

APLS/PLS: Repeated Skills Safe Practice Guide

Collapsed infant – 10 kg

1st RESPONDER
Check for Dangers
Assess Responsiveness
Send for Help
Open Airway
Assess Breathing - apnoeic
Give 2 Breaths – with BMV device
Apnoeic/unresponsive – Commence CPR
Chest compressions – 15 compressions/2 breaths
Effective CPR - 100-120/min, minimal interruptions, Lower half sternum, 1/3 rd AP depth
Inserts oropharyngeal airway (OPA)
Continues effective BVM ventilation during resuscitation
2nd and 3rd RESPONDER
Chest compressions – 15 compressions/2 breaths
Effective CPR - 100-120/min, minimal interruptions, Lower half sternum, 1/3 rd AP depth

4th RESPONDER
Introduce self & ensures CPR is continued, <ul style="list-style-type: none"> ✓ Applies electrode pads in correct position, ✓ Selects energy (4 J/kg) ✓ Advises plan for charging
C – Compressions continue
O – Oxygen away – remove free flowing oxygen
A – All others away
C – Charge the defib
H - Hands off (everyone)
E – Evaluate rhythm and ensures rescuers are clear
D – Defib - Delivers shock and ensures CPR recommenced immediately after OR disarm if non-shockable rhythm & check pulse
Following a shock - Continue CPR for 2 minutes
Advises plan for charging towards the end of the 2 min cycle & follow steps as above
After 2nd shock - Adrenaline IV given 0.1ml/kg of 1:10 000 (10 micrograms/kg initiated by team member/5 th responder)
Advises plan for charging towards the end of the next 2 min cycle & follow steps as above – ROSC - Disarm