CARDIAC ARREST

30 Second Review	Cardiac Arrest
LPN or RN w/current CPR Training (BLS or ACLS)	
DEF:	No effective heart function
S/S:	No pulse, unconsciousness, respirations gasping or absent, cyanosis
RX:	CPR, O2 at 15L via ambu-bag, IV TKO, Transport to ER

SKILL LEVEL: LPN or RN with current CPR Training (BLS OR ACLS)

DEFINITION: The cessation of effective cardiac function due to either a failure of electrical excitation (cardiac standstill) or an arrhythmia that does not permit effective ventricular contraction (e.g., ventricular fibrillation). Cardiac arrest may be associated with any severe illness but in an ambulatory setting it usually occurs in persons with acute or chronic cardiac or respiratory disease. For example: arteriosclerotic heart disease with or without myocardial infarction; chronic obstructive pulmonary disease.

DATA BASE:

Subjective: Patient is unconscious or nearly so to fit the definition.

Objective:

1. Unconsciousness
2. Absent or gasping respirations
3. Absent pulses
4. Cyanosis

Plan:

1. Call 911 and arrange emergency transport (or delegate).
2. Follow current AHA Guidelines for CPR and ACLS while waiting for emergency transport.
3. If AED (Automatic External Defibrillator) available, obtain and use it as instructed.

4. Start O2 at 15 L by ambu bag (High flow Oxygen).

5. Start IV with Ringers Lactate or Normal Saline, TKO.

6. Transport to Emergency Room.

APPROVED:

Medical Services Manager	Date
Chief Medical Officer	Date
Steve Sheerson MD.	2/24/2015
Medical Director	Date

Effective Date: 3/2015
Revised: February 2015

Summary of BLS/CPR Procedures
Emergency Action Steps

AGE RANGE	ADULT About the onset of puberty	CHILD About 1 yr to onset of puberty	INFANT Less than 1 yr
Assess Scene Patient	If the scene is not safe or at any time becomes unsafe, **GET OUT!** Check for response. Patient unresponsive or not moving....	If the scene is not safe or at any time becomes unsafe, **GET OUT!** Check for response. Patient unresponsive or not moving....	If the scene is not safe or at any time becomes unsafe, **GET OUT!** Check for response. Patient unresponsive or not moving....
ALERT EMS or activate the emergency action plan	ALERT as soon as patient is found	Give about 5 cycles of CPR then ALERT	Give about 5 cycles of CPR then ALERT
ATTEND To the ABCDs			
Airway Open airway.	Head-tilt, chin lift. Injury?→Jaw Thrust	Head-tilt, chin lift. Injury?→Jaw Thrust	Head-tilt, chin lift. Injury?→Jaw Thrust
Breathing Look, listen and feel for at least 5 seconds, but no more than 10.	Initial: 2 rescue breaths Give each breath in 1 second. Make chest visibly rise. Rescue Breathing Only: About 1 breath every 5-6 seconds. Advanced Airway in Place: 1 breath every 6-8 seconds (8-10 breaths per minute).	Initial: 2 rescue breaths Give each breath in 1 second. Make chest visibly rise. Rescue Breathing Only: About 1 breath every 3-5 seconds. Advanced Airway in Place: 1 breath every 6-8 seconds (8-10 breaths per minute)	Initial: 2 rescue breaths Give each breath in 1 second. Make chest visibly rise. Rescue Breathing Only: About 1 breath every 3-5 seconds. Advanced Airway in Place: 1 breath every 6-8 seconds (8-10 breaths per minute)
Circulation Check pulse for 5-10 seconds (no longer)	Carotid (neck)	Carotid (neck) or Femoral(groin)	Brachial(inside upper arm)
Compressions Position	Center of chest between the nipples, 2 hands	Center of the chest, between the nipples, 1 or 2 hands.	**One rescuer:** 2 fingers, just below the nipple line. **Two or more Rescuers:** 2 thumbs with finger encircling the chest.
Method	Hard, fast, complete recoil, minimize interruption	Hard, fast, complete recoil, minimize interruption	Hard, fast, complete recoil, minimize interruption
Depth	1 ½-2 inches (4 to 5 cm)	About 1/3 to ½ depth of chest.	About 1/3 to ½ depth of chest.
Speed	About 100X min	About 100X min	About 100X min
Ratio	30:2	1 rescuer 30:2 2 or more rescuers: 15:2	1 rescuer 30:2 2 or more rescuers: 15:2
Defibrillation (AED)			
Operation	Expose chest, turn on AED. Select and attach ADULT pads. Follow voice Prompts.	Expose chest, turn on AED. Select and attach Child pads. Follow voice Prompts.	No recommendations.
Type	Standard AED. Do NOT use child system	Use child pads/system. If not available, use a standard AED.	No recommendations.