

## PROTOCOLS FOR SUSPECTED CARDIAC ARRESTS

Arizona Department of Health Services

Entry Questions (for all patients, adult, child, infant):

“Fire and Medical what is the nature of your emergency?” ...

### **If emergency medical call, then:**

1. What is the address of the emergency?
2. What is the phone number you are calling from?
3. Is the patient conscious?
  - a. If yes skip to question 5
  - b. If no move to question 4
  - c. If not clear, ask if patient is “conscious or “awake.” If still not clear ask:
    - Can patient respond to you?
    - Can you wake patient up?
4. Is he/she breathing **normally**?
5. How old is the patient?

**If patient is not responsive and not breathing normally, start age-appropriate CPR instructions.**

## CPR for Adults

### Compression Instructions

1. Bring the phone and get **NEXT** to the person if you can.
2. Listen carefully. I'll tell you what to do.
3. Place patient **FLAT** on his/her back on the floor.
4. **KNEEL** by his/her side.
5. Put the **HEEL** of your hand on the **CENTER** of the chest.
6. Put your other hand on top of that hand.
7. **WITH YOUR ARMS STRAIGHT, PUSH DOWN HARD AND FAST WITH THE HEELS OF YOUR HANDS.** Let the chest **COME ALL THE WAY UP** between pumps. Do it **30** times and count with me: 1, 2, 3 ...
  - Correct rate as needed – ideal rate is 100 times per minute.
8. Keep going. Push **HARD AND FAST AND COUNT OUT LOUD.** I'll stay on the phone. Keep going until help arrives.
  - If caller is tired, ask if they are keeping their arms straight. If necessary, suggest a short rest but tell them to resume compressions as soon as possible. If there is more than one rescuer, they can switch off doing compressions.
  - If the caller reports vomiting, tell him/her to turn patient's head to one side and to sweep out contents of patient's mouth with fingers and resume compressions.

### Ventilation Instructions (for when suspected cardiac arrest is secondary to respiratory arrest):

1. **PINCH** the **NOSE.** With your other hand, **LIFT** the **CHIN** so that the head **TILTS BACK.**
2. Completely **COVER** patient's **MOUTH** with your mouth.
3. GIVE 2 **QUICK BREATHS** and come back to the phone.
  - Then tell caller to go back to compressions – give 30. Tell caller to repeat ventilations after each set of 30 compressions.

### Foreign Body Airway Obstruction (confirmed choking, now unconscious):

1. Look for item after 30 compressions
2. After each set of 30 compressions, say: "**Look inside mouth, remove any obvious obstruction.**"
  - If object is removed, tell caller to give two **QUICK** breaths between each set of 30 compressions.
  - If no object seen, tell caller to continue with compressions.

AED and "Bare the Chest": Ask if an AED is available only if the event is in a **PUBLIC** place with **MORE THAN ONE** rescuer. Tell caller to "bare the chest" only if an AED is available.

### CPR for children (1-8 years old)

1. Bring the phone and get **NEXT** to the child if you can.
2. Listen carefully. I'll tell you what to do.
3. Place child **FLAT** on his/her back on a hard flat surface.
4. **PINCH** the **NOSE**.
5. With your other hand, **LIFT** the **CHIN** so the head **TILTS BACK**.
  - If possible choking: "Look inside mouth, remove any obvious obstruction."
6. Completely **COVER** their mouth with your mouth and give 2 **QUICK** breaths.
7. **THEN COME BACK TO THE PHONE**.

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8. Listen carefully. I'll tell you what to do next.
9. Put the **HEEL** of **ONLY ONE** hand in the center of the chest.
10. Push down **HARD** and **FAST** 30 times. Count **OUTLOUD**: 1,2,3 ... 30
11. Then **PINCH** the **NOSE**, **LIFT** the **CHIN** so the head **TILTS BACK** again.
12. Give 2 **QUICK** breaths again.
13. Return to compressions, and repeat cycle until help arrives. I'll stay on the line.
  - If the caller reports vomiting, tell him/her to turn patient's head to one side and to sweep out the contents of patient's mouth with their fingers and resume compressions.

Foreign Body Airway Obstruction (confirmed choking, now unconscious):

3. Look for item after 30 compressions
4. After each set of 30 compressions, say: "**Look inside mouth, remove any obvious obstruction.**"
  - If object is removed, tell caller to give two **QUICK** breaths between each set of 30 compressions.
  - If no object seen, tell caller to continue with compressions.

AED: Ask if an AED is available only if the event is in a **PUBLIC** place with **MORE THAN ONE** rescuer. Tell caller to "bare the chest" only if an AED is available.

## CPR for Infants (0-12 months)

1. Does anyone there know **INFANT CPR**? (Trained bystanders may still need instructions, so ask.)
  2. Bring the baby to the phone.
  3. Listen carefully. I'll tell you what to do.
    - Lay the baby **FLAT** on their **BACK** on a table.
    - **LIFT** the **CHIN** slightly. **MAKE SURE THE NECK REMAINS LEVEL.**
    - If possible choking: "Look inside mouth, remove any obvious obstruction."
    - **TIGHTLY COVER** the baby's **MOUTH AND NOSE** with your mouth.
    - **GIVE 2 QUICK BREATHS.**
    - **THEN COME BACK TO THE PHONE.** If I'm not here, stay on the line.
  4. Listen carefully. I'll tell you what to do next.
    - Put your **FIRST AND MIDDLE** fingertips on the **CENTER** of the chest.
    - **PUSH** down one-half the depth of the chest. Do it 30 times **RAPIDLY.** Count **OUT LOUD** 1-2-3-4-5...30
    - Go do that. Then come back to the phone.
  5. Listen carefully.
    - **NEXT, LIFT** the **CHIN** slightly, **MAKING SURE THE NECK REMAINS LEVEL,** and give 2 quick breaths of air.
    - Then, put your **FIRST AND MIDDLE FINGERS** on the **CENTER OF THE CHEST.**
    - **PUSH** down one-half the depth of the chest. Do it 30 times **RAPIDLY.** Count **OUT LOUD** 1-2-3-4-5 ... 30.
    - Follow with 2 breaths
    - **KEEP DOING THIS. REMEMBER,** 2 breaths, then 30 quick compressions.
    - Keep doing it until help takes over. I'll stay on the line.
- NOTE: IF CALLER REPORTS VOMITING, INSTRUCT CALLER TO:**
- Turn their head to the side.
  - Sweep it out with your fingers before you resume ventilations. (Do not attempt to get anything out of the mouth that you cannot see - no blind finger sweeps).

AED: Ask if an AED is available only if the event is in a **PUBLIC** place with **MORE THAN ONE** rescuer. Tell caller to "bare the chest" only if an AED is available.

NOTE: For infants, a manual defibrillator is preferred to an AED for defibrillation. If a manual defibrillator is not available, an AED equipped with a pediatric dose attenuator is preferred. If neither is available, an AED without a pediatric dose attenuator may be used.