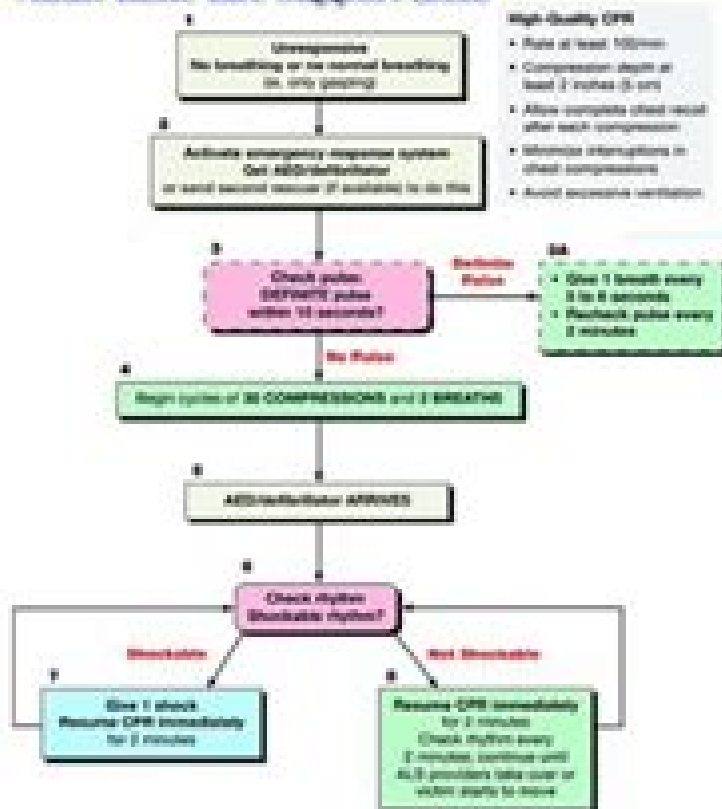


GlobalRPH ACLSPocket Guide Adult Basic Life Support (BLS)



Note: The boxes bordered with dashed lines are performed by healthcare providers and not by lay rescuers

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Adult Cardiac Arrest Should for Help/Activate Emergency Response



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CPR Quality

- Push hard and fast (at least 2 inches (5 cm) and fast (100/min) and allow complete chest recoil
- Minimize interruptions in compressions
- Avoid excessive ventilation
- Resume compressions every 2 minutes
- If no advanced airway, 30:2 compression-ventilation ratio
- Continuous waveform capnography
 - If absent, a 10-min try, attempt to improve CPR quality
 - If absent, place advanced airway, 100% over 100, attempt to improve CPR quality

Return of Spontaneous Circulation (ROSC)

- Pulse and blood pressure
- Airway sustained intubated in person, (especially with oral gag)
- Spontaneous arterial pressure reads with intra-arterial monitoring

Shock Strategy

- Biphasic Monophasic recommendation (ie, initial dose of 150-200 J, 4-10 minutes rest, maximum 360 J, second and subsequent shocks should be delivered, and higher doses may be considered)
- Monophasic 360 J

Drug Therapy

- Epinephrine 1mg (0.1 mg/kg) every 3-5 minutes
- Vasopressin 40mg (0.1 mg/kg) can reduce time to ROSC and improve ROSC

- Atropine 1mg (0.1 mg/kg) every 3-5 minutes, Second dose: 100 mg

Advanced Airway

- Capnography waveform serves as airway/ventilation indicator
- Continuous capnography to monitor and measure AET tube placement
- If 10 minutes can't intubate with continuous AET capnography

Reversible Causes

- | | |
|-------------------|--------------------------|
| • Hypoxemia | • Tension pneumothorax |
| • Hypovolemia | • Temperature, control |
| • Hypothermia | • Toxins |
| • Hypoventilation | • Electrolyte, potassium |
| • Hypertension | • Bradycardia, coronary |

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Jicheng Xie



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