



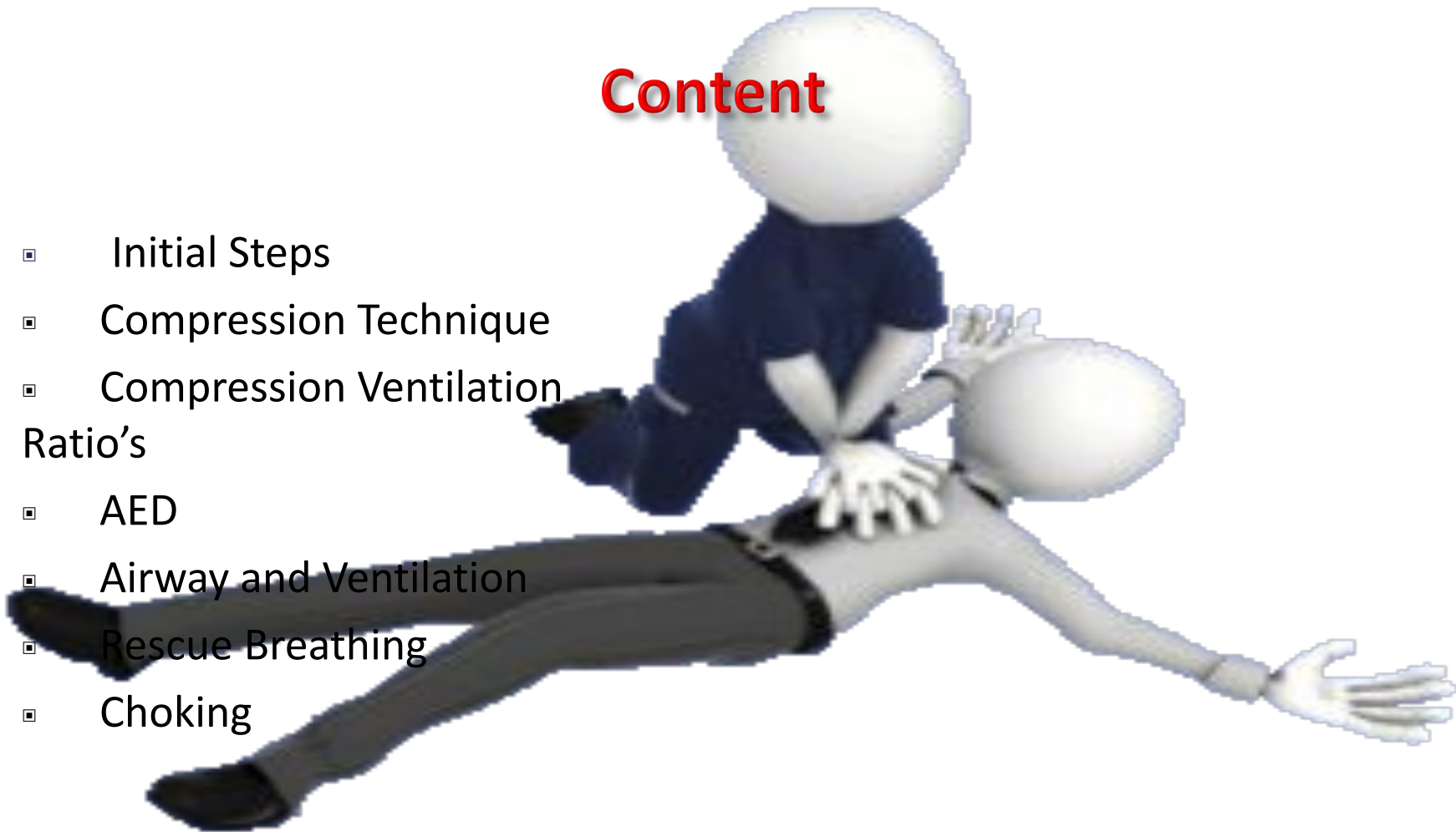
# BLS REVIEW RENEW



BLS for HealthCare Providers

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- Initial Steps
- Compression Technique
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- Choking



# BLS Initial Steps

BLS Initial Steps	Action	
Step 1	Responsiveness	Breathing
Step 2	EMS Call 911	AED
Step 3	Pulse Check	5 but no more 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 heart
- 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 Signs of puberty	1 year or under
Compression	1 or 2 hands	2 fingers 2 thumbs – hand encircling
Depth	At least 1/3 chest depth about 2 inches (5cm)	At least 1/3 of chest depth 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 1 sec.**
- **Produce visible chest rise**
- **Pulse check every 2min**

Adults	Child/Infant
1 breath q 5-6 sec	1 breath q 3-5 sec (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
<b>Good Air Exchange Can Cough Forcefully Wheezing between coughs</b>	<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
<b>Encourage patient to continue coughing, and breathing Stay with victim, but do not interfere with their own efforts If it persists, activate EMS</b>	<b>Ask the victim if they are choking, if the victim answers yes perform abdominal thrusts.</b>

# 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