



Basic Life Support & Automated External Defibrillation Course



OBJECTIVES

- At the end of this course participants should be able to demonstrate:
 - How to assess the collapsed victim.
 - How to perform chest compression and rescue breathing.
 - How to operate an automated external defibrillator safely.
 - How to place an unconscious breathing victim in the recovery position.

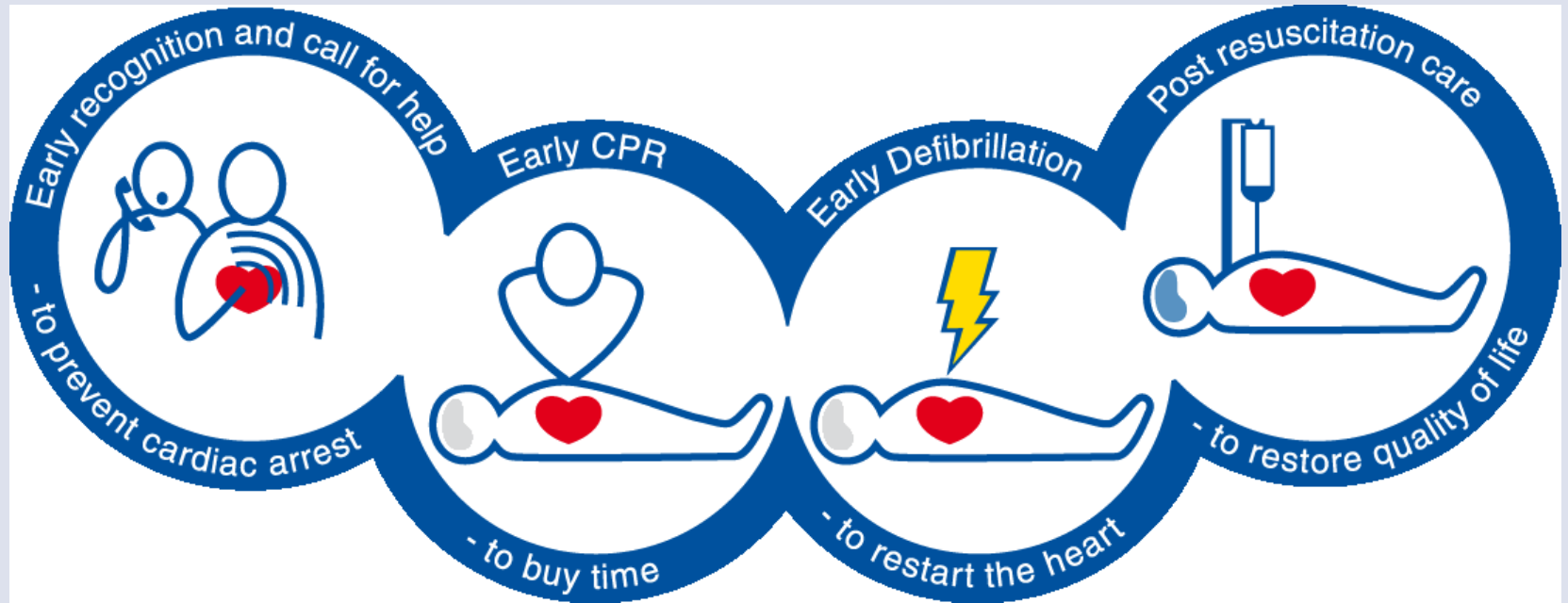


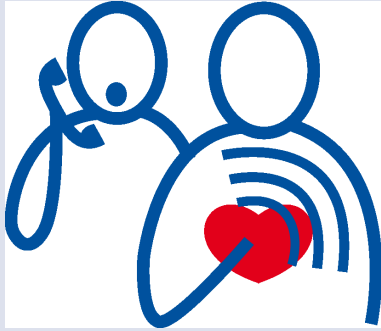
BACKGROUND

- Approximately 700,000 cardiac arrests per year in Europe
- Survival to hospital discharge presently approximately 5-10%
- Bystander CPR vital intervention before arrival of emergency services
- Early resuscitation and prompt defibrillation (within 1-2 minutes) can result in >60% survival



CHAIN OF SURVIVAL





Approach

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths





■ ■ ■ APPROACH SAFELY!

Scene
Rescuer
Victim
Bystanders

Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths



■ ■ ■ CHECK RESPONSE



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths



■ ■ ■ CHECK RESPONSE



Shake shoulders gently

Ask “Are you all right?”

If he responds

- Leave as you find him.
- Find out what is wrong.
- Reassess regularly.



SHOUT FOR HELP



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths



OPEN AIRWAY



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths



■ ■ ■ CHECK BREATHING



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths



■ ■ ■ CHECK BREATHING

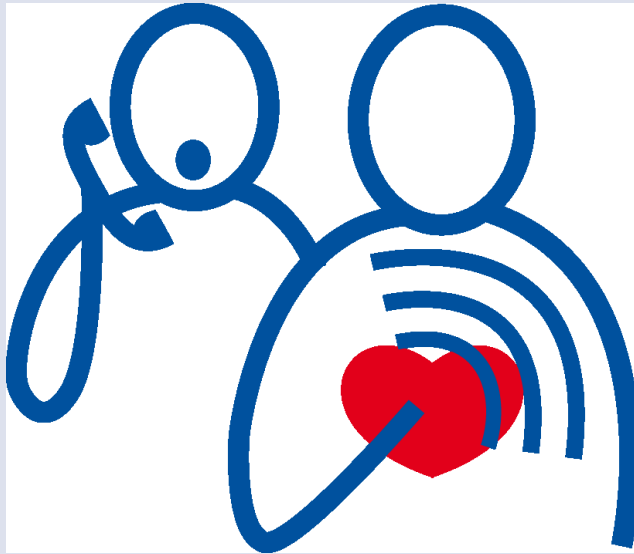


- Look, listen and feel for **NORMAL** breathing
- Do not confuse agonal breathing with **NORMAL** breathing



■ ■ ■ AGONAL BREATHING

- Occurs shortly after the heart stops in up to 40% of cardiac arrests
- Described as barely, heavy, noisy or gasping breathing
- Recognise as a sign of cardiac arrest



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths



30 CHEST COMPRESSIONS



Approach safely

Check response

Shout for help

Open airway

Check breathing

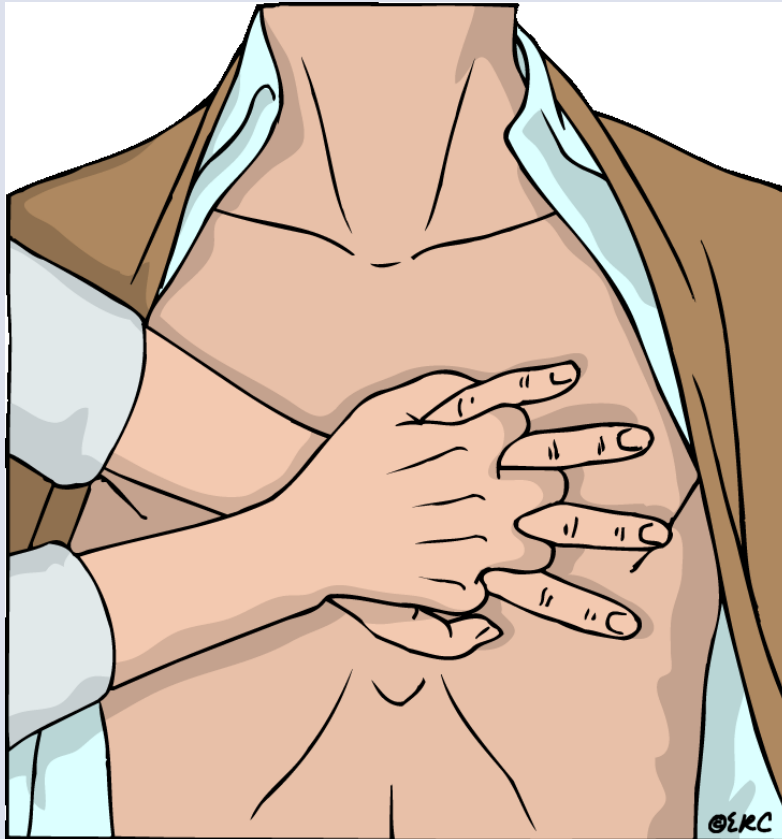
Call 112

30 chest compressions

2 rescue breaths



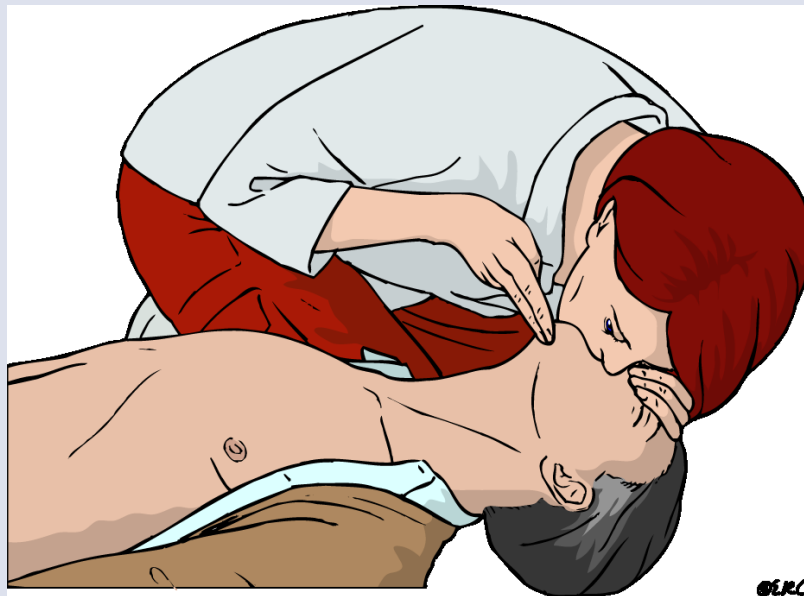
CHEST COMPRESSIONS



- Place the heel of one hand in the centre of the chest
- Place other hand on top
- Interlock fingers
- Compress the chest
 - Rate 100 min⁻¹
 - Depth 4-5 cm
 - Equal compression : relaxation
- When possible change CPR operator every 2 min



RESCUE BREATHS



Approach safely

Check response

Shout for help

Open airway

Check breathing

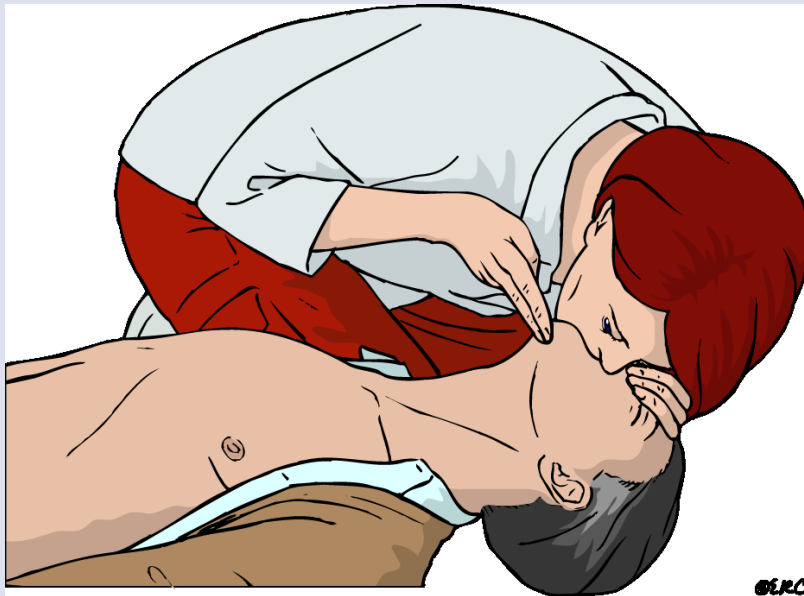
Call 112

30 chest compressions

2 rescue breaths



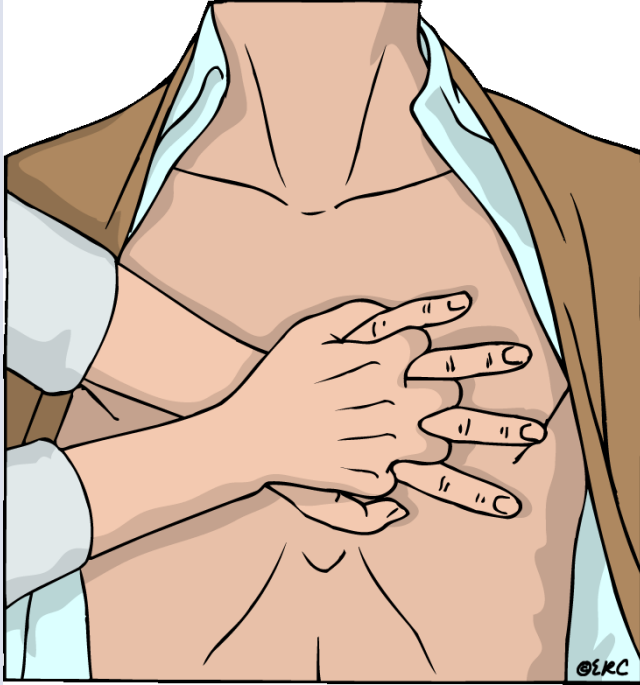
RESCUE BREATHS



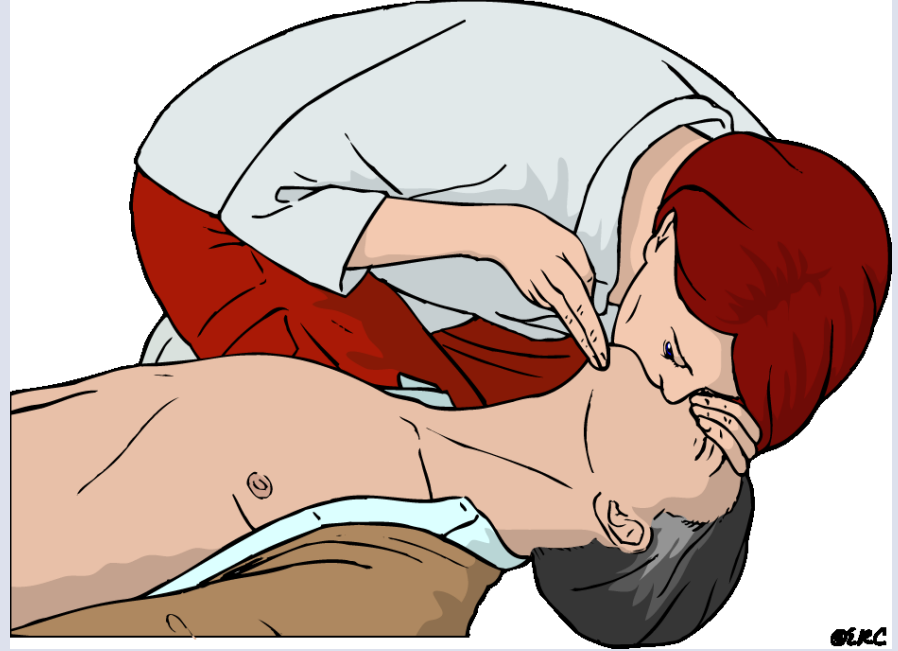
- Pinch the nose
- Take a normal breath
- Place lips over mouth
- Blow until the chest rises
- Take about 1 second
- Allow chest to fall
- Repeat



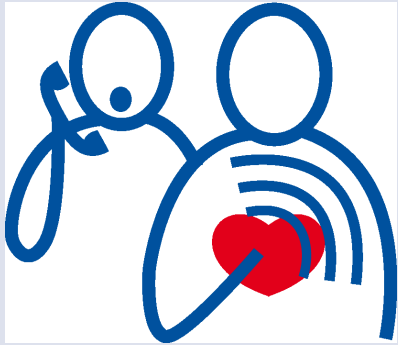
CONTINUE CPR



30



2



Approach

Check response

Shout for help

Open airway

Check breathing

Call 112

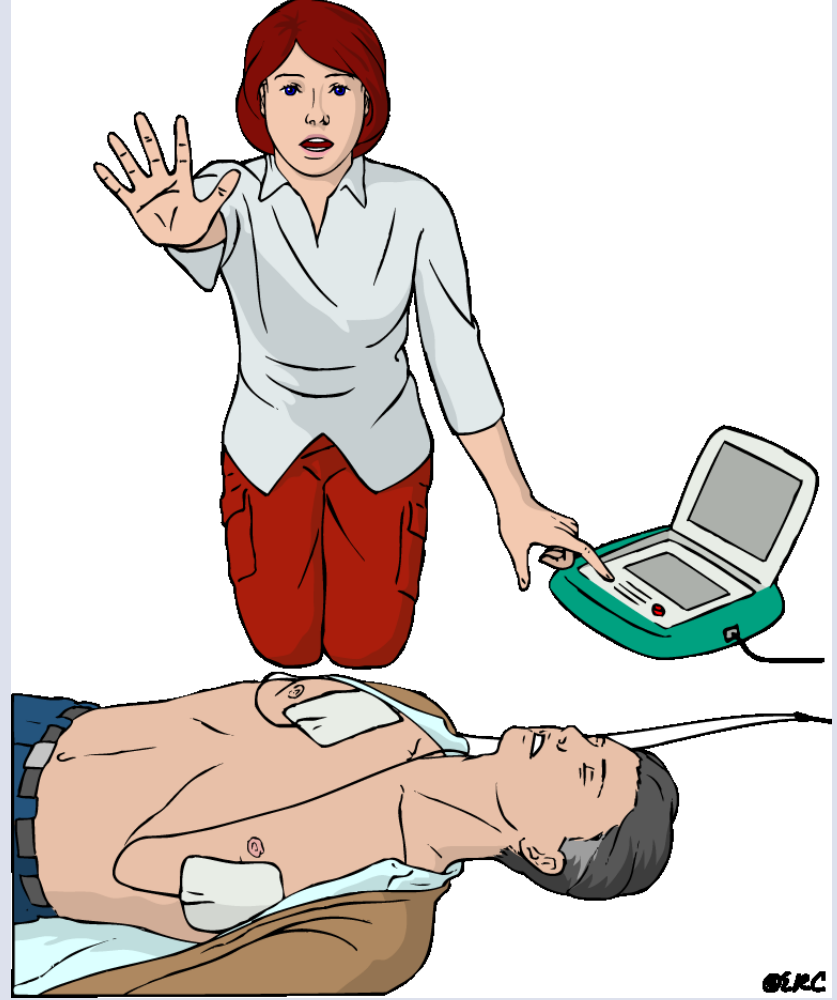
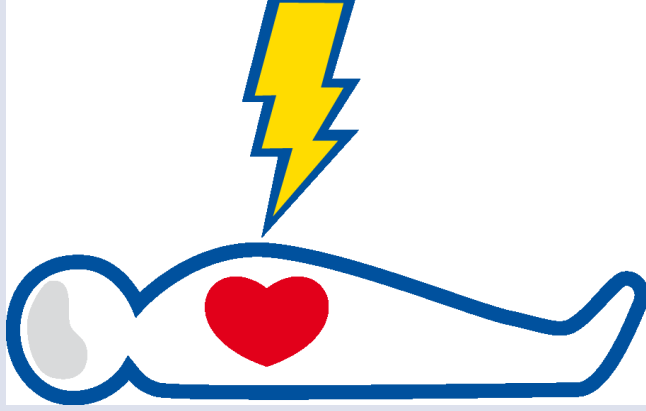
30 chest compressions

2 rescue breaths





DEFIBRILLATION





Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

Attach AED

Follow voice prompts



SWITCH ON AED



- Some AEDs will automatically switch themselves on when the lid is opened

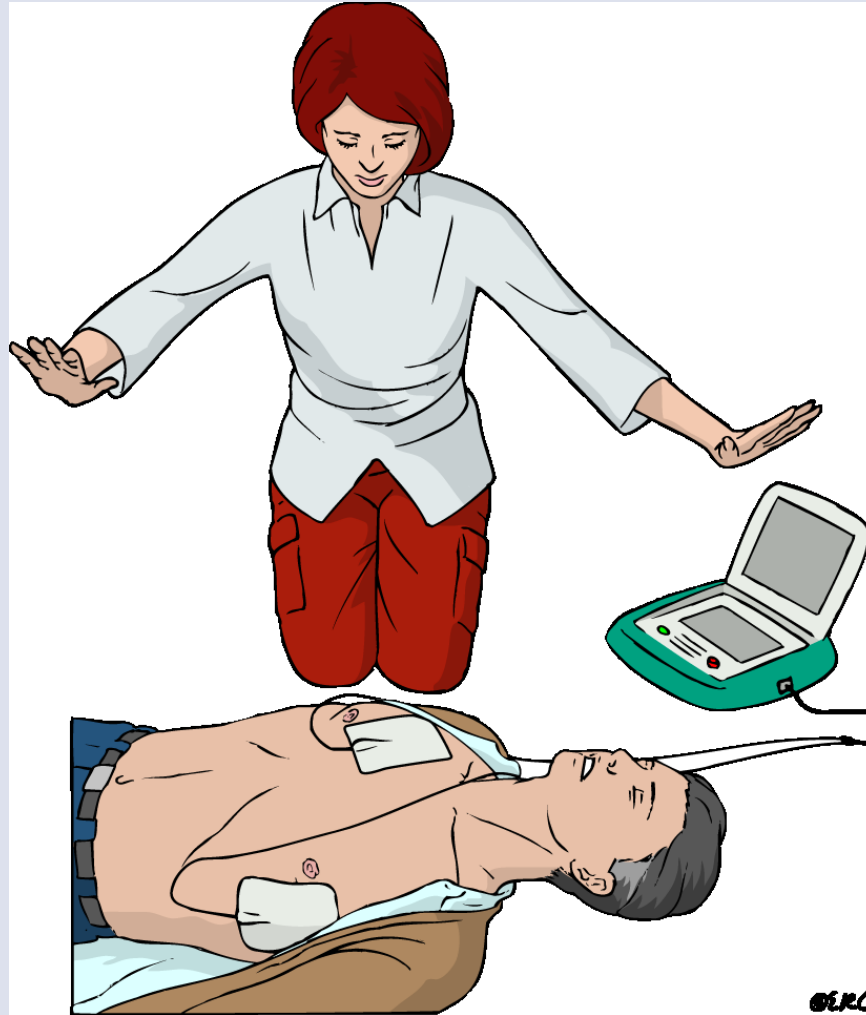


ATTACH PADS TO CASUALTY'S BARE CHEST



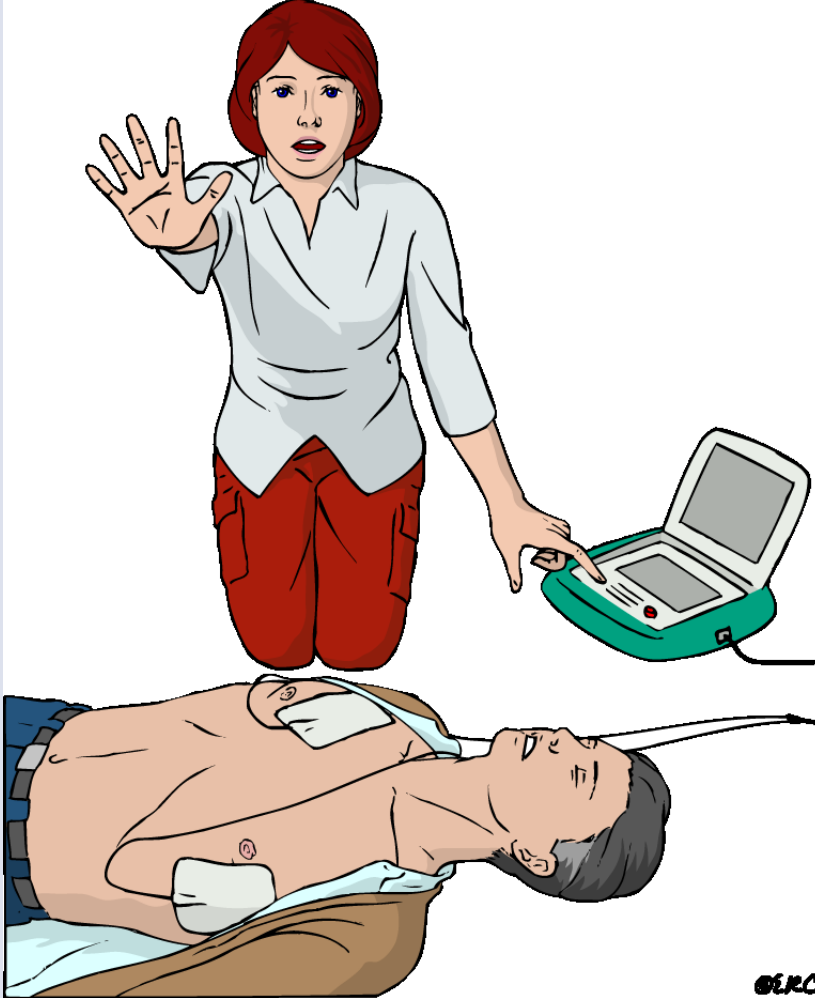


ANALYSING RHYTHM DO NOT TOUCH VICTIM





SHOCK INDICATED



- Stand clear
- Deliver shock



SHOCK DELIVERED FOLLOW AED INSTRUCTIONS



30



2



NO SHOCK ADVISED FOLLOW AED INSTRUCTIONS



30



2



IF VICTIM STARTS TO
BREATHE NORMALLY PLACE
IN RECOVERY POSITION

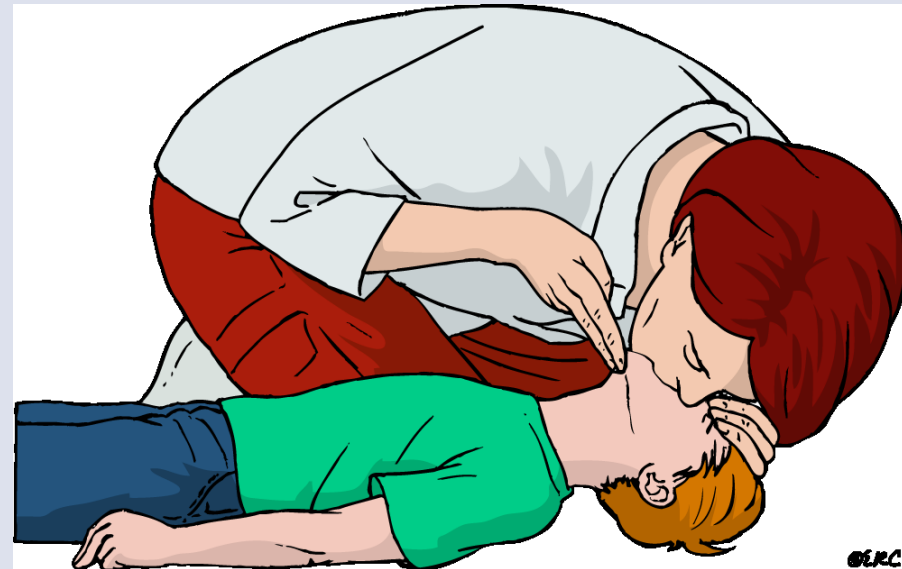






CPR IN CHILDREN

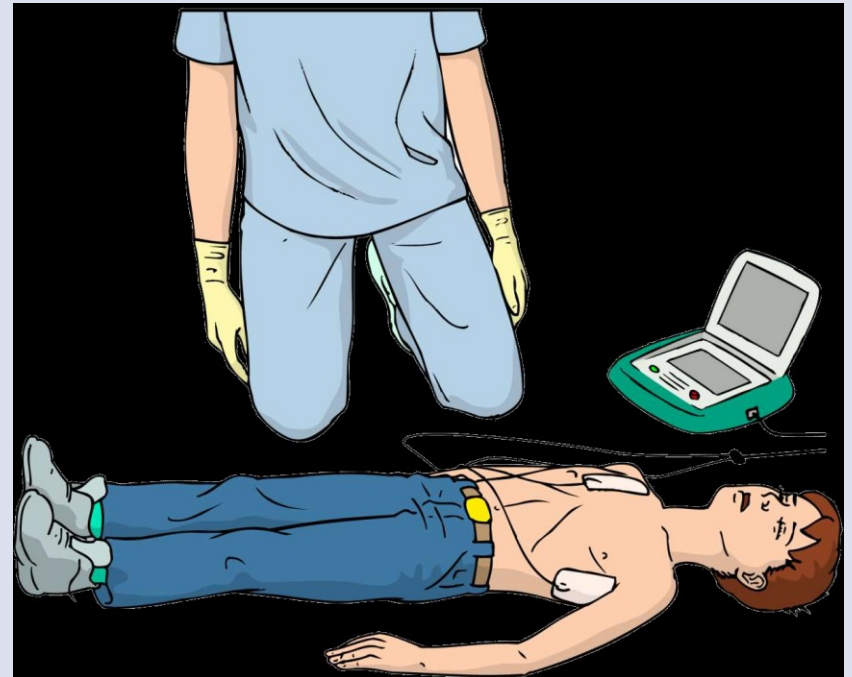
- Adult CPR techniques can be used on children
- Compressions 1/3 of the depth of the chest

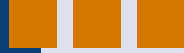




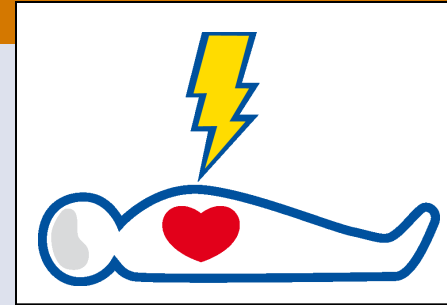
AED IN CHILDREN

- Age > 8 years
 - use adult AED
- Age 1-8 years
 - use paediatric pads / settings if available (otherwise use adult mode)
- Age < 1 year
 - use only if manufacturer instructions indicate it is safe





ANY QUESTIONS?



Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

30 chest compressions

2 rescue breaths

Approach safely

Check response

Shout for help

Open airway

Check breathing

Call 112

Attach AED

Follow voice prompts