

START HERE!

**Ensure Personal Safety : PPE**

*Unresponsive Patient*

**Call for Help!**

**Check central pulse for 10s**

*No pulse*

**C Chest Compressions**

30 compressions  
Centre of sternum  
Two hands  
Push down 5cm  
> 100 pushes / min  
Release fully

**A Open Airway**

Head-tilt, chin-lift  
(Jawthrust if trauma)

**B Breathing**

Bag-Valve-Mask  
2 breaths  
Each breath 1 second  
Chest just rises

**Repeat 5 sets of**

30 compressions  
+ 2 breaths  
No interruptions!

**10s Pulse-Check Break**

Only after every 5 sets!

*Pulse strong*

**Ventilatory Support**



health

Department:  
Health  
PROVINCE OF KWAZULU-NATAL

**Grey's Hospital  
Resuscitation Committee**

Adult Resuscitation Overview  
version 0.2 : Based on 2010 ILCOR guidelines

WHEN DEFIBRILLATOR AVAILABLE

**D Attach DEFIBRILLATOR!  
Check rhythm  
as soon as possible**

*Ventricular Fibrillation,  
Pulseless Ventricular  
Tachycardia ?*

YES

**Defibrillate**

1st dose :  
recommended  
joules  
Later doses:  
maximum  
joules

NO

**Continue C-A-B with  
least interruption**

**Recheck rhythm  
during 10s Pulse-  
Check Break**

**Airway device only if essential:**

- Oropharyngeal airway
- Laryngeal mask / iGel
- Endotracheal intubation only if LMA / iGel fails and operator very skilled : 30 sec. max time to place.

WHEN DOCTOR PRESENT

**Find & Fix CAUSES**

**6H's**

Hypoxia  
Hypovolaemia  
Hypoglycaemia  
Hyper / hypo electrolytes  
especially hyperkalaemia  
H+ (acidosis)  
Hypothermia

**6T's**

Tension pneumothorax  
Tamponade cardiac  
Thrombosis pulmonary (PTE)  
Thrombosis coronary (AMI)  
Tablets and Toxins  
Traumatic injury eg TBI

**Establish iv access.  
Drug therapy:**

**Adrenaline 1mg ivi**  
every 4 minutes only  
(after every second 10s Pulse-  
Check Break)

**Atropine 1mg ivi**  
**only** if prior bradycardia  
(to max 3mg)

**Amiodarone 300mg ivi**  
**only** if VF / pulseless VT  
after 3 defibrillations

**Calcium gluconate**  
**10% 30ml ivi**  
**only** if KNOWN  
hyperkalaemic arrest

**MgSO4 2g ivi**  
**only** in torsades