ISA
Cardiopulmonary Resuscitation (CPR) Guidelines 2017
Acknowledgment

We sincerely Thank and Acknowledge the contribution of all the member Professional Societies and Members of Team Resuscitation for the support accorded in developing these CPR Guidelines.
ISA
Cardiopulmonary Resuscitation
Guidelines

Compression Only Life Support (COLS)
Lay person

Basic Cardiopulmonary Life Support (BCLS)
Trained paramedics and medics outside the hospital

Comprehensive Cardiopulmonary Life Support (CCLS)
Trained paramedics and medics inside the hospital

Indian J Anaesth 2017;61:867-94
Core Links in Adult CPR
Core Links in Adult CPR

1. Early Recognition & Activation
2. Early Chest Compression
3. Early Transfer

1. Early Recognition & Activation
2. Early High Quality CPR
3. Early Defibrillation
4. Early Transfer

1. Early Recognition & Management of Pre-Arrest Condition
2. Early Recognition & Activation of Code Blue
3. Early High Quality CPR
4. Early Defibrillation
5. Early Comprehensive Life Support & Post Resuscitation Care
Core Links in Adult CPR

Core links in adult Compression-only Life Support (COLS) CPR
by lay person outside the hospital
(Indian J Anaesth 2017; 61:867-73)

Core links in adult Basic Cardiopulmonary Life Support (BCLS) CPR
by trained paramedics and medics outside the hospital
(Indian J Anaesth 2017;61:874-82)

Core links in adult Comprehensive Cardiopulmonary Life Support (CCLS) CPR
by trained paramedics and medics inside the hospital
(Indian J Anaesth 2017;61:883-94)
Quick Revision

• What we have done till now...
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Cardiopulmonary Resuscitation (CPR) Guideline 2017

Compression-Only Life Support (COLS)

By Lay Person Outside the Hospital
Core links in Adult COLS

1. Early Recognition & Activation
2. Early Chest Compression
3. Early Transfer
Ensure Safe place  \( \text{रक्षा सुरक्षा} \)

Check Response  \( \text{प्रतिक्रिया की जांच करें} \)

Tap on shoulder from front and ask loudly

“Hello Are you alright?”  

“क्या आप ठीक हो?”

Responsive  \( \text{जीवन चिह्न है} \)

Non-responsive  \( \text{जीवन चिह्न नहीं है} \)

Observe and Shift to nearest medical facility  

ध्यान रखें तथा निकटतम चिकित्सा सुविधा में शिफ्ट करें

Shout for help, Call 108 or local emergency number  

मदद के लिए चिल्लाओं के साथ 108 या स्थानीय आपातकालीन नंबर पर कॉल करें

Start Chest Compression  

छाती संपीड़न प्रारंभ करें

1

30 Chest Compressions  

30 छाती संपीड़न

2

30 Chest Compressions  

30 छाती संपीड़न

3

30 Chest Compressions  

30 छाती संपीड़न

4

30 Chest Compressions  

30 छाती संपीड़न

5

30 Chest Compressions  

30 छाती संपीड़न

Check Response  \( \text{प्रतिक्रिया की जांच करें} \)

Victim moving, coughing or vocalizing?  

चारी हिलना, धोखी या मुखर करना?

Responsive

Non-responsive
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Cardiopulmonary Resuscitation (CPR) Guideline 2017

Basic Cardiopulmonary Life Support (BCLS)

By trained personal outside the hospital
Basic cardiopulmonary life support (BCLS) for cardiopulmonary resuscitation by trained paramedics and medics outside the hospital

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Core Links in Adult BCLS

1. Early Recognition & Activation
2. Early High Quality CPR
3. Early Defibrillation
4. Early Transfer
Core Links in Adult BCLS

Early Recognition & Activation

Early High Quality CPR
Core Links in Adult BCLS

- Early Recognition & Activation
- Early High Quality CPR
- Early Defibrillation
Core Links in Adult BCLS

- Early Recognition & Activation
- Early High Quality CPR
- Early Defibrillation
- Early Transfer
You observe a person suddenly collapsing in front of you

Or

Somebody is already collapsed when you saw him/her first

Or

You have arrived at a scene where a lay person is providing CPR
Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly "Hello- Are you alright?"

Responsive

Non-responsive

Shout for help, Call 108 / local emergency number
Get AED/ Defibrillator and emergency equipments

Check Breathing while palpating Carotid Pulse
Perform within 5-10 seconds

Normal breathing with Definite Carotid Pulse
• Recovery Position, Reassess every 2 minutes
• Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid pulse
• Provide 1 breath every 5 seconds,
• Reassess every 2 minutes

Abnormal or No breathing without Definite Carotid pulse
• Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Pulse Present

Check Carotid Pulse (5-10 seconds)

Pulse Absent

Defibrillator / AED Available

Attach
Analyze

• While attaching pads don’t stop chest compression
• While analyzing the rhythm don’t touch the patient

Shockable
• 1 shock
• Defibrillation: start with 120 J & escalate to 200 J; AED: auto-selected J

Non-Shockable
• No shock
• Resume CPR

5 Cycles – 30 Chest Compression and 2 Breaths

Continue the cycles of CPR till victim becomes responsive (Victim moving, coughing or vocalizing), pulse/breathing returns or victim is shifted to medical facility.
ISA
Cardiopulmonary Resuscitation (CPR) Guideline
2017

Basic Cardiopulmonary Life Support (BCLS)

CPR by trained personal outside the hospital
Basic Cardiopulmonary Life Support (BCLS)

Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly "Hello- Are you alright?"

Responsive
Non-responsive

Responsive

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Check Pulse Present
Pulse Absent

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Ensure Safe place

Basic Cardiopulmonary Life Support (BCLS)
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Non-responsive
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Non-responsive
Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly “Hello- Are you alright?”

Responsive

Non-responsive

Observe the victim, Recovery position and Shift to nearest medical facility
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Observe the victim, Recovery position and Shift to nearest medical facility

Non-responsive

Shout for help, Call 108 / local emergency number
*Get AED/ Defibrillator and emergency equipments*
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Observe the victim, Recovery position and Shift to nearest medical facility

Non-responsive

Shout for help, Call 108 / local emergency number
*Get AED/ Defibrillator and emergency equipments*
Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly "Hello- Are you alright?"

Responsive
- Observe the victim, Recovery position and Shift to nearest medical facility

Non-responsive
- Shout for help, Call 108 / local emergency number
  - Get AED/ Defibrillator and emergency equipments

Use mobile....
What to say during the call?
- Identify yourself
- Identify your location
- Tell about victim’s condition
  - Number of victims
  - Age, sex, complaint
  - General condition
- Number of rescuer

Assure  ------- Hang only when asked to do so
Ensure Safe place

**Check Response**

*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Non-responsive

Shout for help, Call 108 / local emergency number

*Get AED/ Defibrillator and emergency equipments*

Check Breathing while palpating Carotid Pulse

*Perform within 5-10 seconds*

Observe the victim, Recovery position and Shift to nearest medical facility

Within 10 seconds
Assessing Pulse and Breathing

Feel for carotid pulse

- Locate thyroid cartilage and trachea (using 2-3 finger)
- Slide into groove between trachea and neck muscles (on ipsilateral side)
- Palpate for 5-10 sec
  
  ....Chant 1001, 1002, 1003,.....1010

Simultaneously Scan chest/abdomen for breathing
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Non-responsive

Shout for help, Call 108 / local emergency number
*Get AED/ Defibrillator and emergency equipments*

Check Breathing while palpating Carotid Pulse
*Perform within 5-10 seconds*

Normal breathing with Definite Carotid Pulse
• Recovery Position, Reassess every 2 minutes
• Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid pulse
• Provide 1 breath every 5 seconds,
• Reassess every 2 minutes

Abnormal or No breathing without Definite Carotid pulse
• Start Cycles of 30 Chest Compressions and 2 Breaths

Observe the victim, Recovery position and Shift to nearest medical facility
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Non-responsive

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Abnormal or No breathing without Definite Carotid pulse
- Start Cycles of 30 Chest Compressions and 2 Breaths

Observe the victim, Recovery position and Shift to nearest medical facility
Airway

• Head tilt- chin lift

Cervical Spine Injury

• Jaw Thrust
  Manual Spinal Motion Restriction
Breaths

- Mouth to mouth (barrier device) or Mouth to mask or Bag and mask
- 2 Breaths - Each breath over 1 sec and 1 sec pause after 1\textsuperscript{st} breath.
- Do not interrupt chest compression unnecessarily.
- End Point: Visible chest rise; normal tidal volume breath.
Mouth to Mouth Breathing

CPR Face Shield
Mouth to Mouth Breathing

CPR Face Shield
Mouth to Mask Breathing
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

Responsive

Non-responsive

Shout for help, Call 108 / local emergency number
*Get AED/ Defibrillator and emergency equipments*

Check Breathing while palpating Carotid Pulse
*Perform within 5-10 seconds*

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Abnormal or No breathing without Definite Carotid pulse
- Start Cycles of 30 Chest Compressions and 2 Breaths

Observe the victim, Recovery position and Shift to nearest medical facility
Ensure Safe place

Check Response
*Tap on shoulder from front and ask loudly “Hello- Are you alright?”*

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*Perform within 5-10 seconds*

Normal breathing with Definite Carotid Pulse
*Recovery Position, Reassess every 2 minutes*  
*Shift to nearest medical facility*

Abnormal or No breathing with Definite Carotid pulse
*Provide 1 breath every 5 seconds,*  
*Reassess every 2 minutes*

Abnormal or No breathing without Definite Carotid pulse
*Start Cycles of 30 Chest Compressions and 2 Breaths*

Observe the victim, Recovery position and Shift to nearest medical facility
Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly “Hello- Are you alright?”

Responsive

Shout for help, Call 108 / local emergency number
Get AED/ Defibrillator and emergency equipments

Non-responsive

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Perform within 5-10 seconds

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• Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Observe the victim, Recovery position and Shift to nearest medical facility
5 Cycles – 30 Chest Compression and 2 Breaths

30 Compressions
15 Seconds approx.

2 Breaths
Each breath over 1 sec and 1 second for expiration after 1st breath
Effective Chest Compression

Keep heel of hand 2 fingers above Xiphoid process (Lowest End of Breast Bone)
Compress chest at least 5 cm but not more than 6 cm
Compress chest at speed of 120 times/min
Allow complete chest recoil between compression without lifting hand from the chest.
Do not stop Chest Compressions unnecessarily.
Chant the count loudly 1, 2, 3, 4, ..., 30.
If more than one person, interchange every 5 cycles.

Correct position for Chest Compressions:
Heel of hand 2 fingers above Xiphoid process (Lowest End of Breast Bone)
Elbows straight, shoulders above the victim’s chest, fingers interlocked
Normal breathing with Definite Carotid Pulse
- Recovery Position, Reassess every 2 minutes
- Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid pulse
- Provide 1 breath every 5 seconds,
- Reassess every 2 minutes

Abnormal or No breathing without Definite Carotid pulse
- Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)
Normal breathing with Definite Carotid Pulse
- Recovery Position, Reassess every 2 minutes
- Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid Pulse
- Provide 1 breath every 5 seconds,
- Reassess every 2 minutes

Abnormal or No breathing without Definite Carotid pulse
- Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

Pulse Present

Pulse Absent
Normal breathing with Definite Carotid Pulse

- Recovery Position, Reassess every 2 minutes
- Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid pulse

- Provide 1 breath every 5 seconds,
- Reassess every 2 minutes

Abnormal or No breathing without Definite Carotid pulse

- Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

- Check Carotid Pulse (5-10 seconds)

Pulse Present

Pulse Absent

• Normal breathing with Definite Carotid Pulse
• Abnormal or No breathing with Definite Carotid pulse
• Abnormal or No breathing without Definite Carotid pulse
5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

- Pulse Present
  - Normal breathing with Definite Carotid Pulse
    - Recovery Position, Reassess every 2 minutes
    - Shift to nearest medical facility

- Abnormal or No breathing with Definite Carotid pulse
  - Provide 1 breath every 5 seconds,
  - Reassess every 2 minutes

- Abnormal or No breathing without Definite Carotid pulse
  - Start Cycles of 30 Chest Compressions and 2 Breaths

- Pulse Absent
  - Reassess every 2 minutes

Pulse Present
5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

- Normal breathing with Definite Carotid Pulse
  - Recovery Position, Reassess every 2 minutes
  - Shift to nearest medical facility

- Abnormal or No breathing with Definite Carotid pulse
  - Provide 1 breath every 5 seconds,
  - Reassess every 2 minutes

- Abnormal or No breathing without Definite Carotid pulse
  - Start Cycles of 30 Chest Compressions and 2 Breaths

Pulse Present

Continue the cycles TILL
Normal breathing with Definite Carotid Pulse:
- Recovery Position, Reassess every 2 minutes
- Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid pulse:
- Provide 1 breath every 5 seconds,
- Reassess every 2 minutes

Abnormal or No breathing without Definite Carotid pulse:
- Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Pulse Present
- Check Carotid Pulse (5-10 seconds)

Pulse Absent
- Continue the cycles

TILL
- Defibrillator / AED Available
Normal breathing with Definite Carotid Pulse
- Recovery Position, Reassess every 2 minutes
- Shift to nearest medical facility

Abnormal or No breathing with Definite Carotid pulse
- Provide 1 breath every 5 seconds,
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- Start Cycles of 30 Chest Compressions and 2 Breaths

5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

Pulse Present

Pulse Absent
• No shock
• Resume CPR

5 Cycles – 30 Chest Compression and 2 Breaths
5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

Pulse Present

Defibrillator / AED Available

Pulse Absent
5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

Pulse Present

Defibrillator / AED Available

Attach

Analyze

Pulse Absent
5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

Pulse Present

Pulse Absent

Defibrillator / AED Available

Attach

Analyze

• While attaching pads don’t stop chest compression

• While analyzing the rhythm don’t touch the patient
5 Cycles – 30 Chest Compression and 2 Breaths

Check Carotid Pulse (5-10 seconds)

Pulse Present

Defibrillator / AED Available

Attach

Analyze

• While attaching pads don’t stop chest compression

• While analyzing the rhythm don’t touch the patient

Shockable

Non-Shockable

Pulse Absent
5 Cycles – 30 Chest Compression and 2 Breaths

Pulse Present

Check Carotid Pulse (5-10 seconds)

Pulse Absent

Defibrillator / AED Available

Attach

Analyze

• While attaching pads don’t stop chest compression
• While analyzing the rhythm don’t touch the patient

Shockable

• 1 shock
• Defibrillation: start with 120 J & escalate to 200 J; AED: auto-selected J

Non-Shockable
5 Cycles – 30 Chest Compression and 2 Breaths

Pulse Present

Check Carotid Pulse (5-10 seconds)

Pulse Absent

Defibrillator / AED Available

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• While attaching pads don’t stop chest compression

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Defibrillator / AED Available

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Non-Shockable

Pulse Present

Check Carotid Pulse (5-10 seconds)

Pulse Absent

5 Cycles – 30 Chest Compression and 2 Breaths
**Defibrillator / AED Available**

- **Attach**
  - **Analyze**
    - **While attaching pads don’t stop chest compression**
    - **While analyzing the rhythm don’t touch the patient**

**Shockable**
- 1 shock
- Defibrillation: start with 120 J & escalate to 200 J; AED: auto-selected J

**Non-Shockable**
- No shock
- Resume CPR

**Pulse Present**

**Check Carotid Pulse (5-10 seconds)**

**Pulse Absent**

5 Cycles – 30 Chest Compression and 2 Breaths
Check Carotid Pulse (5-10 seconds)

Pulse Present

Defibrillator / AED Available

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- **No shock**
- **Resume CPR**

- **1 shock**
- Defibrillation: start with 120 J & escalate to 200 J; AED: auto-selected J

**Defibrillator / AED Available**

- **Attach**
- **Analyze**

- **Pulse Present**
- **Check Carotid Pulse (5-10 seconds)**

- **Pulse Absent**

**Defibrillator / AED Available**

- **Attach**
- **Analyze**

- **While attaching pads don’t stop chest compression**
- **While analyzing the rhythm don’t touch the patient**

**Shockable**

- **1 shock**
- Defibrillation: start with 120 J & escalate to 200 J; AED: auto-selected J

**Non-Shockable**

- **No shock**
- **Resume CPR**

5 Cycles – 30 Chest Compression and 2 Breaths

Continue the cycles of CPR till victim becomes responsive (Victim moving, coughing or vocalizing), pulse/breathing returns or victim is shifted to medical facility.
Ensure Safe place

Check Response
Tap on shoulder from front and ask loudly “Hello- Are you alright?”

Responsive

Non-responsive

Shout for help, Call 108 / local emergency number
Get AED/ Defibrillator and emergency equipments

Check Breathing, while palpating Carotid Pulse
Perform within 5-10 seconds

Normal breathing with Definite Carotid Pulse
• Recovery Position, Reassess every 2 minutes
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• 1 shock
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Non-Shockable
• No shock
• Resume CPR

5 Cycles – 30 Chest Compressions and 2 Breaths

Continue the cycles of CPR till victim becomes responsive (Victim moving, coughing or vocalizing), pulse/breathing returns or victim is shifted to medical facility.
If victim starts to Breathe normally place in Recovery position
CPR Guidelines
Thank You

Questions and Feedback Please.

www.cprindia.in