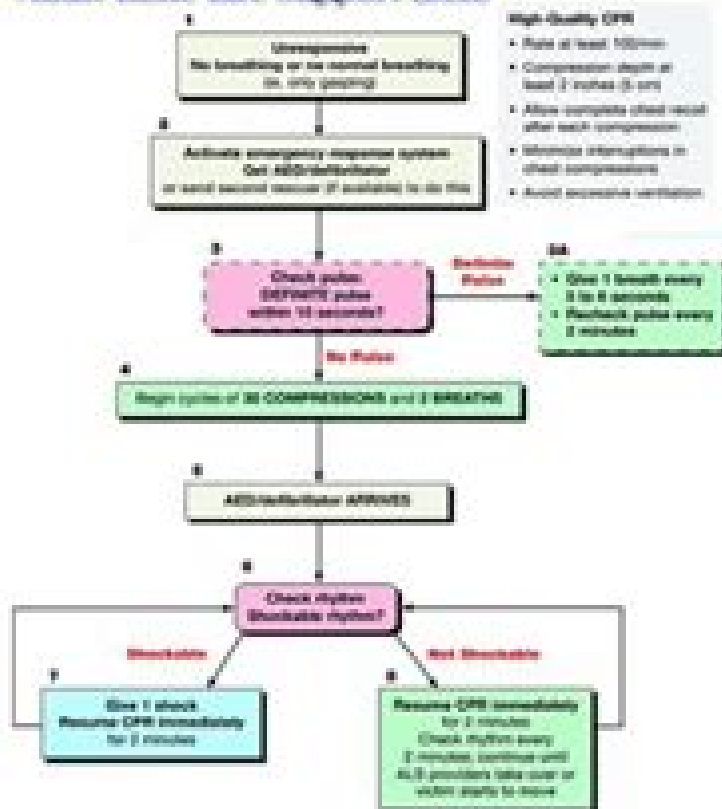


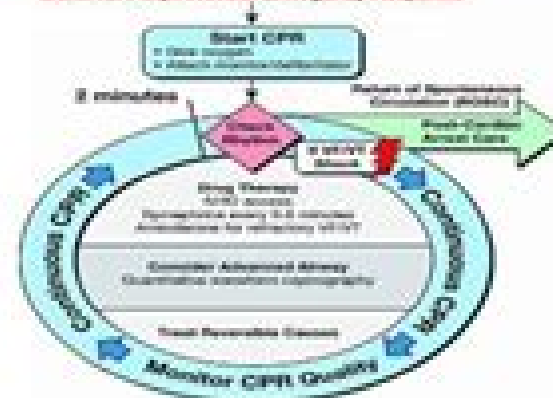
# GlobalRPH ACLSPocket Guide Adult Basic Life Support (BLS)



**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, 200-300 mmHg, 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, 4-6 minutes, and maximum energy, biphasic and monophasic shock should be equivalent, and higher shock 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

- Amiodarone 360 mg (100 mg/kg) First dose, 360 mg/kg, Second dose, 120 mg

### Advanced Airway

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

### Reversible Causes

- |                |                         |
|----------------|-------------------------|
| • Hypoxemia    | • Tension pneumothorax  |
| • Hypovolemia  | • Temperature control   |
| • Hypothermia  | • Toxins                |
| • Hypertension | • Electrolyte imbalance |
| • Hypotension  | • Endocrine disorder    |

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**SB Merriam**



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