

APLS/PLS: Repeated Skills Safe Practice Guide

Collapsed infant – 10 kg

| 1 st RESPONDER |
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| Check for Dangers |
| Assess Responsiveness |
| Send for Help |
| Open Airway |
| Assess Breathing |
| Give 2 Breaths (BVM ventilation) |
| Check for signs of life |
| 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 |
| 2 nd and 3 rd RESPONDER |
| Chest compressions – 15 compressions/2 breaths |
| Effective CPR - 100-120/min, minimal interruptions, Lower half sternum, 1/3 rd AP depth |

| 4 th RESPONDER |
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| 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 |