

New Emergency Cardiovascular Care Guidelines Cardiopulmonary Resuscitation Automated External Defibrillators

The American Heart Association has released (December, 2005) new protocols regarding delivery of CPR and use of the AED for healthcare professionals.

CPR Sequence

Check for response.

Open the airway – head tilt, chin lift

Check for breathing – if not breathing, give 2 breaths

Check for pulse – no pulse, begin chest compressions, rate of 100 per minute

Give cycles of 30 compressions and 2 breaths

Perform 5 cycles of compressions/breaths (about 2 minutes)

Check for pulse – no pulse, resume CPR beginning with compressions

Automated External Defibrillator

Perform CPR until the AED arrives

Analyze rhythm

Deliver 1 shock followed by immediate CPR beginning with chest compressions

Perform 5 cycles of compressions/breaths (about 2 minutes)

Analyze rhythm

If no shock is needed and after any shock delivery, resume CPR beginning with chest compressions

For an adult who suffered an unwitnessed, out-of-hospital cardiac arrest and with EMS call-to-arrival interval greater than 4-5 minutes, EMS personnel may complete 5 cycles or about 2 minutes of CPR before using the AED.

For a child who suffered an unwitnessed, out-of-hospital cardiac arrest, complete 5 cycles or about 2 minutes of CPR before using the AED.

For AEDs that are programmed for the 3-shock delivery, rescuers should follow the AED prompts until the manufacturer has reprogrammed the unit for 1-shock delivery.

Other protocols address airway management. For additional information see www.americanheart.org/cpr.