Adult Cardiac Arrest

Shout for Help/Activate Emergency Response

Start
- ___________
- ___________

_____ minutes

Check Rhythm

Post-Cardiac Arrest Care

Return of __________

CPR Quality
- Push hard (___________) and fast (______) and allow complete chest recoil
- Minimize interruptions in __________
- Avoid excessive ventilation
- Rotate compressor every __________
- If no advanced airway, 30:2 compression-ventilation ratio
- Quantitative waveform capnography
  - If PETCO₂ <10 mm Hg, attempt to improve CPR quality
- Intravenous pressure
  - If relaxation phase (diastolic) pressure <20 mm Hg, attempt to improve CPR quality

Return of Spontaneous Circulation (ROSC)
- __________
- Abrupt sustained increase in _____(typically ≥ _____)
- Spontaneous arterial pressure waves with intra-arterial monitoring

Shock Energy
- Biphasic: Manufacturer recommendation (_____ J); if unknown, use maximum available. Second and subsequent doses should be equivalent, and higher doses may be considered.
- Monophasic: _____ J

Drug Therapy
- Epinephrine IV/IO Dose: ____ every ____ minutes
- Vasopressin IV/IO Dose: ______ can replace first or second dose of epinephrine
- Amiodarone IV/IO Dose: First dose: ______ bolus. Second dose: ______

Advanced Airway
- __________ airway or __________
- Waveform capnography to confirm and monitor ET tube placement
- 8-10 breaths per minute with continuous chest compressions

Reversible Causes
- H ________ T ________
- H ________ T ________
- H ________ T ________
- H ________ T ________
- H ________ T ________
- H ________ T ________

© 2010 American Heart Association