

# Lancaster General College of Nursing & Health Sciences

Institute for Professional Development

## HCP BASIC LIFE SUPPORT SEQUENCE

### 1. ADULT ONE-RESCUER CPR

1. Check for response
2. Activate EMS/call for AED
3. Open airway using head tilt-chin lift
4. Check for adequate breathing (look, listen, feel 5- 10 seconds)
5. Give two breaths (1 second each), watch chest rise, allow for exhalation between breaths
6. Check carotid pulse (5-10 seconds)
  - Adult-Apply AED as soon as it arrives
  - If breathing is absent but pulse is present, provide rescue breathing with a barrier device (1 breath every 5 seconds, about 12 breaths per minute for adults)
7. If no pulse, expose chest, give cycles of 30 chest compressions
  - rate approximately 100 compressions/minute, push hard/push fast, limit compression interruptions
  - allow full recoil of chest between compressions to maximize cardiac output followed by 2 breaths (in < 10 seconds- avoid prolonged time without chest compressions)
8. After 5 cycles/2 minutes of 30:2 check pulse
  - If no pulse, continue 30:2 cycle, beginning with chest compressions

### 2. ADULT TWO-RESCUER CPR with AED

#### RESCUER 1

- Check for response.
- Instruct Rescuer 2 to activate EMS/Call for AED
- Open airway (head tilt-chin lift )
- Check for adequate breathing (look, listen, feel)
- Give 2 breaths
- Check carotid pulse
- If no pulse, initiate CPR

#### RESCUER 2

- Activate EMS and retrieve AED
- Attach AED to victim, selecting proper pads. Peel & place pads correctly, continue chest compressions until AED is ready to analyze
- If indicated, clear victim to shock, press shock button
- Resume chest compressions/ventilations after 1 shock at a 30:2 ratio
- After 5 cycles/2 minutes check pulse and analyze, shock if indicated
- If no pulse, continue 30:2 cycles
- Rescuers switch roles every 5 cycles to prevent fatigue

Advanced Airway in place do NOT pause compressions for breaths, give 1 breath every 6-8 seconds

### 3. CHILD ONE-RESCUER CPR (1 year old to onset of puberty):

If unwitnessed arrest: Perform 5 cycles (approx. 2 minutes) of CPR prior to activating EMS system.

If witnessed arrest: Activate EMS system and call for AED immediately.

- Follow steps for Adult One-Rescuer CPR list above, using a 30:2 ratio
- Use lower volume of air
- Administer CPR if no pulse or pulse < 60 bpm
- Use 1 or 2 hands for compressions based on child size

### 4. CHILD TWO-RESCUER CPR with AED (1 year old to onset of puberty):

If unwitnessed arrest: Perform 5 cycles (approx. 2 minutes) of CPR prior to activating EMS system.

If witnessed arrest: Activate EMS system and call for AED immediately.

- Follow steps for Adult Two-Rescuer CPR with AED listed above, using a 15:2 ratio
- Use child AED pads
- Use lower volume of air
- Administer CPR if no pulse or pulse < 60 bpm
- Use 1 or 2 hands for compressions based on child size

5. ADULT/CHILD CHOKING

- Ask “Are you choking?”
- Give abdominal thrusts (chest thrust for pregnant or obese victim)
- Repeat thrusts until effective or victim becomes unconscious

If Victim Becomes Unresponsive

- Perform CPR
- Each time breaths are given, look for object
- Do NOT perform a blind finger sweep

6. INFANT ONE-RESCUER CPR

1. Check for response
2. Open airway (head tilt, chin lift)
3. Check breathing (look, listen, feel)
4. Give 2 breaths (over < 10 seconds, 1 second per breath), watch chest rise, allow for exhalation between breaths. If unable to give breath, reposition head and try again.
5. Check for brachial pulse.
  - If there is a pulse but no breathing, provide rescue breathing at a rate of 1 breath every 3 seconds, about 20 breaths per minute.
  - If no pulse or less than 60 bpm with signs of poor perfusion, give compressions at a ratio of 30:2 at a rate of 100 compressions per minute.
6. After 5 cycles/2 minutes check for brachial pulse
7. If rescuer is alone, activate EMS
8. If no pulse, continue 30:2 cycles

7. INFANT TWO-RESCUER CPR

RESCUER 1

- Check for response. Instruct 2<sup>nd</sup> Rescuer to activate EMS
- Open airway (head tilt-chin lift)
- Check breathing (look, listen, feel)
- Give 2 breaths
- Check for brachial pulse

RESCUER 2

- If no pulse or less than 60 bpm with signs of poor perfusion, give cycles of 15 chest compressions using the two-thumb encircling hands technique, followed by 2 breaths by Rescuer 1
- After 5 cycles/2 minutes of rescue support, check for brachial pulse
- If no pulse, continue 15:2 cycles
- Rescuers switch roles every 5 cycles to prevent fatigue

8. INFANT CHOKING

- Confirm complete airway obstruction.
- Check for serious breathing difficulty, ineffective cough, no strong cry.
- Give 5 back blows and 5 chest thrusts.
- Repeat step 2 until effective or victim becomes unresponsive

If Victim Becomes Unresponsive

- If second person is available, have him or her activate EMS
- Begin CPR
- Each time airway is opened for breaths, look for object
- Do NOT perform blind finger sweep
- After 5 cycles/2 minutes activate EMS