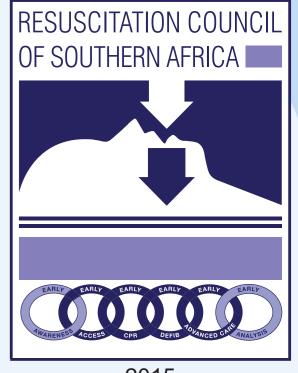


ADVANCED CARDIAC ARREST

ALGORITHM

Adult and Paediatric



2015

Hazards?

Ensure scene is safe

Hello?

Unresponsive? Not breathing or only gasping? Pulse?

Has pulse and breathing

- Place in recovery position
- Check for continued breathing
- Reassess continuously

Help!

Call for assistance and AED / Defib Emergency number:

> No Pulse or not sure Pulse rate <60 in children and infants

Has pulse but no effective breathing

- Give rescue breaths
- Adult: every 6 seconds
- Child: every 5 seconds
- Infant: every 4 seconds
- Reassess continuously

Start Compressions

Compress the chest fast (almost 2 per second)

Push hard / Ensure full chest recoil /

Minimize interruptions

High Quality CPR:

- Compression rate 100 120 per minute
- Avoid excessive ventilation;
- 1 breath every 6 seconds if advanced airway
- Rotate compressors every 2 minutes
- Consider capnography and arterial monitoring

Breaths

Attempt 2 breaths at 1 breath/second (with O₂ if available) after every 30 compressions

Adult ratio 30:2 | Children/Infants 30:2 (2-rescuer 15:2)

Continue until AED / Defib arrives

Attach AED / Defib immediately

If unable to perform breaths, do continuous compressions until equipment arrives

Advanced Considerations: Correct contributory causes

- Obtain IV/IO access, take ABG/VBG
- Give high levels of FiO₂ and consider advanced airway if required
- Continuous chest compressions after advanced airway in place
- Consider Adrenaline and antiarrhythmics:
 - Adrenaline 1mg every 3 5 min (0.01mg/kg in paed)
 - Amiodarone 300mg followed by 150mg (5mg/kg in paed)

or if not available

Lignocaine 1.5mg/kg initial, followed by 0.5mg/kg (max 3mg/kg)

ANALYSE RHYTHM

Shock Advised (VF/VT)

Give 1 Shock

Monophasic – 360J Biphasic – 120-360J Paediatric – 4J/kg

Immediately resume CPR starting with compressions. Continue for 2 minutes

No Shock Advised (PEA/Asystole)

- If signs of life present monitor and provide post ROSC care
- If absent continue CPR

Immediately resume CPR starting with compressions. Continue for 2 minutes

Contributory Causes:

- Hypoxia
- Hypovolaemia
- Hypothermia
- Hydrogen ion (Acidosis)
- Hypo- / Hyperkalaemia
- Hypoglycaemia
- Tension Pneumothorax
- Tamponade (Cardiac)
- Toxins
- Trauma
- Thrombosis (Coronary)
- Thrombosis (Pulmonary)

Additional considerations:

1) VA ECMO might be considered in appropriate centres when available;

2) Ultrasound can be considered as a diagnostic and procedural tool where training and resources exist.











