

# CPR

*30 compressions, 2 breaths!*

## *CPR in Cardiac Arrest*

- Abrupt loss of heart function; fatal, if steps aren't taken immediately.
- Perform CPR immediately on any person who has become unconscious and has no pulse.
- Move patient on a hard surface. Delivery of CPR on a mattress or other soft material is less effective.
- CPR steps are performed in order: Chest compressions, Airway, Breathing.

## *Systematic approach*

1. Verify scene safety
2. Check victim's responsiveness
3. Shout for help and call 911 or have another bystander call 911. If you are alone and do not have a mobile phone, leave victim to call 911 first, then return to perform CPR
4. Check for breathing and pulse for less than 10 sec.

[AHA 2015 Guidelines]



## *Victim has a pulse but is not breathing*

One breath every 5-6 seconds. Check pulse every 2 minutes. Pinch the patient's nostrils closed. Put the mouth completely over the patient's mouth, give 1 breath.

## *Victim has NO pulse*

1. Give 30 chest compressions at a rate 100-120/min, depth of at least 2 inches.
  - Place the heel of one hand on the patient's lower half of breastbone and the other hand on top of the first, fingers interlaced, extend the elbows. Press down, compressing the chest 2 inches. Release the chest and allow it to recoil.
2. Open the airway look in the patient's mouth for a foreign body blocking the airway.
4. Check for breathing. Listen for no more than 10 seconds. After 30 compressions, give 2 breaths! Repeat until a pulse returns or medical help arrives.