

# American Heart Association 2015 CPR Guidelines- Peri Shock Pause Phase

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- Emphasis of HANDS ON CPR throughout Cardiac Arrest with minimal interruption
- **NO** voice prompts to with AED PRO “*Check Airway, Check Breathing, Check Pulse*”
- Hands off chest only during **Analyze Phase**
- Continue CPR during **Charge Up Phase** OR until **No Shock Advised** voice prompt
- Count down “**5...4...3...2...1...CLEAR! SHOCK DELIVERED... immediately back on the chest**” (instruct Firefighters to hover over the patient chest)
- **NO** Checking ABC’s after every SHOCK/NO SHOCK only if Obviously Signs of Life are observed
- **NO** Stopping CPR for suctioning/turning over the patient... continuous CPR
- **Quick** respirations in 30:2 or 15:2 CPR:Respiration Ratio

## Practical Scenarios

Step 1: OLD Cardiac Arrest and CPR Protocol	Step 2: Demonstrate New CPR	Step 3: New Cardiac Arrest and CPR Protocol
<ul style="list-style-type: none"> <li>• Have crews perform a cardiac arrest for 8 minutes</li> <li>• Use 2 watches to time CPP (Coronary Perfusion Pressure) Ex. 5:40min of hands on CPR ÷ 8min = 67.5%</li> <li>• Provide Crews with their CPP percentages</li> </ul>	<ul style="list-style-type: none"> <li>• Give a demonstration of the changes to the New CPR Guidelines</li> <li>• Demonstrate Upgraded Little Anne CPR Manikin with the Laerdal Little Anne QCPR App</li> <li>• Explain how these CPR Guideline changes will be beneficial to patient outcome</li> <li>• Emphasis good communication and having a “<i>Pit Crew</i>” based approach to running a Cardiac Arrest</li> <li>• Have crews practice the new CPR Guidelines (max 3 man crews to reflect current staffing levels)</li> </ul>	<ul style="list-style-type: none"> <li>• Have crews perform another 8 min cardiac arrest utilizing new CPR Guidelines</li> <li>• Use 2 watches to time CPP (Coronary Perfusion Pressure)</li> <li>• CPP Goal 60% for Pediatrics 80% for Adults (pediatrics CPP goal is less due to 15:2 ratio and they have less hands-on time than Adults)</li> <li>• Download Zoll all the AED PRO data as you would normally after a cardiac arrest and write a brief description <i>OLD or NEW CPR TRAINING</i> and notify ATO. Your ATO will provide you with some analytics between the OLD Vs NEW CPR</li> </ul>