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CPR in pregnancy

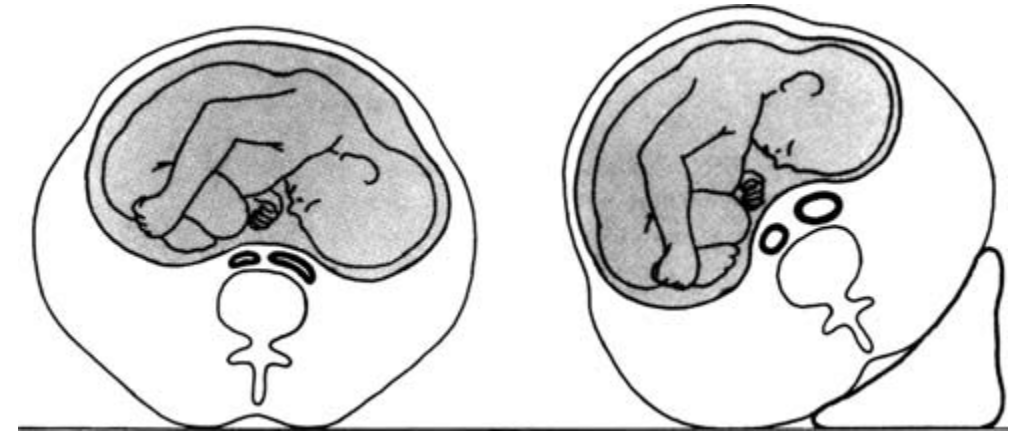
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Learning objectives

- Student will learn how to identify a pregnant woman.
- Student will learn the CPR specifics in pregnancy.
- Student will know how to prevent an aortocaval compression.

Specifics of the pregnant woman

- find out a pregnancy by asking or examination
- from 20 weeks gestation, the uterus can compress both the inferior vena cava and aorta, impeding venous return and cardiac output of the pregnant woman.

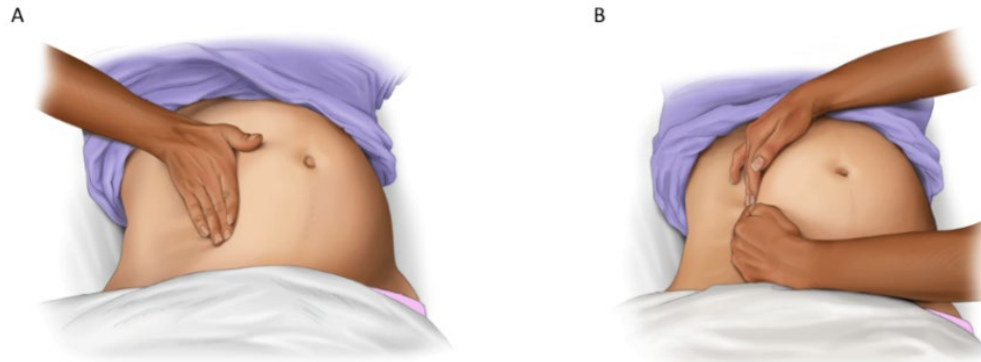


Basic life support

- SSS ABC
- Start providing CPR when the pregnant woman is:
 - unconscious and not breathing
 - unconscious and not breathing normally (gaspings)
- Basic life support:
 - chest compressions: freqv. 100-120/ min, depth 5-6 cm
 - ratio compressions : breaths – **30:2**
 - **use AED if available**

CPR specifics in pregnancy

- try to prevent aortocaval compression manually by displacing the uterus to the left (2 rescuers) or underlaying the right hip
- in case of any doctor on the scene – caesarean section should be provided within 5 min. after cardiac arrest



A, Manual LUD, performed with one-handed technique. B, Two-handed technique during resuscitation.

Learning outcomes

- Student can identify the pregnant woman.
- Student knows an aortocaval compression should be avoided during CPR in pregnancy.
- Student knows that it is safe to use AED on the pregnant woman.

Resources

- AUSTIN, Margaret, Rudy CRAWFORD a Barry KLAASSEN. First aid manual: the Authorised Manual of St John Ambulance, St Andrew's First Aid and the British Red Cross. Revised 10th edition. London: DK, 2016. ISBN 978-0-2412-4123-3.
- ŠEBLOVÁ, Jana a Jiří KNOR. Urgentní medicína v klinické praxi lékaře. 2., doplněné a aktualizované vydání. Praha: Grada, 2018. ISBN 978-80-271-0596-0.

Thank you for your attention.

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