

1.6 Adult C.P.R.

Priority #1: Scene Assessment

- Stop and look (*walk around patient and look up and down*)
- Assess for hazards (*gas, glass, fire, wire, trucks, shmucks*)
- Find out what happened (*what happened?*)
- Exposure Protection (*put on your gloves*)

Priority #2&3: Primary Survey and EMS Call

- LOC Check: (*Pinch and Shout*)
- Phone 9-1-1 and get AED
 - Get someone else to phone 9-1-1 now.
(*Hey you! go phone 9-1-1 and report back to me*)
 - Get someone else to look for an AED
(*Hey you! go look for an A.E.D. and report back to me*)
- d-Spine: do I need to hold the neck still?
(*if you need to immobilize the neck, use one of the clamps we learned or find some sand bags*)
- ABC's: head tilt, chin lift, check for effective breathing (5 seconds)

If not breathing normally, then

Do CPR immediately

- Expose chest as necessary
- 30 Compression, center of the chest, 2 inches deep, 100 bpm
- 2 Breaths

Repeat Until

- AED Arrives
- EMS Arrives
- The patient shows signs of life
- You can't do CPR anymore

NOTE: If you have two rescuers, then switch who is doing compressions every two minutes.

NOTE: If you have three rescuers, one person may be able to continue down to other priorities while CPR is happening.

NOTE: if you are by yourself and need to phone 9-1-1, then either use your cell phone or if you have to leave the patient, just roll them onto their side (3/4 prone) first.

Child/Infant CPR

Priority #1: Scene Assessment

- Stop and look (*walk around patient and look up and down*)
- Assess for hazards (*gas, glass, fire, wire, trucks, shmucks*)
- Find out what happened (*what happened?*)
- Exposure Protection (*put on your gloves*)

Priority #2&3: Primary Survey and EMS Call

- LOC Check: (*Pinch and Shout*)
- Phone 9-1-1 and get AED
 - Get someone else to phone 9-1-1 now.
(*Hey you! go phone 9-1-1 and report back to me*)
 - Get someone else to look for an AED
(*Hey you! go look for an A.E.D. and report back to me*)
- d-Spine: do I need to hold the neck still?
(*if you need to immobilize the neck, use one of the clamps we learned or find some sand bags*)
- ABC's: head tilt, chin lift, check for effective breathing (5 seconds)

If not breathing normally, then

Do CPR immediately

- 30 Compression, center of the chest, **2/1.5 inches deep or 1/3 of chest,**
100 bpm
- 2 Breaths

Repeat Until

- AED Arrives
- EMS Arrives
- The patient shows signs of life
- You can't do CPR anymore

NOTE: For a child/infant, **if you are by yourself and need to phone 9-1-1, then DO TWO MINUTES OF CPR prior to** calling 9-1-1 and locating an AED.

NOTE: If you have two rescuers, then switch who is doing compressions every two minutes.

NOTE: If you have three rescuers, one person may be able to continue down to other priorities while CPR is happening.

1.6 Adult C.P.R.

Adult CPR Steps	Below Standard	Minimal	Fully Meets Standard	Above Standard
Check for Dangers	<i>Does not verbalize "checking for dangers"</i>	<i>Says "checking for dangers" but doesn't really look</i>	<i>Takes time and verbalizes "checking for dangers". Identifies any possible dangers.</i>	<i>Takes time and verbalizes "checking for dangers". Identifies and deals with any possible dangers.</i>
Find out what Happened	<i>Doesn't ask "what happened?"</i>	<i>Asks "what happened?" but doesn't listen or waits too long.</i>	<i>Asks "what happened?" and waits just long enough find out the basic history.</i>	<i>Asks "what happened?" with assertiveness and projects confidence in finding out the basic history.</i>
Gloves	<i>Forgets to put them on</i>	<i>Puts them on at the wrong time</i>	<i>Puts gloves on before touching patient</i>	<i>Puts gloves on efficiently before touching patient.</i>
LOC Check	<i>Skips this step</i>	<i>Does only pinch or only shout.</i>	<i>Pinch and shout</i>	<i>Pinch and shout in both ears with reasonable volume and firmness.</i>
Phone 9-1-1 and get AED	<i>Forgets to do this, or more than 1 minute after starting</i>	<i>Phones late or forgets AED</i>	<i>Gets someone to phone 9-1-1 at the right time, and sends for an AED</i>	<i>Has confidence and clarity in getting someone to phone 9-1-1 and get an AED</i>
d-Spine				
ABC's X2	<i>Either not checking or is less than 4 seconds or more than 10.</i>	<i>Checks for breathing for 4-10 seconds.</i>	<i>Opens the airway and checks for breathing for 5 seconds.</i>	<i>Opens the airway and checks for breathing for 5 seconds. Verbalizes look/listen/feel</i>
Compressions X3	<i>Compressions not deep enough or in the wrong spot.</i>	<i>Compressions are working, but positioning or pace could be improved.</i>	<i>Correct body position, hand position, depth and pace is close to 100 bpm.</i>	<i>Correct body position, hand position, depth and pace of exactly 100 bpm.</i>
Rescue Breaths X2	<i>Breaths not done or would not work</i>	<i>2 breaths, maybe slightly large or small</i>	<i>2 full breaths</i>	<i>Normal sized breaths waiting for chest rise/fall inbetween</i>
Knowledge	<i>Incorrect or did not attempt answer</i>	<i>Partially correct</i>	<i>Correct answer, but slow or uncertain.</i>	<i>Quick clear concise answer to "what if" question</i>