


Resuscitation Guidelines

*NOTE: The following information is based on guidance issued by the UK Resuscitation Council UK. For further information please visit www.resus.org.uk Any information stated on this document acts as a guide only! Equipment to be operated by trained/certified personnel only. Northern Diver (Int) Ltd offer guidance in the safe storage, and administration of gases only and cannot be held liable.



Resuscitation Council UK

GUIDELINES
2021

Adult advanced life support

Maintain personal safety

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    graph TD
      Start[Unresponsive and not breathing normally] --> Call[Call resuscitation team/ambulance]
      Start --> CPR[CPR 30:2 Attach defibrillator/monitor]
      CPR --> Assess[Assess rhythm]
      Assess --> Shockable[SHOCKABLE VF/Pulseless VT]
      Assess --> ROSC[Return of spontaneous circulation ROSC]
      Assess --> NonShockable[NON-SHOCKABLE PEA/Asystole]
      Shockable --> Shock[1 shock]
      Shock --> ResumeCPR[Immediately resume CPR for 2 min]
      ResumeCPR --> Assess
      NonShockable --> ResumeCPR2[Immediately resume CPR for 2 min]
      ResumeCPR2 --> Assess
      ROSC --> End[End]
      
```

Give high-quality chest compressions, and:

- Give oxygen
- Use waveform capnography
- Continuous compressions if advanced airway
- Minimise interruptions to compressions
- Intravenous or intraosseous access
- Give adrenaline every 3-5 min
- Give amiodarone after 3 shocks
- Identify and treat reversible causes

Identify and treat reversible causes

- Hypoxia
- Hypovolaemia
- Hypo-/hyperkalaemia/metabolic
- Hypo/hyperthermia
- Thrombosis – coronary or pulmonary
- Tension pneumothorax
- Tamponade – cardiac
- Toxins


Consider ultrasound imaging to identify reversible causes

Consider

- Coronary angiography/percutaneous coronary intervention
- Mechanical chest compressions to facilitate transfer/treatment
- Extracorporeal CPR

After ROSC

- Use an ABCDE approach
- Aim for SpO₂ of 94-98% and normal PaCO₂
- 12-lead ECG
- Identify and treat cause
- Targeted temperature management



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Oxygen is a safe gas when used properly. **It will not burn or explode.** However, it does support and rapidly accelerates combustion