

POST PUBESCENT (ADULT) CPR ASSESSMENT

NAME	SHARIFAH KITEGGA		
ASSESSMENT DATE:	11-11-2020	SPECIALITY & GRADE:	
1. SAFE APPROACH			✓
2. CHECK FOR RESPONSE - Gently shake their shoulders and ask loudly: "Are you all right?"			✓
3. SHOUT FOR HELP			✓
4. OPEN AIRWAY / CHECK FOR OBSTRUCTION - Head Tilt-Chin Lift or Jaw Thrust			✓
5. CHECK FOR BREATHING - Look, listen and feel for normal breathing for no more than 10 seconds. In the first few minutes after cardiac arrest, a victim may be barely breathing, or taking infrequent, slow and noisy gasps. Do not confuse this with normal breathing. If you have any doubt whether breathing is normal, act as if it is they are not breathing normally.			✓
6. SIGNS OF CIRCULATION / LIFE - Look for signs of life (blinking/movement etc.) only check for a pulse if trained and competent to do so			✓
7. SEND / GO FOR HELP - 999 / 2222 - Ask a helper to call if possible otherwise call them yourself and return with emergency equipment			✓
8. START CHEST COMPRESSIONS - Position your shoulders vertically above the victim's chest and press down on the sternum to a depth of 5-6 cm. After each compression, release all the pressure on the chest without losing contact between your hands and the sternum; Repeat at a rate of 100-120 min-1			✓
9. VENTILATIONS - After 30 compressions open the airway again using head tilt and chin lift and give 2 rescue breaths using mouth-to-mouth, pocket mask or bag-valve-mask. If you are unable/unhappy to do ventilation breaths, give chest compression only CPR (i.e. continuous compressions at a rate of at least 100-120 min-1)			✓
10. CONTINUE RESUSCITATION - Do not interrupt resuscitation until: A health professional tells you to stop; You become exhausted; The victim is definitely waking up, moving, opening eyes and breathing normally. It is rare for CPR alone to restart the heart. Unless you are certain the person has recovered continue CPR			✓
11. AED DEMONSTRATION / PRACTICAL UPON REQUEST - connect defibrillator pads to patient and securely insert the lead to defibrillator cable/socket			✓
12. AED DEMONSTRATION / PRACTICAL UPON REQUEST - switch on to AED mode and follow verbal instructions whilst ensuring area/other rescuers are safe			✓
DISCUSS			
<ul style="list-style-type: none"> Ensure CPR is effective and that interruptions are minimized Swap chest compression provider every 2 minutes to ensure quality of CPR (when possible) Use SBAR to handover (S-situation B-background A-assessment R-recommendations) Ensure appropriate PPE is used (i.e. COVID-19 / TB / Influenza mask; fluid resistant surgical face mask, Gloves, Apron and Eye protection / visor etc.) Have a low threshold for suspecting injury to the neck. If you suspect this, try to open the airway using jaw thrust alone. If this is unsuccessful, add head tilt gradually until the airway is open. Establishing an open airway takes priority over concerns about the cervical spine. 			

PASS

RE-TEST

FAIL

ASSESSORS SIGNATURE:

