



University college of **Health Sciences**

"Transforming dreams into reality"

ADULT
BASIC LIFE SUPPORT
(BLS)

Presented By:
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OBJECTIVES

Students should be able to demonstrate:

- How to assess the collapsed victim
- How to perform chest compression and rescue breathing
- How to place an unconscious breathing victim in the recovery position.

CHAIN OF SURVIVAL



BASIC LIFE SUPPORT

- ✓ Sequences of procedures performed to restore the circulation of oxygenated blood after a sudden pulmonary and/or cardiac arrest
- ✓ Chest compressions and pulmonary ventilation performed by **anyone** who knows how to do it, **anywhere, immediately, without** any other **equipment**
- ✓ **protective devices**

CPR is as easy as

C - A - B



Compressions

Push hard and fast
on the center of
the victim's chest

Airway

Tilt the victim's head
back and lift the chin
to open the airway

Breathing

Give mouth-to-mouth
rescue breaths

Early chest compression can immediately circulate oxygen that is still in the bloodstream. By changing the sequence, chest compressions are initiated sooner and the delay in ventilation should be minimal.

*2010 International Consensus on Cardiopulmonary Resuscitation
and Emergency Cardiovascular Care Science With Treatment Recommendations*



Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway



APPROACH SAFELY!

Scene

Rescuer

Victim

Bystanders

Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway

CHECK RESPONSE



Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway

CHECK RESPONSE



Shake shoulders gently

Ask “Are you all right?”

If he responds

- Leave as you find him.
- Find out what is wrong.
- Reassess regularly.

SHOUT FOR HELP



Approach safely

Check response

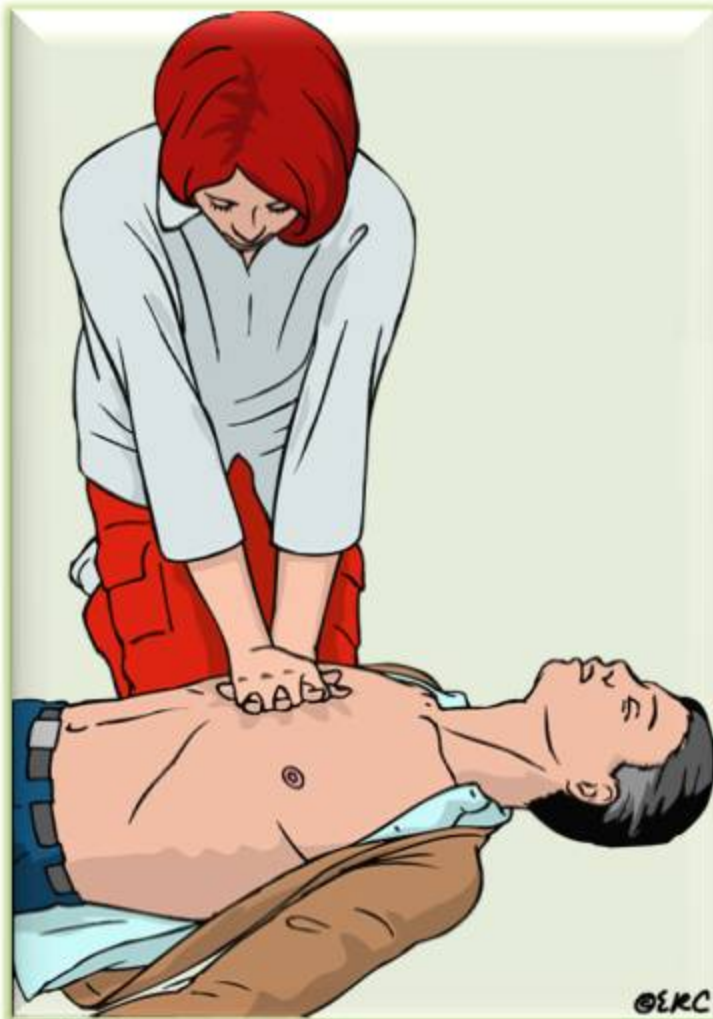
Shout for help

30 chest compressions

2 rescue breaths

Open airway

30 CHEST COMPRESSIONS



Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway

CHEST COMPRESSIONS



- Place the heel of one hand in the centre of the chest
- Place other hand on top
- Interlock fingers
- Compress the chest
 - Rate at least 100 min^{-1}
 - Depth at least 4-5 cm
 - Equal compression : relaxation
- When possible change CPR operator every 2 min

RESCUE BREATHS



Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway

RESCUE BREATHS



- Pinch the nose
- Take a normal breath
- Place lips over mouth
- Blow until the chest rises
- Take about 1 second
- Allow chest to fall
- Repeat

RESCUE BREATHS

RECOMMENDATIONS:

- **Tidal volume**

500 – 600 ml

- **Respiratory rate**

give each breaths over about 1s with enough volume to make the victim's chest rise

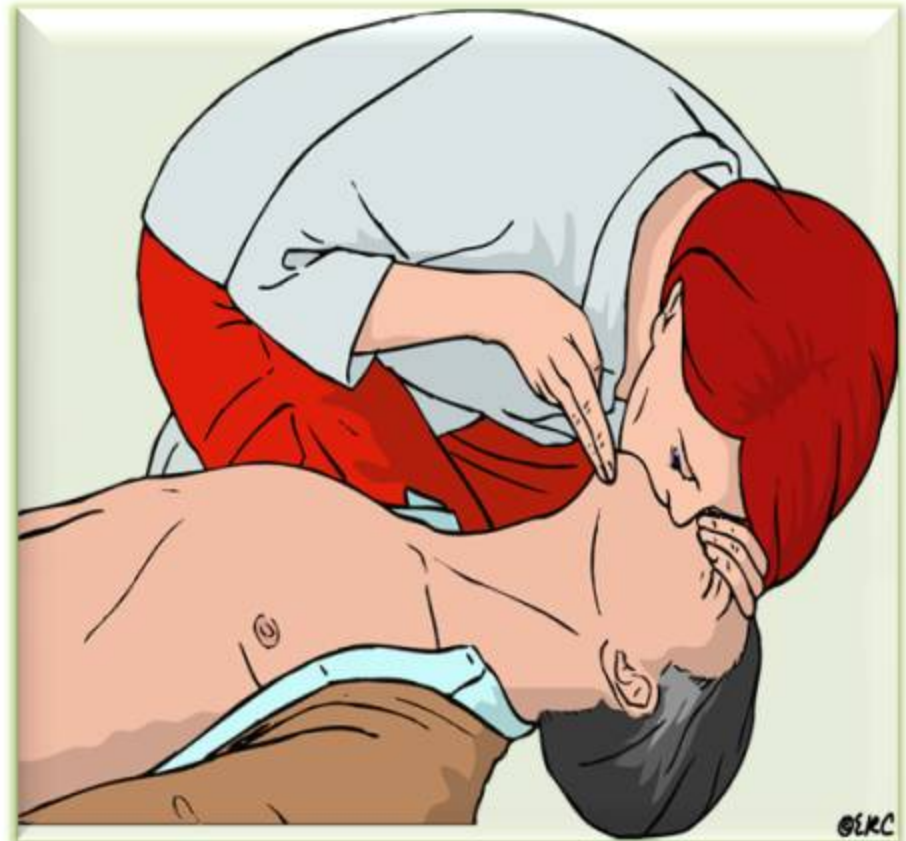
- **Chest-compression-only**

continuously at a rate of 100 min

CONTINUE CPR



30



2

OPEN AIRWAY



Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway

OPEN AIRWAY

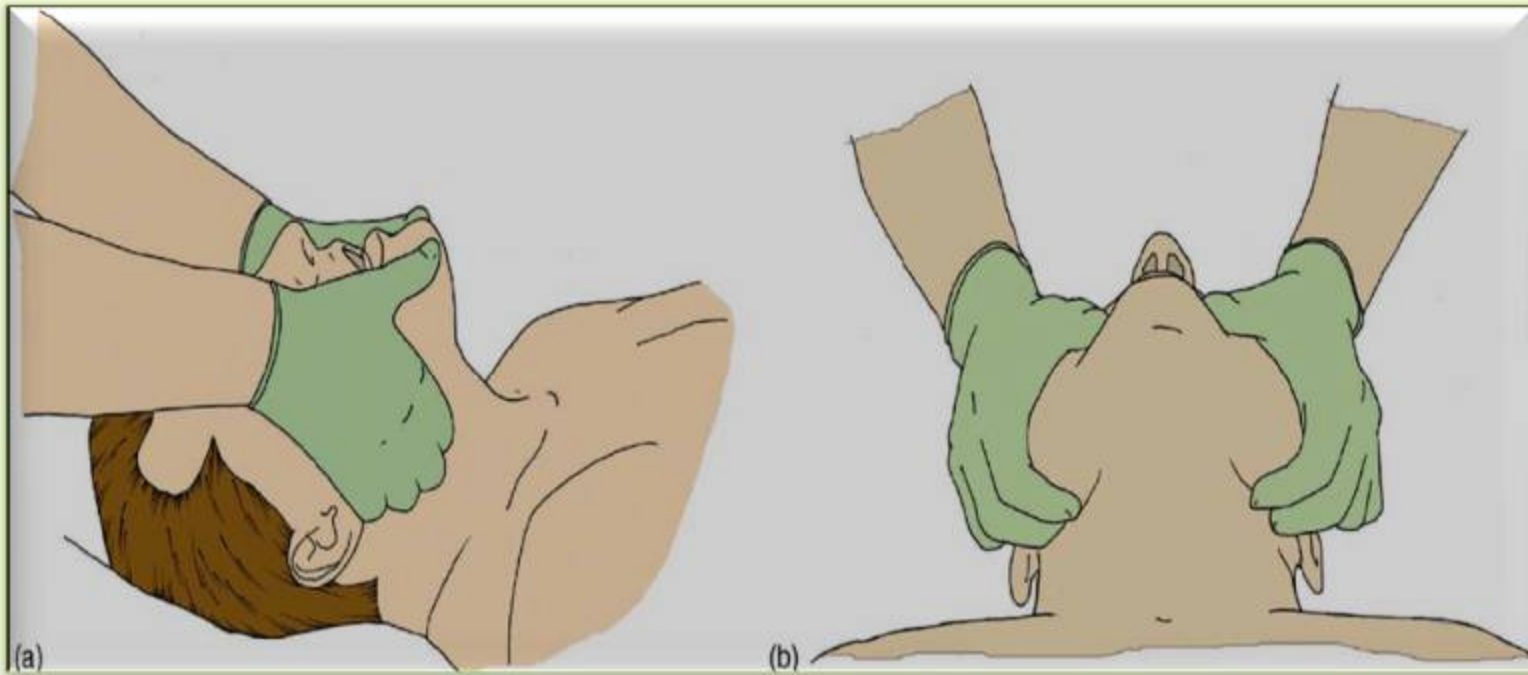


Head tilt and chin lift

- lay rescuers
- non-healthcare rescuers

**No need for finger sweep
unless solid material can be
seen in the airway**

OPEN AIRWAY



Head tilt, chin lift + jaw thrust
- healthcare professionals



Approach safely

Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway

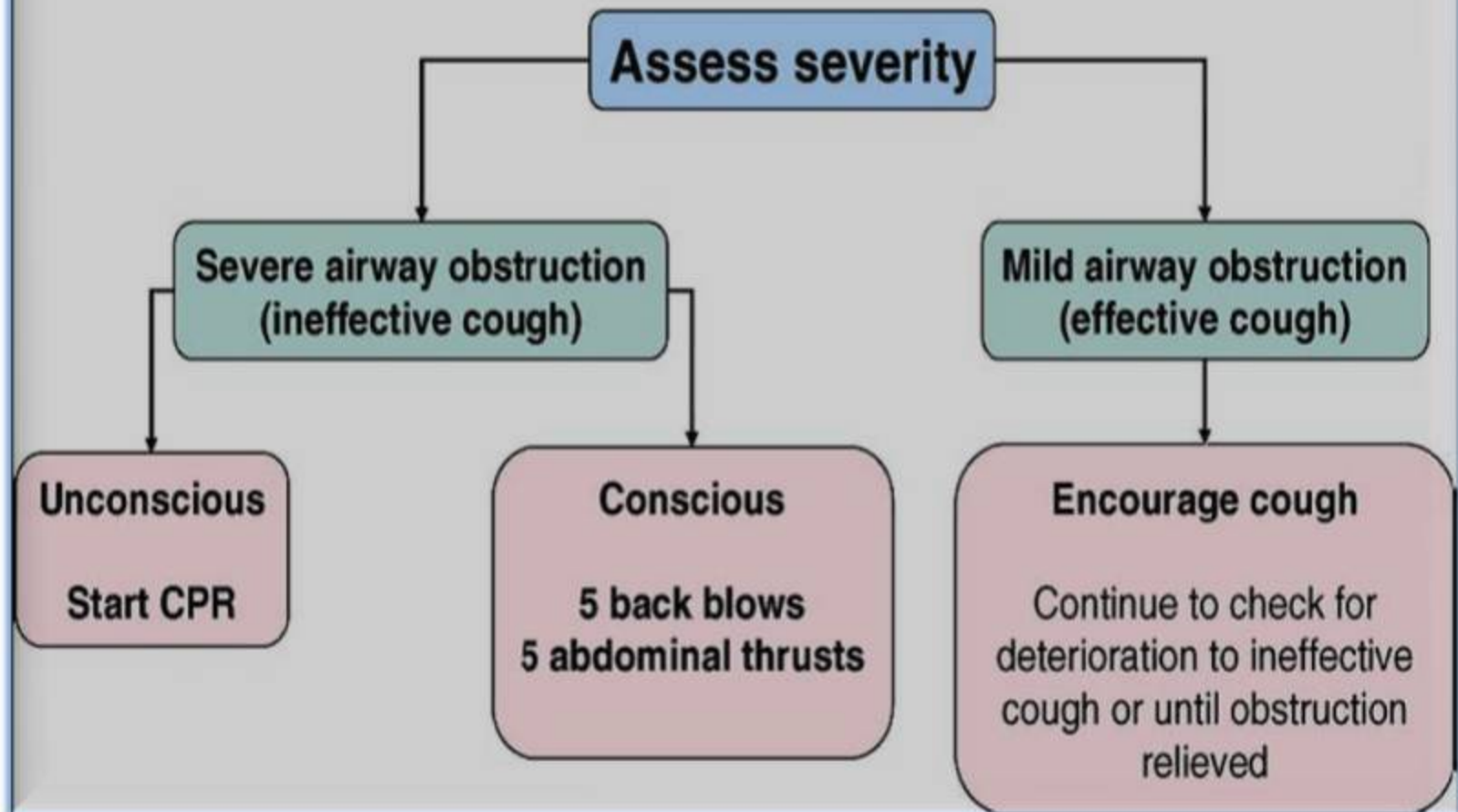
FOREIGN-BODY AIRWAY OBSTRUCTION (FBAO)

Approximately 16 000 adults and children receive treatment for FBAO in the UK yearly

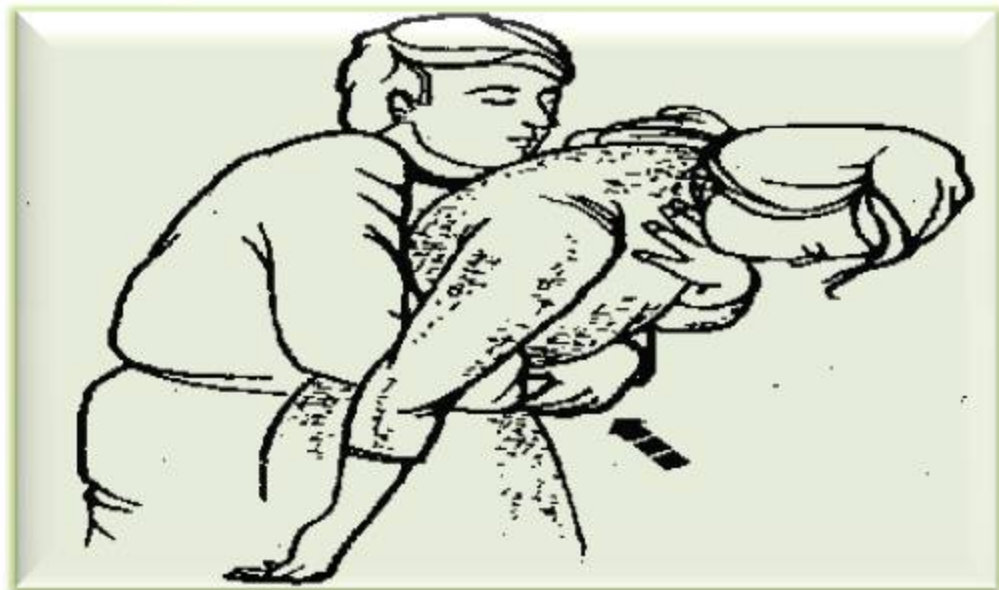
SIGNS	MILD obstruction	SEVERE obstruction
"Are you choking?"	"YES"	Unable to speak, may nod
Other signs	Can speak, cough, breathe	Can not breathe/wheezy breathing/silent attempts to cough/ unconsciousness

ADULT FBAO TREATMENT

Adult FBAO Treatment



BACK BLOWS



ABDOMINAL THRUSTS





Approach safely

Check response

Shout for help

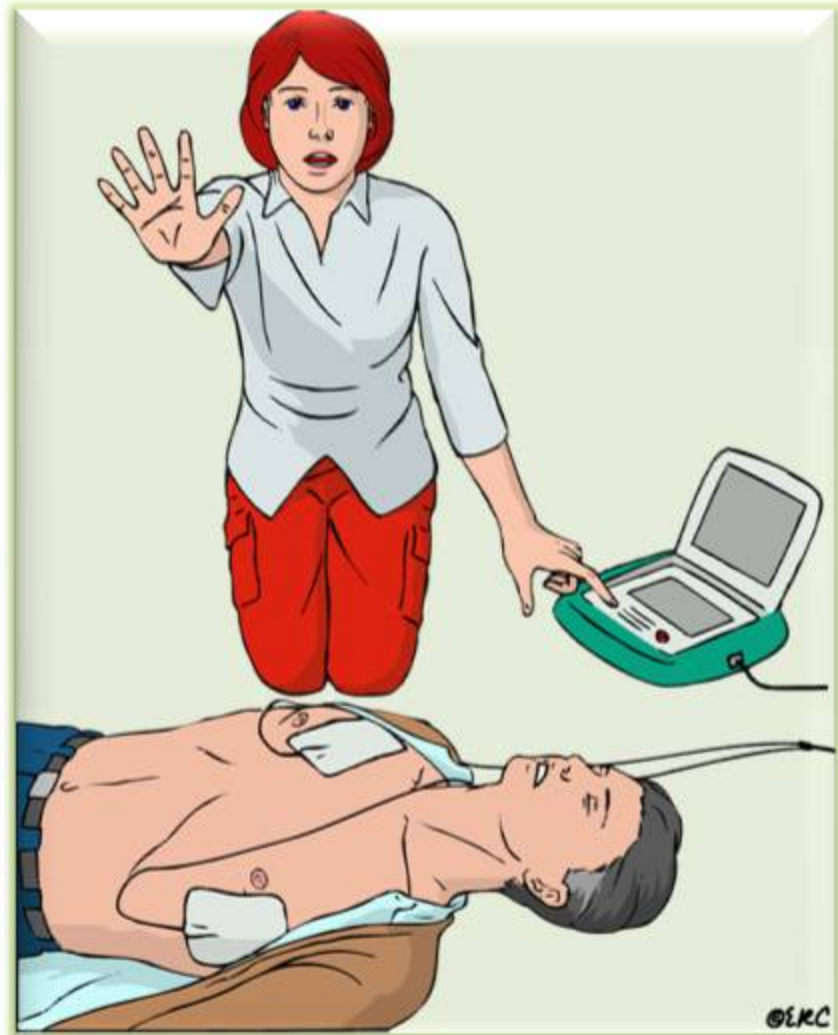
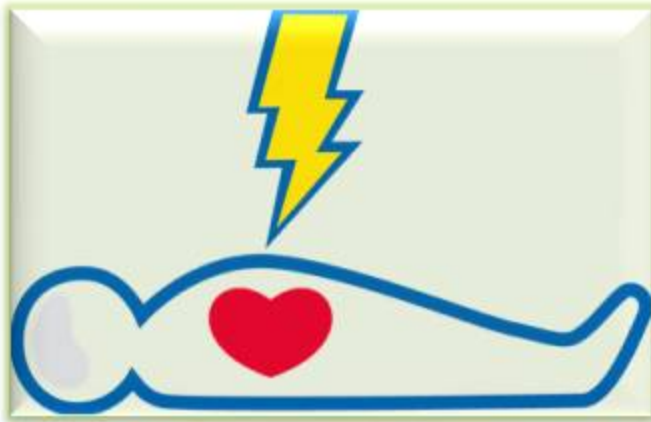
30 chest compressions

2 rescue breaths

Open airway



DEFIBRILLATION



Approach safely

Check response

Shout for help

Open airway

Attach AED

Follow voice prompts

AUTOMATED EXTERNAL DEFIBRILLATOR (AED)



Some AEDs will automatically switch themselves on when the lid is opened

ATTACH PADS TO CASUALTY'S BARE CHEST



©ERC



©ERC

ANALYSING RHYTHM DO NOT TOUCH VICTIM



SHOCK INDICATED



- Stand clear
- Deliver shock

SHOCK DELIVERED FOLLOW AED INSTRUCTIONS

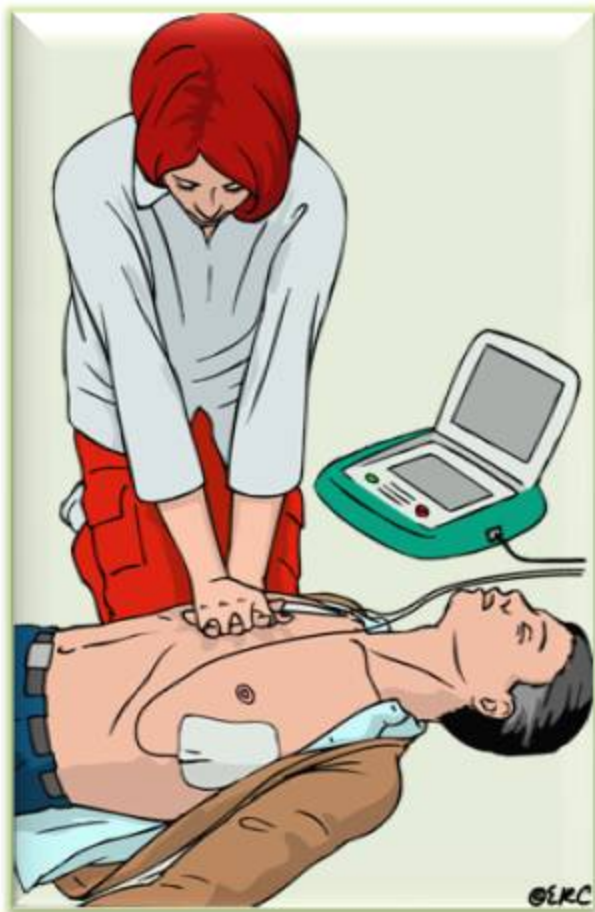


30



2

NO SHOCK ADVISED FOLLOW AED INSTRUCTIONS



30



2

**IF VICTIM STARTS TO BREATHE
NORMALLY PLACE IN RECOVERY
POSITION**







Approach safely

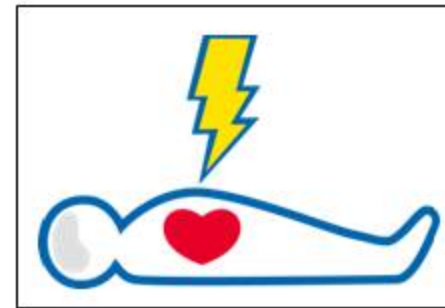
Check response

Shout for help

30 chest compressions

2 rescue breaths

Open airway



Approach safely

Check response

Shout for help

Open airway

Attach AED

Follow voice prompts

CONTINUE RESUSCITATION UNTIL

- Qualified help arrives and takes over
- The victim starts breathing normally
- Rescuer becomes exhausted

Thank You