

Suspected Cardiac Arrest

Check scene safety, make safe if possible.

Check Response

Shout at patient "Hello can you hear me? Open your eyes."

Tap patient's shoulders to see if they are able to respond. If they do not, Check: -

A = Airway - Is the airway clear? If not, open mouth and clear airway.

B = Breathing – is the patient breathing?

1. If **NO** to any of the above Dial 999 / 112 for emergency help. Send for Defibrillator.
2. Commence CPR -

Lay patient flat on level surface

START CHEST COMPRESSIONS

Expose the chest and imagine a circle in the middle of the chest.

Place the heel of one hand on top of the one on the sternum and interlock the fingers of both hands and lift them to ensure pressure is not applied over the patient's rib cage.

Position your self vertically above the patient's chest and with your arms straight and elbows locked, press down on the sternum to depress approximately 5-6 centimeters.

Repeat at a rate of 100 – 120 compressions per minute. After 30 compressions 2 rescue breaths can be given.

Continue and only stop if the patient shows signs of regaining consciousness such as coughing, eye opening, speaking or moving AND starts to breathe normally.

Otherwise do not interrupt resuscitation until defibrillation is taking place.

Arrival of Defibrillator

Open Defibrillator and locate the pads.

Switch on Defibrillator and follow instructions:

Remove all clothing from the waist up, remove backing from pads, apply electrode pads.

- Place one pad lengthways on right upper chest just below the collarbone
- Place the second pad lengthways on the lower left chest underneath the armpit
- Plug in connector
- Continue CPR until the defibrillator instructs you to cease
- ALWAYS FOLLOW THE DEFIBRILLATOR INSTRUCTIONS
- DO NOT touch the patient when the Defibrillator is ready to shock.
- When instructed shout "**shocking – stand clear**" - **Then Press the shock button.**
- After the shock, continue with CPR for two minutes while the defibrillator performs an additional analysis

Follow the instructions voiced by the defibrillator for further shocks.
Hand over to the Ambulance Crew.

Other considerations when using Defibrillator

Remove an underwired bra.

Remove any metal where the pads will be attached.

Do not place pads over a Pacemaker.

Do not place pads over breast tissue.

Dry the patient's chest if they have been fetched out of water.

Do not use the defibrillator on a patient under the age of one.