

Emergency Medical Consultants

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Skills Review for Healthcare Providers The CAB's of CPR

Simultaneously Determine unresponsiveness and check for effective breathing

If unresponsive: call a "code" or 911

C = Circulation- Check for a pulse Max - 10 seconds. If pulse is not definite, begin compressions.

A = Airway- Open airway (head tilt/chin lift)

B = Breaths- Give 2 breaths then back to compressions

D = Defibrillator- Attach a manual defibrillator or AED

CPR Reference

	Adults (> puberty)	Children (1 - puberty)	Infants (< 1yr)
Rescue breathing, Victim definitely has a pulse	10-12 breaths/min recheck pulse every 2 minutes	12-20 breaths/min recheck pulse every 2 minutes	12-20 breaths/min recheck pulse every 2 minutes
Compression landmark No pulse (or pulse <60 in infant or child with poor perfusion)	Middle of the chest, between the nipples	Middle of the chest, between the nipples	1 finger below nipple line
Compressions are performed with	Heel of 2 hands	Heel of 1 or 2 hands	2 fingers OR 2 thumbs when using encircling hands technique
Rate of compressions per minute	100-120/min	100-120/min	100-120/min
Compression depth	2-2.4 inches	At least 1/3 depth of chest 2 inches	At least 1/3 depth of chest 1 ½ inches
Ratio of compressions to breaths <i>*Once an advanced airway is placed ventilations will be 1 every 6 sec. with continual compressions.</i>	30:2 Change compressors and reevaluate every 2 min	30:2 15:2 if 2 rescuer Change compressors and reevaluate every 2 min	30:2 15:2 if 2 rescuer Change compressors and reevaluate every 2 min

Foreign Body Airway Obstruction

** If not rapidly removed call Emergency Medical Service **

Conscious choking

Adult	Child	Infant
Abdominal Thrusts	Abdominal Thrusts	5 Back Blows/5 Chest Thrusts

Unconscious choking

Adult	Child	Infant
Call a "code" or call 911 Begin CAB's of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen. Repeat cycles of CPR if needed	Begin CPR If second rescuer is present, send them to call a "code" or 911, otherwise, call after 2 min of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen. Repeat cycles of CPR if needed	Begin CPR If second rescuer is present, send them to call a "code" or 911, otherwise, call after 2 min of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen. Repeat cycles of CPR if needed

INFORMATION TO KEEP IN MIND:

1. Know the maximum time that should be spent checking for the presence of a pulse.
2. Know the preferred techniques/devices for providing ventilations if you are a single rescuer versus having multiple resources in the professional setting.
3. Know the concept of scene safety/awareness before providing care.
4. Know which patients require ventilations and which require ventilations plus compressions.
5. Know the best way to open the airway for an Adult, Child, Infant or spinally injured patient.
6. Know the location, depth and rate of compressions for an Adult, Child and Infant.
7. Know when to start compressions for an Adult, Child and Infant, be able to explain chest recoil (release) and high quality CPR.
8. Know the compression to ventilation ratio for both 1 and 2-rescuer for Adult, Child and Infant.
9. Know how to reduce the incidence of air being introduced into the patient's stomach versus their lungs.
10. Understand how an AED affects the heart (shock to organize the rhythm), and know the steps for using an AED on an Adult, Child or Infant; pediatric use and placement.
11. Know how to incorporate CPR before, during and after AED use.
12. Know the changes in CPR, which are incorporated once a victim has an advanced airway "tube" placed by a medical professional.
13. Know the sequence, procedures and roles for 1 rescuer versus 2-rescuer CPR.
14. Know the procedures for conscious and unconscious choking for Adult, Child and Infant.
15. Know how to determine effectiveness of ventilations and compressions being provided during CPR
16. Know the elements of effective team dynamics and communicating during an emergency.