Learning outcomes

Perform cardiopulmonary resuscitation (CPR)

- Patient Assessment
- Adult Manikin
- Infant Manikin
Chain of survival

- Early access
- Early CPR
- Early defibrillation
- Early Advanced Life Support
Patient assessment and treatment

- Danger
- Response
- Send for help
- Airway
- Breathing
- CPR
- Defibrillation
Danger

- Check for any hazards to yourself, the patient or bystanders
- Prepare PPE before touching the patient
Response

Check for a response

• Squeeze the shoulders without moving the patient’s head

Assess consciousness quickly

• Groaning without eye opening is not conscious

If patient is unresponsive, airway and breathing are priority
Send for help
Airway

- Backward head tilt and chin lift
  - Jaw support
  - Jaw thrust
- Look for any obstructions
- Clear any detritus
Breathing

• Look, listen and feel

• Can be done with patient on their back or their side

• Breathing normally: place patient in the recovery position and monitor

• Not breathing normally: commence CPR
CPR

- Perform 30 compressions followed by 2 rescue breaths (1 cycle)

- Perform 5 cycles every 2 minutes

- Roughly 100 - 120 compressions per minute

- Maintain head tilt and airway for rescue breathing

- Maintain effectiveness of compressions
Hand positions for External Chest Compressions (ECC)

• Visualise the centre of the patient’s chest

• Use your body weight to apply vertical compression to the patient’s sternum

• Hand position does not matter, as long as compressing force is applied correctly
Rescue breathing

- Mouth-to-mask is SLS preferred method
- Do not overinflate - just until you see the chest rise
Defibrillation and Oxygen

Attach an AED as soon as possible (covered in the next Chapter)
Management of the patient after CPR

- Place in the recovery position
- Continue to monitor airway and breathing
- Be ready to resume CPR
- Reassure conscious patient’s
- Refer all patient’s who have required CPR to hospital
- Protect the patient from heat or cold
- Protect the patient’s privacy and dignity
Complications during rescue breathing

Blocked airway
• Check airway is being managed correctly

Rescue breathing in deep water
• Only if waiting for assistance
• Requires flotation aid

Vomiting and regurgitation
• Roll patient, clear airway, continue CPR

Stomach distension
• Maintain airway
• Blow steadily only until chest rises
CPR on infants and children

Infants:
- No head tilt – keep neck neutrally aligned
- Place mouth over infant’s nose and mouth
- Small volume of breath i.e. cheek full
- Two fingers for compressions

Children:
- Blow until you see the chest rise
- May only require one hand for compressions, depending on size of the child
CPR on pregnant patients

- Elevate the right hip by placing something underneath the patient.

- This will prevent the foetus from squashing the patient’s blood supply and inhibiting effective blood circulation.
Infectious diseases and vaccinations

• Keep immunisations up-to-date

• Seek medical advice on your own risk of transmitting a disease to someone

• See SLSA Communicable Diseases Guideline

• Always use PPE

• Avoid contact with bodily fluids where possible

• Dispose of sharps (e.g. sharps box) and contaminated waste (e.g. hazardous waste bag) appropriately
Manikin Training

• You should be fully briefed on the problems of cross-infection before you commence your manikin training

• The rules for manikin decontamination and care should be strictly followed

• Prevent cross-infection by cleaning and disinfecting manikins appropriately
Learning Activities

Resuscitation Learning Questions:

• Please complete Learning Activity Question Nine in your Assessment Portfolio, page 13

• Please complete Learning Activity Question Ten in your Assessment Portfolio, page 13