

# CONNECTICUT VALLEY HOSPITAL OPERATIONAL PROCEDURE MANUAL

<b>SECTION I:</b>	<b>PATIENT FOCUSED FUNCTIONS</b>
<b>CHAPTER 2:</b>	<b>Provision of Care, Treatment and Services</b>
<b>PROCEDURE 2.33:</b>	<b>Adult CPR with AED Guidelines</b>
<b>REVISED:</b>	02/02/07; 12/2010; 04/13; 2/25/16; Reviewed 02/18
<b>Governing Body Approval:</b>	01/13/11; 04/25/13; 2/25/16; 04/18

**PURPOSE:** Cardiac Chain of Survival: Early Recognition – Access to Emergency System, Early CPR, Early Defibrillation, Early Advanced Medical Care.

Signs and signals of a heart attack include chest pain or pressure lasting more than 5 minutes or than goes away and comes back; chest pain spreading to the neck, jaw or arm; shortness of breath or trouble breathing; nausea or vomiting and dizziness, light-headedness or fainting. Adult CPR is done for a victim ages 12 and up.

**SCOPE:** All clinical staff

## **PROCEDURE:**

### **A. Performing CPR:**

1. While checking the victim you find, Unconscious and has no Signs of Life, then begin CPR. **CVH:** Call 999. **Blue Hills SAS:** Hit “Alert” button on phone and dial 911.
2. Find hand placement (place your hand on the center of the victims chest- on the lower half of the sternum {breastbone}; only the heel of your hand should be touching the center breastbone of the victim, just above the notch)
3. Position your shoulders over your hands, lock elbows and compress straight down about 2 inches
4. Give 30 compressions at a rate of 100 compressions per minute (about 18 seconds for the 30 compressions)
5. Give 2 breaths (head tilt and pinch nose)
6. Repeat the CPR cycles (30 compressions and 2 breaths)
7. Continue this process until, the scene becomes unsafe, you see signs of life, an AED arrives, advanced medical help arrives, another rescuer takes over or you are too exhausted to continue
8. If required by your agency, the skills of 2-person CPR, the use of a mask and bag-valve (AMBU) will be included. The ratio for 2-person CPR will be 30 compressions and 2 breaths. The sequence for 2 person CPR has remained the same.
9. During this cross-over year, if you are doing 2-person CPR, the person doing the compressions will quickly say the compression rate they will be doing based on their certified skills. The person doing rescue breathing will follow their cue. The compression rate that is started will be the compression rate for the rescue.

**B. Unconscious Choking:**

1. While checking the victim you find, Unconscious and the 2 breaths will not go in – **CVH:** Call 999. **Blue Hills SAS:** Hit “Alert” button on phone and dial 911. Give 30 compressions (in the same location and at the same rate as CPR).
2. Open the mouth (hand near the victim’s feet holds the mouth open) and do a visual check for a foreign body: if you see something, do a finger sweep (using the hand near the victim’s head), if not go directly to breaths.
3. Give 2 rescue breaths.
4. If the breaths do not go in, continue cycle of compressions (30)-check for foreign body/sweep if see – give 2 breaths.
5. If breaths do go in check for signs of life for not more than 10 seconds.
6. Provide whatever care is needed based on your check (monitoring, or CPR).

**C. Automated External Defibrillator (AED) *AED Precautions/General Information:***

1. Do not use alcohol to wipe/dry the victim’s chest; it’s flammable.
2. Do not use an AED on conductive surface if there is a chance the AED pads will come in contact with the conductive surface.
3. Shave chest of excess hair which may reduce ability of pads to adhere to skin. Chest should only be shaved where pads are to be placed.
4. It is okay to use AED with jewelry on chest. However, you should not place AED pad directly on top of jewelry.
5. Do not use an AED on a child (under age of 8) or a person under 55 pounds.
6. Remove a nitroglycerin or any medication patch. Wear protective gloves.
7. Do not use a cellular phone or radio transmitter within 6 feet of the AED.
8. If someone has a pacemaker, the AED can be used. Do not place AED pads directly over the pacemaker unit.
9. Pad placement is on the victim’s lower left (LL) side and the upper right.
10. Once the pads are placed on the chest, do not remove them unless advised to by AED Unit or emergency personnel.
11. For every minute that defibrillation is delayed, the chance of survival is reduced by about 10%.

**D. Using an AED**

1. Place the AED on the same side as the rescuer and near the head of the victim.
2. As soon as the AED is available, confirm the absence of signs of life.
3. Turn the AED on. Turn the machine off only after being told to by 999 emergency rescue personnel.
4. Dry the victim’s chest.
5. Attach the pads to the victim’s chest (Lower Left and Upper Right).
6. Plug in the connector (electrode cable) into the AED near the flashing light.
7. Listen to the prompts provided by the machine- do what the machine says to do.
8. If prompted to provide a shock: say “Stay Clear, shock advised”, then provide shock (after the shock button light begins to flash) by pushing the “shock” button.
9. If prompted, “No shock advised” then do a quick check for obvious signs of life, if none are present, begin CPR and continue to listen for prompts from the AED.
10. When using an AED, you will turn the machine on and follow the prompts provided by the machine. Just as people will be providing care based on their certified skills,

the machines will provide the prompts it is programmed with. These prompts are not wrong. Rescuers will provide care based on the AED prompts it provides.

11. New ECC guidelines recommends that there is 1 shock and 2 minutes of CPR (5 cycles)...1shock - 2 minutes of CPR (5 cycles).\*\*