

2010 Interim Materials
BLS for Healthcare Providers Student Manual
Comparison Chart
Based on 2010 AHA Guidelines for CPR and ECC

BLS Changes			
	New	Old	Rationale
CPR	<p>Chest compressions, Airway, Breathing (C-A-B)</p> <p>New science indicates the following order:</p> <ol style="list-style-type: none"> 1. Check the patient for responsiveness. 2. Check for no breathing or no normal breathing. 3. Call for help. 4. Check the pulse for no longer than 10 seconds. 5. Give 30 compressions. 6. Open the airway and give 2 breaths. 7. Resume compressions. 	<p>Airway, Breathing, Chest compressions (A-B-C)</p> <p>Previously, after responsiveness was assessed, a call for help was made, the airway was opened, the patient was checked for breathing, and 2 breaths were given, followed by a pulse check and compressions.</p>	<p>Although ventilations are an important part of resuscitation, evidence shows that compressions are the critical element in adult resuscitation. In the A-B-C sequence, compressions are often delayed.</p>
	<p>Compressions should be initiated within 10 seconds of recognition of the arrest.</p>	<p>Compressions were to be given after airway and breathing were assessed, ventilations were given, and pulses were checked.</p>	<p>Although ventilations are an important part of resuscitation, evidence shows that compressions are the critical element in adult resuscitation. Compressions are often delayed while providers open the airway and deliver breaths.</p>
	<p>Compressions should be given at a rate of at least 100/min. Each set of 30 compressions should take approximately 18 seconds or less.</p>	<p>Compressions were to be given at a rate of about 100/min. Each cycle of 30 compressions was to be completed in 25 seconds or less.</p>	<p>Compression rates are commonly quite slow, and compressions >100/min result in better perfusion and better outcomes.</p>

Health Provider Manual

Shasha Hu



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