



## Cardiopulmonary Resuscitation (CPR)

### Clinical Indications:

- Basic life support for the patient in cardiac arrest

	EMT	
I	EMT- I	I
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### Procedure:

1. Assess the patient's level of responsiveness (shake and shout)
2. If no response, open the patient's airway with the head-tilt, chin-lift and look, listen, and feel for respiratory effort. If the patient may have sustained C-spine trauma, use the modified jaw thrust while maintaining immobilization of the C-spine. For infants, positioning the head in the sniffing position is the most effective method for opening the airway
3. If no respiratory effort, give two rescue breaths via mouth-to-mouth or appropriately sized BVM (infant, child, adult).
4. Check for pulse (carotid for adults and older children, brachial for infants) for at least 10 seconds.
5. If no pulse, begin chest compressions based on chart below:

Age	Location	Depth	Rate
Infant	Over sternum, between nipples (inter-mammary line), 2-3 fingers	0.5 to 1 inch (1/3 the anterior-posterior chest dimension)	At least 100/minute
Child	Over sternum, just cephalad from xyphoid process, heel of one hand	1 to 1.5 inches (1/3 the anterior-posterior chest dimension)	80 to 100/minute
Adult	Over sternum, just cephalad from xyphoid process, hands with interlocked fingers	1.5 to 2 inches (1/3 the anterior-posterior chest dimension)	80 to 100 minute

6. Provide at least 8 to 10 breaths per minute with the BVM.
7. Reassess for pulse every 1 to 2 minutes.
8. Document the time and procedure in the Patient Care Report (PCR)

### Certification Requirements:

- Maintain knowledge of the indications, contraindications, technique, and possible complications of the procedure. Assessment of this knowledge may be accomplished via quality assurance mechanisms, classroom demonstrations, skills stations, or other mechanisms as deemed appropriate by the local EMS System.