



Rescuer One

Identify Unresponsive Patient

Call "RESUS"!

Make sure Rescuer Two hears you!

Return to patient

Check carotid pulse
10 seconds maximum.

**If not sure of a good pulse:
Start Chest Compressions!**

C

Chest compressions

- put on gloves
- lie patient flat
- kneel on bed
- heel of hands on centre of the sternum
- push with both arms
- push down 5cm, release
- 100 - 120 pushes / minute
- count aloud
- do continuous compressions until BVR&M arrives
- no interruption more than 10s
- put board under patient asap
- when BVR&M arrives: sets of 30 compressions : 2 breaths

Rescuer Two

Respond to Rescuer One

Make sure that Rescuer Three is calling for further help.

Bring Resus Trolley to bed

Put **Resuscitation Board** under patient.

Get **Bag-Valve Resuscitator and Mask (BVR&M)** from Resuscitation Trolley

(Connect to oxygen if immediately available)

A

Open patient **Airway**

- head-tilt, chin-lift
- jaw thrust if Cspine injury

B

Breathe for patient using BVR&M

- **2 breaths**
- make chest rise for 1second for each breath

After each two breaths, announce the number of completed "30:2" sets.

Rescuer Three

Respond to Rescuer Two

Call ward staff to assist.

Call extension 3306

- state the WARD clearly
- state that a RESUS IS IN PROGRESS

The operator must confirm:

- *the correct ward*
- *that a Resus Bleep has been sent*

Come to assist at the Resus **Oxygen**

- connect oxygen regulator to oxygen outlet
- turn oxygen to 15 L/min
- connect oxygen tubing from BVR to outlet

D

Defibrillator

- turn on defibrillator
- position it near patient

Draw up adrenaline bolus

- 1mg adrenaline + 9ml NS in a 10 ml syringe

Rotate another staff member to take over compressions from Rescuer One.

Rescuers One and Two together

Continue sets of 30 compressions to 2 breaths

After 5 "30:2" sets, do 10 Second Pulse Check.
After every 10 "30:2" sets, replace Rescuer One.

Doctor to supervise:

Defibrillation
Ongoing BLS
ALS interventions