

Standards Procedure (Skill) Cardiac Section

Cardiac: Cardiopulmonary Resuscitation (CPR)

Clinical Indications:

- Basic life support for the patient in cardiac arrest

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|---|-----------|---|
| | EMR | |
| B | EMT | B |
| A | AEMT | A |
| P | PARAMEDIC | P |

Procedure:

1. Assess the patient's level of responsiveness.
2. If no response, open the patient's airway with the head-tilt, chin-lift and look, listen, and feel for respiratory effort. If the patient may have sustained C-spine trauma, use the modified jaw thrust while maintaining immobilization of the C-spine. For infants, positioning the head in the sniffing position is the most effective method for opening the airway.
3. Check for pulse (carotid for adults and older children, brachial for infants) for at least 10 seconds. If no pulse, begin chest compressions based on chart below:

| Age | Location | Depth | Rate |
|---------------|--|---|---|
| Infant | Over sternum, between nipples (inter-mammary line), 2-3 fingers | At least 1/3 AP diameter of chest About 1.5 inches 4 cm | Continuous compressions at least 100 – 120/minute |
| Child | Over sternum, just cephalad from xyphoid process, heel of one hand | At least 1/3 AP diameter of chest About 2 inches 5 cm | Continuous compressions at least 100 – 120/minute |
| Adult | Over sternum, just cephalad from xyphoid process, hands with interlocked fingers | At least 2 inches 5 cm | Continuous compressions at least 100 – 120/minute |

4. If patient is an adult, go to step 5. If no respiratory effort in a pediatric patient, give two ventilations. If air moves successfully, go to step 5. If air movement fails, proceed to the Airway Obstruction Procedure.
5. Go to Cardiac Arrest Procedure. Begin ventilations in the adult as directed in the Cardiac Arrest Procedure
6. Provide 1 breath every 6 seconds with the BVM or BIAD. Use EtCO₂ to guide your ventilations as directed in the Cardiac Arrest Protocol.
7. Chest compressions should be provided in an uninterrupted manner. Only brief interruptions (< 5 seconds with a maximum of 10 seconds) are allowed for rhythm analysis, defibrillation, and performance of procedures
8. Document the time and procedure in the Patient Care Report (PCR).

Certification Requirements:

- Maintain knowledge of the indications, contraindications, technique, and possible complications of the procedure. Assessment of this knowledge may be accomplished via quality assurance mechanisms, classroom demonstrations, skills stations, or other mechanisms as deemed appropriate by the local EMS System.