

## BLS Provider - Guidelines 2020

### CPR (Cardio Pulmonary Resuscitation)

	ADULT and adolescents who have reached puberty	CHILD 1 year to before puberty	INFANT Less than 1 year of age
SCENE SAFETY	Scene is safe for rescuers AND victims		
Check for RESPONSIVENESS	Hey, Hey, are you OK?		
CALL 911 and Get the AED, or Call a Code	Activate the emergency response system and get an AED as soon as the victim is found unresponsive <b>*With adults, ALWAYS call first*</b>	If victim is unresponsive - <b>WITNESSED or others present:</b> activate the emergency response system and get an AED <b>ALONE and UNWITNESSED:</b> Perform 5 cycles of CPR before activating emergency response system and getting an AED	
Check for BREATHING AND PULSE simultaneously	Scan and check <b>simultaneously</b> for breathing and carotid pulse (If no pulse, start compressions)	Scan and check <b>simultaneously</b> for breathing and carotid pulse (If pulse is < 60 beats per min with signs of poor perfusion, start compressions)	Scan and check <b>simultaneously</b> for breathing and brachial pulse (If pulse is < 60 beats per min with signs of poor perfusion, start compressions)
<b>*Gasping is not normal breathing. If the victim is gasping begin CPR starting with compressions*</b>			
Compression Location	<b>Lower half of the breastbone</b> Heel of one hand, 2nd hand on top of the first (heel of one hand for small child victims if adequate depth can be achieved with one hand)		<b>Just below the nipple line</b> - 2 fingers (2 thumb-encircling hands for 2-rescuer, OR as a 1 rescuer option, OR heel of 1 hand as a 1 rescuer option)
Compression Depth <b>PUSH HARD</b>	At Least 2 inches	At Least 1/3 the depth of the chest	
Compression Rate <b>PUSH FAST</b>	100 - 120 compressions per minute		
Compression - Ventilation Ratio	30:2 (one rescuer, OR multiple rescuers)	30:2 (one rescuer)  15:2 (two or more rescuers)	
Compression Method	Allow for complete chest recoil (allowing the heart to completely refill with blood) between each compression - avoid LEANING - Minimize interruptions (< 10 seconds) in chest compressions		
Open the AIRWAY	Head tilt-chin lift - (suspected trauma: jaw thrust)		
Give 2 BREATHS that make the chest rise	Give 2 breaths (making the chest rise & fall, lasting 1 second each) Avoid excessive ventilations, return to compressions within 10 seconds		
AED	<b>TURN ON THE AED, FOLLOW THE PROMPTS</b>		
	Use adult pads <b>ONLY</b> . Do not use child pads/system.	Use child pads/system if available. If not, use adult pads, placing one on front center of chest, the other on the center of the back	
<b>***NOTE:</b> To avoid fatigue and provide high quality CPR, when 2 or more rescuers are available, it is important to <b>alternate the compressor role every 2 minutes</b> (5 cycles of 30:2 for adults, 10 cycles of 15:2 for children and infants)			

## RESCUE BREATHING

	<b>ADULT</b> Puberty and older	<b>CHILD</b> 1 year to puberty	<b>INFANT</b> Less 1 year of age
<i>When the victim has a valid pulse – but is not breathing normally</i> <i>*check pulse every 2 mins*</i>	<ul style="list-style-type: none"> <li>• give 1 breath every 6 seconds</li> <li>• give each breath over 1 sec with visible chest rise</li> </ul>	<p><b>IF PULSE IS &lt; 60</b></p> <ul style="list-style-type: none"> <li>• give 1 breath every 2 to 3 seconds</li> <li>• give each breath over 1 sec with visible chest rise</li> </ul>	
<b>ADVANCED AIRWAY</b>			
<i>When any Advanced Airway is in place</i>	<ul style="list-style-type: none"> <li>• provide continual compressions</li> <li>• give 1 breath every 6 seconds</li> </ul>	<ul style="list-style-type: none"> <li>• provide continual compressions</li> <li>• give 1 breath every 2-3 seconds</li> </ul>	

## RELIEF OF CHOKING (for a **RESPONSIVE** victim)

<p><i>Mild Obstruction</i></p> <ul style="list-style-type: none"> <li>• good air exchange</li> <li>• responsive and can cough forcefully</li> <li>• may wheeze between coughs</li> </ul>	<ul style="list-style-type: none"> <li>• with continuous/spontaneous coughing encourage victim to keep coughing</li> <li>• do not interfere with the victim’s own attempts but stay and monitor their condition</li> <li>• if mild obstruction persists - call 911</li> </ul>	<ul style="list-style-type: none"> <li>• do not interfere with victim’s own attempts to expel object</li> <li>• if mild obstruction persists - call 911</li> </ul>
<p><i>Severe Obstruction</i></p> <ul style="list-style-type: none"> <li>• poor or no air exchange</li> <li>• weak, ineffective cough or no cough at all</li> <li>• high-pitched noise or no noise at all</li> <li>• unable to speak</li> <li>• possible cyanosis (turning blue)</li> <li>• clutching the throat</li> </ul>	<ul style="list-style-type: none"> <li>• Ask the victim – “Are you choking? Can I help you?”</li> <li>• If the victim nods “yes” and cannot speak</li> <li>• Call 911</li> <li>• Perform abdominal thrusts (Heimlich maneuver)                             <ul style="list-style-type: none"> <li>→ stand or kneel behind the victim and wrap arms around waist</li> <li>→ make a fist with one hand</li> <li>→ place the thumb side of fist against the victim’s abdomen – slightly above the navel and well below the breastbone</li> <li>→ grasp fist with the other hand and press the fist into the victim’s abdomen with a quick upward thrust</li> <li>→ repeat until the object is expelled, or the victim becomes unresponsive</li> <li>→ give each thrust with a separate, distinct movement to relieve the obstruction</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• If victim cannot make any sounds or breathe – Call 911</li> <li>• Perform a series of back slaps and chest thrusts                             <ul style="list-style-type: none"> <li>→ Kneel or sit with the infant in lap</li> <li>→ hold the infant facedown with head lower than chest – supporting the infants head and jaw</li> <li>→ using the heel of hand - deliver up to 5 back slaps forcefully between the shoulder blades</li> <li>→ turn the infant as a unit with infant on his back</li> <li>→ provide 5 quick downward chest thrusts at the same position as chest compressions – about 1 per second</li> <li>→ repeat until relieved or unconscious</li> </ul> </li> </ul>

### Choking victim becomes **UNRESPONSIVE** continue to attempt to relieve the airway obstruction

<p>If help is available, have them call 911</p> <ul style="list-style-type: none"> <li>• begin 2 minutes of CPR, starting with compressions</li> <li>• added action - open the mouth wide &amp; look for the object (removing it if seen) before attempting 2 breaths</li> </ul>	<p>If <b>ALONE</b> with no immediate access to a phone</p> <ul style="list-style-type: none"> <li>• begin 2 minutes of CPR, starting with compressions</li> <li>• added action - open the mouth wide &amp; look for the object (removing it if seen) before attempting 2 breaths</li> <li>• activate 911</li> </ul>
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## TEAM DYNAMICS

\*Utilize a CPR Coach when available

- **CLEAR ROLES & RESPONSIBILITIES** allows all team members to know their positions, functions, and tasks during a resuscitation attempt
- **KNOWING YOUR LIMITATIONS** is communicating boundaries and asking for help when needed during a resuscitation attempt
- Communication is presented with clear messages and mutual respect, messages are repeated back to Team Leader to insure comprehension