

# Adult Cardiac Arrest Algorithm

**CPR Quality**

- Push hard (> 2 in.) and fast (> 100 - 120 per min.)
- Allow complete chest recoil, and reduce interruptions between compressions
- Avoid over-ventilation
- If no advanced airway, 30:2 compression - to - ventilation ratio
- Quantitative Waveform Capnography
  - If PETCO<sub>2</sub> < 30 mm Hg, try to improve CPR Quality
- Intra-Arterial Pressure
  - If diastolic pressure < 20 mm Hg, try to improve CPR quality

**Advanced Airway**

- Endotracheal intubation or Supraglottic Advanced Airway
- Waveform capnography to confirm / monitor ET Tube placement
- 10 breaths/min, with continuous chest compressions

**Shock Energy**

- Biphasic: Use manufacturer recommendation (i.e. 100 - 200J initial dose); if unknown, use max accessible. Second / subsequent doses should be equivalent, higher doses may be considered.
- Monophasic: 360J

**CPR Drug Therapy**

- Amiodarone IV/IO Dose: First dose: 300 mg bolus; Second dose: 150 mg
- Epinephrine IV/IO Dose: 1 mg every 3 - 5 mins.

**ROSC**

- Blood pressure (BP) and pulse
- Spontaneous arterial pressure waves with intra-arterial monitoring
- Sudden continuous increase in PETCO<sub>2</sub> (commonly > 40 mm Hg)

**Reversible Causes**

- Hypoxia
- Hypovolemia
- Hydrogen Ions (Acidosis)
- Hyper / Hypokalemia
- Hypothermia
- Tension Pneumothorax
- Tamponade
- Toxins
- Thrombosis (Pulmonary Embolus)
- Thrombosis (Acute Coronary Syndrome)



# Emergency Nurse Association Acls Study Guide

**B Lingard**



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