



BLS PROVIDER

STUDY GUIDE

UPDATED GUIDELINES
2015

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Summary of High-Quality CPR Components for BLS Providers

Component	Adults and Adolescents	Children (Age 1 Year to Puberty)	Infants (Age Less Than 1 Year, Excluding Newborns)
Scene safety	Make sure the environment is safe for rescuers and victim		
Recognition of cardiac arrest	Check for responsiveness No breathing or only gasping (ie, no normal breathing) No definite pulse felt within 10 seconds (Breathing and pulse check can be performed simultaneously in less than 10 seconds)		
Activation of emergency response system	If you are alone with no mobile phone, leave the victim to activate the emergency response system and get the AED before beginning CPR Otherwise, send someone and begin CPR immediately; use the AED as soon as it is available	Witnessed collapse Follow steps for adults and adolescents on the left Unwitnessed collapse Give 2 minutes of CPR Leave the victim to activate the emergency response system and get the AED Return to the child or infant and resume CPR; use the AED as soon as it is available	
Compression-ventilation ratio without advanced airway	1 or 2 rescuers 30:2	1 rescuer 30:2 2 or more rescuers 15:2	
Compression-ventilation ratio with advanced airway	Continuous compressions at a rate of 100-120/min Give 1 breath every 6 seconds (10 breaths/min)		
Compression rate	100-120/min		
Compression depth	At least 2 inches (5 cm)*	At least one third AP diameter of chest About 2 inches (5 cm)	At least one third AP diameter of chest About 1½ inches (4 cm)
Hand placement	2 hands on the lower half of the breastbone (sternum)	2 hands or 1 hand (optional for very small child) on the lower half of the breastbone (sternum)	1 rescuer 2 fingers in the center of the chest, just below the nipple line 2 or more rescuers 2 thumb-encircling hands in the center of the chest, just below the nipple line
Chest recoil	Allow full recoil of chest after each compression; do not lean on the chest after each compression		
Minimizing interruptions	Limit interruptions in chest compressions to less than 10 seconds		

*Compression depth should be no more than 2.4 inches (6 cm).

Abbreviations: AED, automated external defibrillator; AP, anteroposterior; CPR, cardiopulmonary resuscitation.

Adult CPR and AED

Skills Testing Critical Skills Descriptors

- 1. Assesses victim and activates emergency response system (this *must* precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:**
 - Checks for responsiveness by tapping and shouting
 - Shouts for help/directs someone to call for help *and* get AED/defibrillator
 - Checks for no breathing or no normal breathing (only gasping)
 - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
 - Checks carotid pulse
 - Can be done simultaneously with check for breathing
 - Checks for a minimum of 5 seconds and no more than 10 seconds
- 2. Performs high-quality chest compressions (initiates compressions immediately after recognition of cardiac arrest)**
 - Correct hand placement
 - Lower half of sternum
 - 2-handed (second hand on top of the first or grasping the wrist of the first hand)
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
 - Compression depth and recoil—at least 2 inches (5 cm) and avoid compressing more than 2.4 inches (6 cm)
 - Use of a commercial feedback device or high-fidelity manikin is highly recommended
 - Complete chest recoil after each compression
 - Minimizes interruptions in compressions
 - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
 - Compressions resumed immediately after shock/no shock indicated
- 3. Provides 2 breaths by using a barrier device**
 - Opens airway adequately
 - Uses a head tilt–chin lift maneuver or jaw thrust
 - Delivers each breath over 1 second
 - Delivers breaths that produce visible chest rise
 - Avoids excessive ventilation
 - Resumes chest compressions in less than 10 seconds
- 4. Performs same steps for compressions and breaths for Cycle 2**
- 5. AED use**
 - Powers on AED
 - Turns AED on by pushing button or lifting lid as soon as it arrives
 - Correctly attaches pads
 - Places proper-sized (adult) pads for victim's age in correct location
 - Clears for analysis
 - Clears rescuers from victim for AED to analyze rhythm (pushes analyze button if required by device)
 - Communicates clearly to all other rescuers to stop touching victim
 - Clears to safely deliver shock
 - Communicates clearly to all other rescuers to stop touching victim
 - Delivers a shock
 - Resumes chest compressions immediately after shock delivery
 - Does *not* turn off AED during CPR
- 6. Resumes compressions**
 - Ensures that high-quality chest compressions are resumed immediately after shock delivery
 - Performs same steps for compressions

Infant CPR

Skills Testing Critical Skills Descriptors

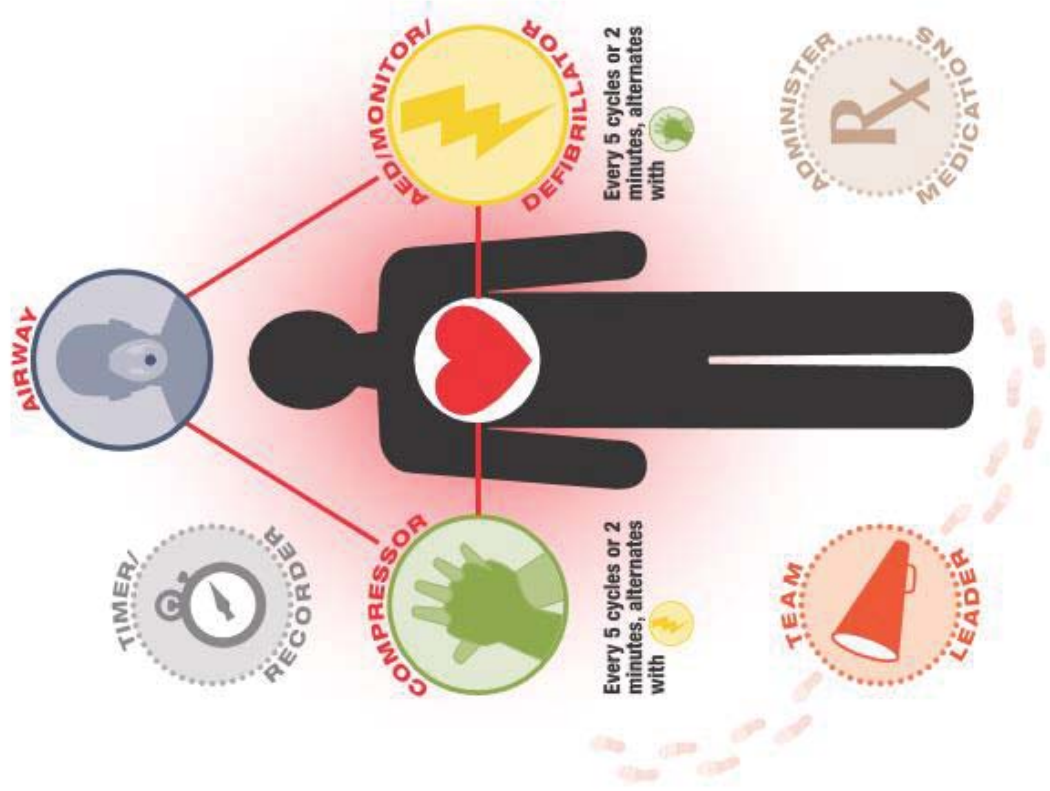
- 1. Assesses victim and activates emergency response system (this *must* precede starting compressions) within a maximum of 30 seconds. After determining that the scene is safe:**
 - Checks for responsiveness by tapping and shouting
 - Shouts for help/directs someone to call for help *and* get emergency equipment
 - Checks for no breathing or no normal breathing (only gasping)
 - Scans from the head to the chest for a minimum of 5 seconds and no more than 10 seconds
 - Checks brachial pulse
 - Can be done simultaneously with check for breathing
 - Checks for a minimum of 5 seconds and no more than 10 seconds
- 2. Performs high-quality chest compressions during 1-rescuer CPR (initiates compressions within 10 seconds of identifying cardiac arrest)**
 - Correct placement of hands/fingers in center of chest
 - 1 rescuer: 2 fingers just below the nipple line
 - Compression rate of 100 to 120/min
 - Delivers 30 compressions in 15 to 18 seconds
 - Adequate depth for age
 - Infant: at least one third the depth of the chest (about 1½ inches [4 cm])
 - Use of a commercial feedback device or high-fidelity manikin is highly recommended
 - Complete chest recoil after each compression
 - Appropriate ratio for age and number of rescuers
 - 1 rescuer: 30 compressions to 2 breaths
 - Minimizes interruptions in compressions
 - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle
- 3. Provides effective breaths with bag-mask device during 2-rescuer CPR**
 - Opens airway adequately
 - Delivers each breath over 1 second
 - Delivers breaths that produce visible chest rise
 - Avoids excessive ventilation
 - Resumes chest compressions in less than 10 seconds
- 4. Switches compression technique at appropriate interval as prompted by the instructor (for purposes of this evaluation). Switch should take no more than 5 seconds.**
- 5. Performs high-quality chest compressions during 2-rescuer CPR**
 - Correct placement of hands/fingers in center of chest
 - 2 rescuers: 2 thumb–encircling hands just below the nipple line
 - Compression rate of 100 to 120/min
 - Delivers 15 compressions in 7 to 9 seconds
 - Adequate depth for age
 - Infant: at least one third the depth of the chest (about 1½ inches [4 cm])
 - Complete chest recoil after each compression
 - Appropriate ratio for age and number of rescuers
 - 2 rescuers: 15 compressions to 2 breaths
 - Minimizes interruptions in compressions
 - Delivers 2 breaths so less than 10 seconds elapses between last compression of one cycle and first compression of next cycle

Positions for 6-Person High-Performance Teams*






Resuscitation Triangle Roles

 <p>Compressor</p> <ul style="list-style-type: none"> Assesses the patient Does 5 cycles of chest compressions Alternates with AED/Monitor/Defibrillator every 5 cycles or 2 minutes (or earlier if signs of fatigue set in) 	 <p>AED/Monitor/Defibrillator</p> <ul style="list-style-type: none"> Brings and operates the AED/monitor/defibrillator Alternates with Compressor every 5 cycles or 2 minutes (or earlier if signs of fatigue set in), ideally during rhythm analysis If a monitor is present, places it in a position where it can be seen by the Team Leader (and most of the team) 	 <p>Airway</p> <ul style="list-style-type: none"> Opens and maintains the airway Provides ventilation <p>The team owns the code. No team member leaves the triangle except to protect his or her safety.</p>
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Leadership Roles

 <p>Team Leader</p> <ul style="list-style-type: none"> Every resuscitation team must have a defined leader Assigns roles to team members Makes treatment decisions Provides feedback to the rest of the team as needed Assumes responsibility for roles not assigned 	 <p>Administer Medications</p> <ul style="list-style-type: none"> An ALS provider role Administers medications 	 <p>Timer/Recorder</p> <ul style="list-style-type: none"> Records the time of interventions and medications (and announces when these are next due) Records the frequency and duration of interruptions in compressions Communicates these to the Team Leader (and the rest of the team)
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*This is a suggested team formation. Roles may be adapted to local protocol.

Relief of Choking in an Adult/Child

In a responsive adult or child, perform abdominal thrusts until the object is removed or the victim becomes unresponsive. If the victim becomes unresponsive, lower them to the ground and begin the steps of CPR. Before each breath, look in the mouth for the object. If you see the object, you may remove it.

Relief of Choking in an Infant

In a responsive infant, alternate 5 back slaps and 5 chest thrusts until the object is removed or the infant becomes unresponsive. If the infant becomes unresponsive, place them on a flat, hard surface and begin the steps of CPR. Before each breath, look in the mouth for the object. If you see the object you may remove it.

Topics covered in the BLS Course:

- 1 and 2 Rescuer ADULT BLS
- Team Dynamics
- Bag Mask Ventilation
- AED Usage
- 1 and 2 Rescuer CHILD BLS
- 1 and 2 Rescuer INFANT BLS
- Rescue Breathing
- CPR with an Advanced Airway
- Choking

At the end of the BLS Provider Course, you will take a 25 question Written Exam.