

Cardiac Arrest Circular Algorithm

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- Push hard (at least 2–2.4 inches (5 cm)) and fast (100–120/min) and allow complete chest recoil.
- Minimize compression interruptions.
- Avoid excessive ventilation.
- Rotate compressor every 2 minutes, or sooner if fatigued.
- If no advanced airway, 30:2 compression-ventilation ratio.
- Quantitative waveform capnography
 - If ETCO₂ < 10 mm Hg, need to:
 - Improve CPR quality.
 - Intra-arterial pressure
 - If relaxation phase (diastolic) pressure < 20 mm Hg, attempt to improve CPR quality.

Shock Energy for Defibrillation

- Biphasic: Manufacturer recommendation (e.g., initial dose of 120–200 J); if unknown, use maximum available. Second and subsequent doses should be equivalent, and higher doses may be considered.
- Monophasic: 360 J

Medication Dose/Details

- Epinephrine IV/IO dose: Administer 1 mg every 3–5 minutes
- Amiodarone IV/IO dose: First dose: 300 mg bolus. Second dose: 150 mg.
- Lidocaine IV/IO dose: First dose 1 to 1.5 mg/kg. Second dose: 0.5 to 0.75 mg/kg

Advanced Airway

- Endotracheal intubation or supraglottic advanced airway
- Waveform capnography or capnometry to confirm and monitor ET tube placement
- Once advanced airway in place, give 1 breath every 6 seconds (10 breath/min) with continuous chest compressions (asynchronous)

Return of Spontaneous Circulation (ROSC)

- Abrupt sustained increase in ETCO₂ (typically ≥ 40 mm Hg)
- Ensure adequate oxygenation, ventilation and blood pressure
- Spontaneous arterial pressure waves with intra-arterial monitoring

Reversible Causes (Hs and Ts)

- Hypoxia
- Hypovolemia
- Hydrogen ion (acidosis)
- Hypo-/hyperkalemia
- Hypothermia
- Tension pneumothorax
- Tamponade, cardiac
- Toxins
- Thrombosis, pulmonary
- Thrombosis, coronary

Aha 2acIs Guidelines

S Ben Porath



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