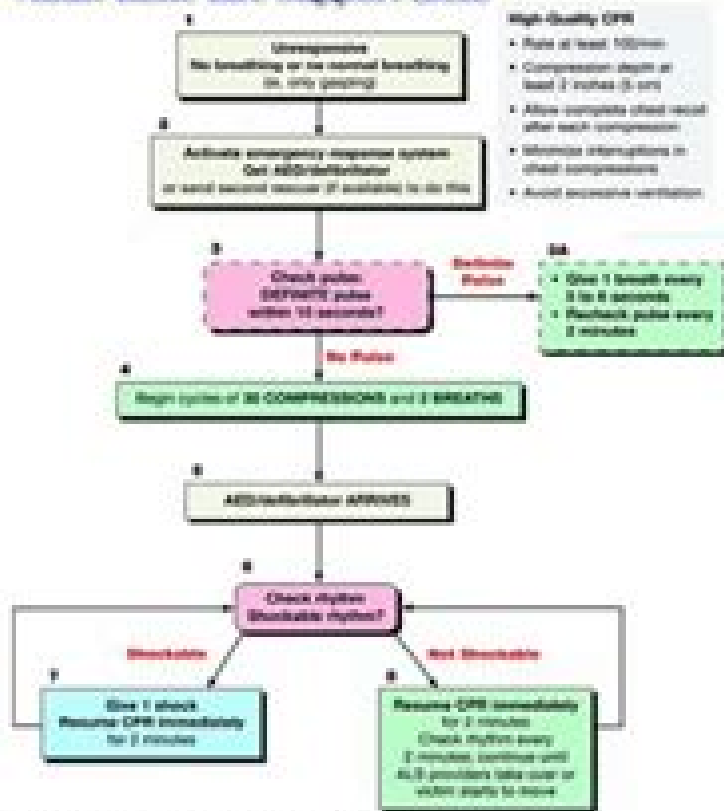


GlobalRPH ACLSPocket Guide Adult Basic Life Support (BLS)



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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, 30:2 until 100% try, attempt to improve CPR quality

Return of Spontaneous Circulation (ROSC)

- Pulse and blood pressure
- Advanced airway inserted in person, (especially with oral gag)
- Spontaneous arterial pressure reads with intra-arterial monitoring

Shock Strategy

- **Monophasic** (biphasic recommended for initial dose of 150-200 J)
 - 1-2 minutes rest (monitoring available, timing and subsequent shock should be initiated), and higher shock may be considered
- **Monophasic 360 J**

Drug Therapy

- **Epinephrine** (1mg bolus) 1 mg every 3-5 minutes
- **Amiodarone** (150mg bolus) (if only one machine that can deliver shock and epinephrine)

- **Atropine** (1mg bolus) (if only one machine that can deliver shock and epinephrine)

Advanced Airway

- **Supraglottic airway device** (e.g., oropharyngeal airway)
- **Endotracheal intubation** (e.g., endotracheal tube and manual or positive pressure ventilation)
- **15 l/min** (or 10 l/min) with continuous arterial monitoring

Reversible Causes

- Hypoxemia
- Hypovolemia
- Hypothermia
- Hypoventilation
- Hypertension
- Hypoglycemia
- Hyperkalemia
- Tension pneumothorax
- Tamponade, cardiac
- Toxins
- Thrombotic pulmonary
- Thrombotic coronary

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J Ma



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