Start CPR

Check Rhythm / Pulse

Post-Cardiac Arrest Care

2 minutes

Shock if VF/VT

Goals

- Perform and monitor high quality CPR:
 - At least 100/min
 - At least 5 cm deep
 - Allow recoil
 - Minimize pauses
 - Rotate compressors
- Defibrillate early (for VF/VT)
- Obtain ROSC

Oxygen via non-rebreather (or BVM if enough resources available)

1 mg 1:10 000 epinephrine IV/IO q 4 minutes

If VF/VT: 1 mg/kg lidocaine IV/IO then 0.5 mg/kg IV/IO q 10 minutes (max 3 mg/kg)

Consider advanced airway management if time and resources allow

Treat reversible causes (H's and T's)



Tips

- Higher defibrillation energy may be considered if patient does not respond to initial 200J shocks
- Avoid hyperventilation (8-10 ventilations/min is adequate)
- Intubation is your lowest priority
- See ROSC care field guide

