

CARDIOPULMONARY RESUSCITATION (CPR) #7002

	ADULT (adolescent and older)	CHILD (1 year to adolescent)	INFANT (< 1 year old)
Airway:	<ul style="list-style-type: none"> ✓ Head tilt – Chin Lift ✓ Suspected Trauma: jaw thrust without head extension. If airway can not be maintained, use a head tilt/chin-lift. Manually stabilize the head and neck, avoid using an immobilization device 		
Breathing: (initial)	2 breaths at 1 second/breath	2 effective breaths at 1 second/breath	
Rescue breaths: without chest compressions	10 - 12 breaths/minute	12 - 20 breaths/minute	
Rescue breaths: for CPR with advanced airway		8 – 10 breaths/minute	
Foreign body airway obstruction:	Abdominal thrusts		Back slaps & chest thrusts
Circulation: Pulse check ≤ 10 seconds		Carotid	Brachial or femoral
Compression landmarks:	Lower half of the sternum between nipples		Just below nipple line (lower half of the sternum)
Compression method:	Heel of one hand, other hand on top	Heel of one hand, or same as adult	2 or 3 fingers, or 2 thumbs encircling (2 rescuers)
Compression depth:	1½ to 2 inches		1/3 to 1/2 the depth of the chest (approx.)
Compression rate:		100/minute (approx.)	
Compression/Ventilation ratio:	30:2		30:2 (1 rescuer) 2 minutes = 5 cycles 15:2 (2 rescuers) 2 minutes = 8-10 cycles
Defibrillation::	Use adult pads	AED after 2 minutes of CPR (as above) Use pediatric system for child 1 – 8 years old	Not recommended
	Witnessed Arrest: Immediate Shock → CPR → Rhythm Check Unwitnessed Arrest: CPR → Rhythm Check → Shock (If appropriate)		

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Additional Information:

1. Minimize interruptions in chest compressions
2. Defer airway insertion rather than interrupt chest compressions
3. Emphasis is on high quality, uninterrupted CPR - "push hard and fast" – allow for complete recoil
4. Two minutes CPR between drug doses.
5. Once an advanced airway is established, give continuous chest compression without pauses for breaths. Avoid hyperventilation.
6. Check rhythm q 2 minutes
7. Defibrillation: Device specific. While both monophasic and biphasic wave form defibrillators are acceptable, biphasic is preferred. Energy level is dependant upon the manufacturer.
8. **Newborn:** Unresponsive, not breathing but has a pulse: 40-60 breaths / minute.
Compression/ventilation ratio: 3:1 (90 compressions : 30 ventilations per minute)
9. Unresolved or persistent arrest, look for and treat:
 - ✓ Hypovolemia
 - ✓ Hypoxia or ventilation problem
 - ✓ Hydrogen Ion (acidosis)
 - ✓ Hypo / Hyperkalemia
 - ✓ Hypoglycemia
 - ✓ Hypothermia
 - ✓ Toxins
 - ✓ Tamponade (cardiac)
 - ✓ Tension pneumothorax
 - ✓ Thrombosis (coronary/pulmonary)
 - ✓ Trauma (hypovolemia or ICP)