

SAMPLE PROTOCOLS FOR IDENTIFYING CARDIAC ARREST AND PROVIDING TELEPHONE-ASSISTED CPR INSTRUCTIONS

Arizona Department of Health Services

The first task when handling a possible cardiac arrest call is to identify whether a cardiac arrest has occurred. Two vital questions should be asked as early in the call as possible:

1. Is the victim conscious or responsive?
2. Is the victim breathing **normally**?

If the answer to both is no, use the protocols below as called for:¹

Protocol for Compression-Only CPR

For adult victims and children older than eight years, instructions should be for Compression-Only CPR, or CPR without rescue breathing. Be **CALM** and **ASSERTIVE** and follow the script below. Tell the caller:

1. Bring the phone and get **NEXT** to the person if you can.
2. Listen carefully. I'll tell you what to do.
 - A. Place the victim **FLAT** on his **back** on the **floor**.
 - B. **KNEEL** by the victim's side.
 - C. Put the **HEEL** of your **HAND** on the **CENTER** of the victim's **CHEST**.
 - D. Put your **OTHER HAND ON TOP** of **THAT** hand.
 - E. **WITH YOUR ARMS STRAIGHT, PUSH DOWN AS HARD AND FAST AS YOU CAN WITH THE HEELS OF YOUR HANDS. DO IT TEN TIMES AND**

¹ It is essential to realize that CPR is not harmful, even when performed on persons not in cardiac arrest. A study of 247 telephone-assisted CPR cases found only six in which a person not in arrest suffered a fracture, and showed **no instances** of internal injury (*Circulation* 2010;121:91-97).

COUNT WITH ME: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10 (*The rate should be corrected as needed. The ideal rate is 100 compressions per minute. If necessary, the caller should be told to come back to the phone.*) **KEEP GOING, PUSH HARD AND FAST AND COUNT OUT LOUD TO 10 AGAIN AND AGAIN. I'LL STAY ON THE PHONE. KEEP DOING IT UNTIL HELP ARRIVES.** (*Encourage the caller. If the caller is tired, ask if he is keeping his arms straight. If necessary, suggest a short rest.*)

IF:

- The caller has kept the phone in his ear and says it is interfering with CPR, suggest he use speaker phone. If that option doesn't work, suggest he put the phone down during compressions.
- The caller reports that the victim vomits, instruct the caller to turn the victim's head to one side and to sweep out the contents of the victim's mouth with his fingers before resuming CPR.

Protocol: Conventional CPR (Compressions with Rescue Breaths)

If the victim is

- a child eight years old or younger OR
- an adult whose cardiac arrest has a respiratory cause such as drowning OR
- a person who collapsed 15 or more minutes before

then provide instructions for rescue breathing after the first 30 compressions. Note that when delivering instructions for CPR with rescue breathing **THE CALLER SHOULD BE TOLD TO COUNT TO 30 INSTEAD OF 10**. After the 30th compression, follow the script below, telling the caller:

1. **PINCH** the victim's **NOSE**. With your other hand, **LIFT** the **CHIN** so that the head **TILTS BACK**.
2. Completely **COVER** the victim's **MOUTH** with your **MOUTH**.
3. **GIVE 2 BREATHS** and come back to the phone.

When the caller returns to the phone, repeat the compression instructions above. Tell the caller to stop at 30 compressions again. Then repeat the instructions for rescue breathing, continuing this cycle of 30 compressions followed by 2 breaths until professional rescuers arrive.

Protocol: Foreign Body Airway Obstruction

If it is confirmed that a victim is choking and is now unconscious, the caller should be told after 30 compressions to look for the object that caused the choking. As in the instructions for CPR with rescue breathing, **THE CALLER SHOULD COUNT TO 30 INSTEAD OF 10**.

After each set of 30 compressions, follow the script below, telling the caller:

1. **LOOK** inside the victim's **MOUTH** and **REMOVE ANY OBVIOUS OBSTRUCTION**.
2. If you remove an object, give **TWO RESCUE BREATHS** between **EACH SET** of 30 compressions.
3. If no object is seen, **CONTINUE** with chest compressions.