

Changes in Resuscitation Guidance

Sequence of events is now:-
Danger.
Response.
Shout for help (if alone).
Airway.
Breathing.
Call for help. Commence CPR/BLS.
Defibrillation.

There have been some changes in resuscitation protocols - the summary is as follows, with changes in italics

1. When obtaining help, *ask for an automated external defibrillator (AED), if one is available.*
2. Compress the chest to a depth of 5-6 cm and at a rate of 100-120 per min.
3. Give each rescue breath over *1 second rather than 2.*
4. Do not stop to check the victim or discontinue CPR unless the victim *starts to show signs of regaining consciousness, such as coughing, opening his eyes, speaking, or moving purposefully AND starts to breathe normally.*
5. CPR to be taught with an emphasis on chest compression, but include ventilation as the standard, particularly for those with a duty of care. *In addition, advice has been added on the use of oxygen, and how to manage a victim who regurgitates stomach contents during resuscitation.*

To discuss these changes with one of our experienced trainers contact us on 01 603 861612