

### **Critical Concepts**

- Agonal Gasps - NOT normal breathing, will not support life
- Providing effective breaths requires chest rise
- Avoid excessive ventilations
- Minimize Interruptions in Compressions - less than 10 seconds
- Quality Compressions - Depth / Rate / Recoil / Switching (at minimum every 2 min)

### **AED concepts**

- Purpose is to restore a regular cardiac rhythm through defibrillation if indicated
- Always turn unit ON as a first step - follow prompts
- Apply PADS to bare chest - no hair, no med patches, dry contact, avoid implanted devices
- Minimize chest compression interruptions to 10 seconds if possible
- Make sure Patient is CLEAR of contact during analysis and defibrillation
- Analysis are based on a 2 minute cycle

### **Foreign-Body Airway Obstructions (FBOA) - Choking**

- Adult / Child = abdominal thrust (conscious) / CPR (unconscious)
- Infant = 5 back slaps - 5 chest thrusts (conscious) / CPR (unconscious)
- Look for obstruction during CPR / Finger Sweep (only if visible)