

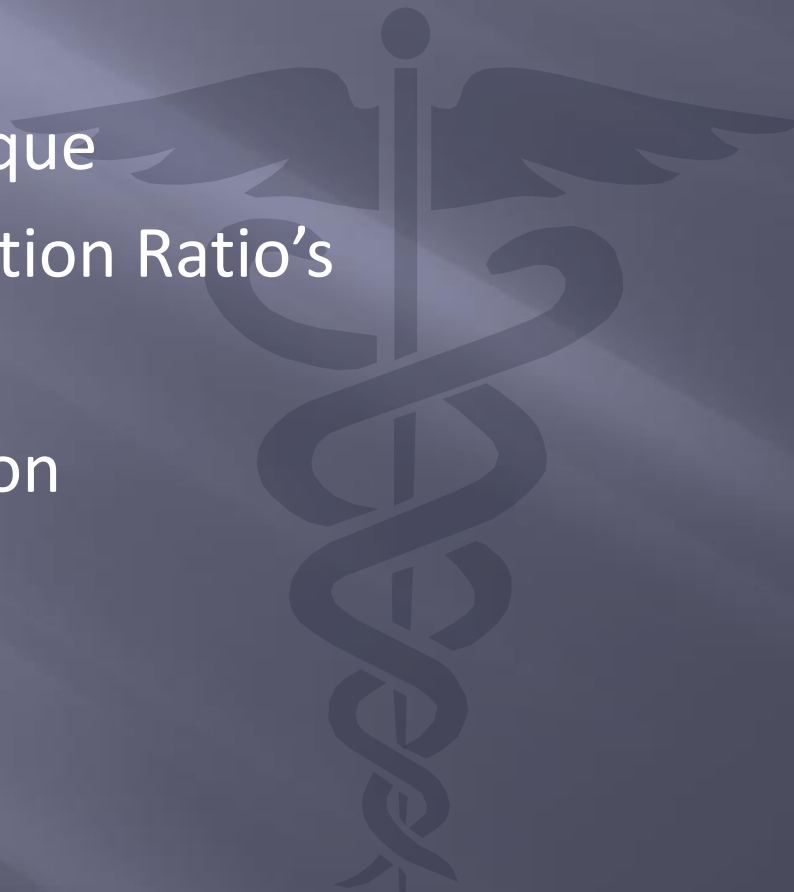
# BLS REVIEW RENEW



BLS for Health Care Providers

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- ▣ Initial Steps
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- ▣ AED
- ▣ Airway and Ventilation
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- ▣ Choking



# BLS Initial Steps

| BLS Initial Steps | Action          |                               |
|-------------------|-----------------|-------------------------------|
| Step 1            | Responsiveness  | Breathing                     |
| Step 2            | EMS<br>Call 911 | AED                           |
| Step 3            | Pulse Check     | 5 but no more<br>than 10 sec. |

**Child/Infant - alone - did not witness  
unresponsiveness - Initiate 2min. of CPR**

- Ensure Safety for you and the victim
- Begin initial Steps
- Shoulder Tap, Watch for chest rise
- Call for help, or designate someone to call for help and get the AED –
- Using 2 – 3 fingers, carotid pulse check
- Pulse check lasting at least 5 – 10 seconds.

# Compression Technique

## Position Yourself and the Victim

- Victim is Supine
- You at the Side

## Hands and Arms

- Using the heels of you hand one on top of the other
- Arms straight with shoulders directly over you hands (pg. 11, Fig.6 B)
- Lower Half of the Breast bone, above the Xyphoid

## High Quality Chest Compressions

- Push Fast and Hard
- Depth 2in (5cm)
- At least 100/min
- Chest recoil to allow blood flow back into the hear
- 5 cycles, 2min

# Compression/Ventilation Ratio's

| Ratios      | Adult | Child/Infant |
|-------------|-------|--------------|
| One Rescuer | 30:2  | 30:2         |
| Two Rescuer | 30:2  | 15:2         |

|             | Child  | Infant  |
|-------------|--|---|
| Age         | 1-10 years<br>Signs of puberty                   | 1 year or under                                     |
| Compression | 1 or 2 hands                                     | 2 fingers<br>2 thumbs – hand encircling             |
| Depth       | At least 1/3 chest depth<br>about 2 inches (5cm) | At least 1/3 of chest depth<br>about 1 ½ inch (4cm) |
|             |  |   |

# Proper Use of AED

- 1) Turn it On
- 2) Place correct size in correct location.
- 3) Clears to Analyze (Push button to Analyze)
- 4) Clears victim to deliver shock
- 5) Resume Chest Compressions



# Airway and Ventilation

## ▣ Ventilations per Minute

- 10-12 breaths/min. no airway
- 8-10 breaths/ with an airway

## ▣ Confirming advanced airway

- Waveform Capnography (most reliable)
- Chest X-ray
- Bulb
- Colormetric

## ▣ Open Airway

- ▣ Head Tilt Chin Lift
- ▣ Jaw Thrust – spinal trauma

## ▣ Ways to deliver Breaths

- ▣ Mouth to Mouth
- ▣ Mouth to Mask
- ▣ E – C clamp bag mask

# Rescue Breathing

Pulse is Present , but breathing is clearly inadequate or absent.

- Give each breath in 1sec.
- Produce visible chest rise
- Pulse check every 2min

| Adults             | Child/Infant                            |
|--------------------|---|
| 1 breath q 5-6 sec | 1 breath q 3-5 sec<br>(about 12-20/min) |
| About 10-12/min    | About 12-20/min                         |



# Relief of Choking 1yr and Older

| Sign of Mild Airway Obstruction                                      | Sign of Severe Obstruction   |
|--|--|
| Good Air Exchange<br>Can Cough Forcefully<br>Wheezing between coughs | <ul style="list-style-type: none"><li>• Poor or no air exchange</li><li>• Weak ineffective cough</li><li>• No cough at all</li><li>• High-pitch noise while inhaling or no noise at all</li><li>• Increased Respiratory difficulty</li><li>• Cyanosis</li><li>• Unable to speak</li><li>• Clutching the Neck(universal sign)</li></ul> |

| Action Mild  | Action Severe  |
|--|--|
| Encourage patient to continue coughing, and breathing<br>Stay with victim, but do not interfere with their own efforts<br>If it persists, activate EMS | Ask the victim if they are choking, if the victim answers yes perform abdominal thrusts. |

# Choking

## Abdominal Thrusts

Make fist – thumb of fist against midline of abdomen slightly above navel – Grasp fist with the other hand- Provide a quick, forceful upward thrust.

Repeat thrusts until object is expelled

If pt. becomes unresponsive. Initiate CPR – beginning with chest compressions.

## ▣ Choking Infant

- ▣ Kneel or sit
- ▣ tilt baby downward with head lower than chest
- ▣ Support the head with your hands
- ▣ Provide 5 backslaps
- ▣ Rotate the infant towards the front
- ▣ Provide 5 chest thrusts (same position as chest compressions)
- ▣ Repeat until the object is dislodged
- ▣ If baby becomes unresponsive – Begin CPR – Call for help – Start chest compressions