

BASIC LIFE SUPPORT



**TACTICAL COMBAT
SYSTEM
&
TRIBE 13**

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TRIBE 13 RANK: EXPERT



2016 - present EMS of the South Moravian, Czech Republic

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Paramedic-Emergency Medicine and Disaster Medicine

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COAT OF ARMS



**THIS MATERIAL IS CREATED BY OUR BROTHER IN CHARGE WITH
THE TRIBE 13 EMERGENCY MEDICINE SECTION**

BASIC LIFE SUPPORT

Meaning start to CPR in any person who is unresponsive with absent or abnormal breathing.

Abnormal breathing - slow, laboured breathing (agonal breathing)

Agonal breathing is the medical term used to describe struggling to breathe or gasping. ...

The gasping associated with agonal breathing is not true breathing, but rather a brainstem reflex.

Gasping looks as carp pulled from the water and his movement of mouth and breathing.

Agonal breathing often occurs because the heart is no longer circulating oxygen-rich blood.

Agonal breathing is an abnormal breathing pattern observed in about 50% of cardiac arrest victims.

It indicates the presence of brain function and is associated with improved outcomes.

Agonal breathing is commonly misinterpreted as a sign of life.



BASIC LIFE SUPPORT

When you are in an urban area or rural area but not in a situation in which you can expose yourself to danger (ACTIVE SHOOTER situation, TERRORIST ATTACK, etc.) you can include in your medical support actions also the CPR (Cardio Pulmonary Resuscitation)

Why in some situations we don't do CPR?

Imagine you are in the next scenario:

School, active shooter entering in classes and shoot all around.

If for example you are finding some victims that are necessitating CPR and you begin the procedure is possible that will be one victim in plus and that is YOU! You are still in a dangerous scenario where the active shooter is still going around killing people.

IN THIS TYPE OF SITUATIONS THE WE WILL USE M.A.R.C.H ALGORITHM

B BLS



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5 Top messages

- Learn how to do CPR!
- Recognize cardiac arrest and start CPR!
- Alert emergency medical services!
- Start chest compressions!
- Get an automated external defibrillator AED!

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How to recognize cardiac arrest

- Any unresponsive person with absent or abnormal breathing
- start CPR!
- Abnormal breathing should be considered a sign of cardiac arrest
- A short period of seizure-like movements can occur at the start of cardiac arrest. Assess the person after the seizure has stopped: if unresponsive and with absent or abnormal breathing -
 - **start CPR!**

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How to alert the emergency services

- Alert the emergency medical services (EMS) immediately if a person is unconscious with absent or abnormal breathing.
- A lone bystander with a mobile phone should dial the EMS number, activate the speaker or another hands-free option on the mobile phone and immediately start CPR assisted by the dispatcher.
- If you are alone rescuer and you have to leave a victim to alert the EMS, activate the EMS first and then start CPR!

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How to do BLS

SAFETY - Make sure that you, the victim and bystanders are safe



RESPONSE - Shake the victim gently by the shoulders and ask loudly: „Are you all right?“

AIRWAY - open the airway

- If there no response, position the victim on their back
- With your hand on the forehead and fingertips under the point of the chin gently tilt the victim`s head backwards, lifting the chin to open the airway

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How to do BLS

BREATHING - look, listen and feel for breathing

- Look, listen and feel for breathing for no more than 10 seconds
- A victim who is barely breathing, or taking infrequent, slow and noisy gasps, is not breathing normally



SEND FOR AED - alert emergency services

- Send someone to find and bring back an AED if available
- If you are on your own, **DO NOT** leave the victim, but start CPR

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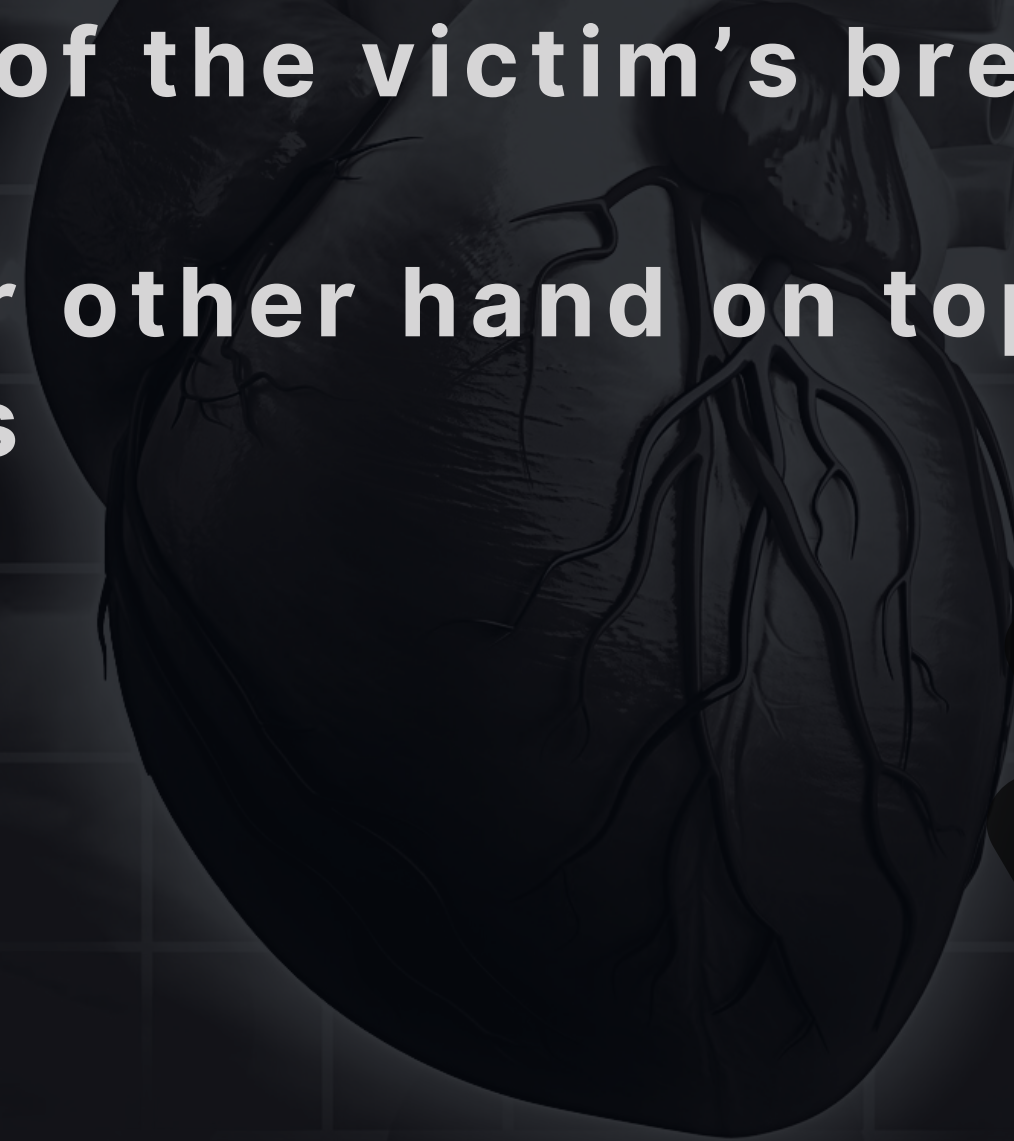


How to do BLS

CIRCULATION - start chest compressions

Kneel by the side of the victim

- Place the heel of one hand in the centre of the victim's chest - this is the lower half of the victim's breastbone (sternum)
- Place the heel of your other hand on top of the first hand and interlock your fingers



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How to do BLS



CIRRCULATION

- **Keep your arms straight**
- **Position yourself vertically above the victim's chest and press down on the sternum at least 5 cm (but not more than 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**

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How to do BLS

COMBINE RESCUE BREATHING WITH CHEST COMPRESSIONS

- If you are trained to do so, after 30 compressions, open the airway again, using head tilt and chin lift.
- Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead.
- Allow the victim's mouth to open, but maintain chin lift
- Take a normal breath and place your lips around the victim's mouth, making sure that you have an airtight seal
- Blow steadily into the mouth whilst watching for the chest to rise, taking about 1 second as in normal breathing.
- This is an effective rescue breath

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How to do BLS

COMBINE RESCUE BREATHING WITH CHEST COMPRESSIONS

- Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall as air comes out
- Take another normal breath and blow into the victim's mouth once more to achieve a total of two rescue breaths
- Do not interrupt compressions by more than 10 seconds to deliver the two breaths even if one or both are not effective
- Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions
- Continue with chest compressions and rescue breaths in a ratio of **30:2**

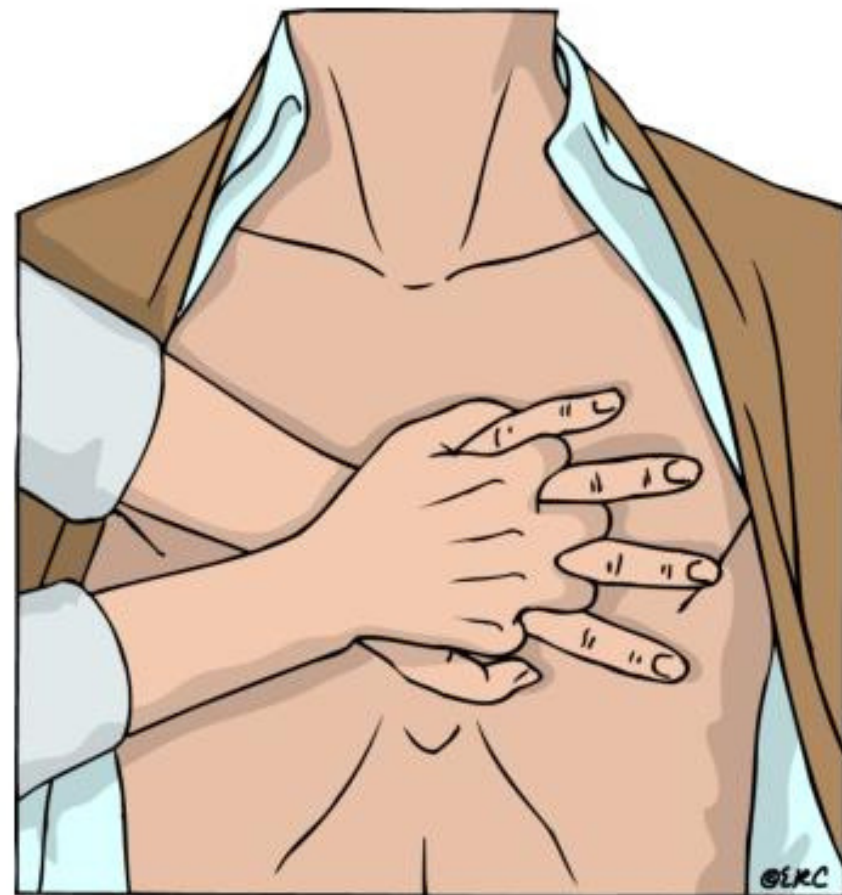
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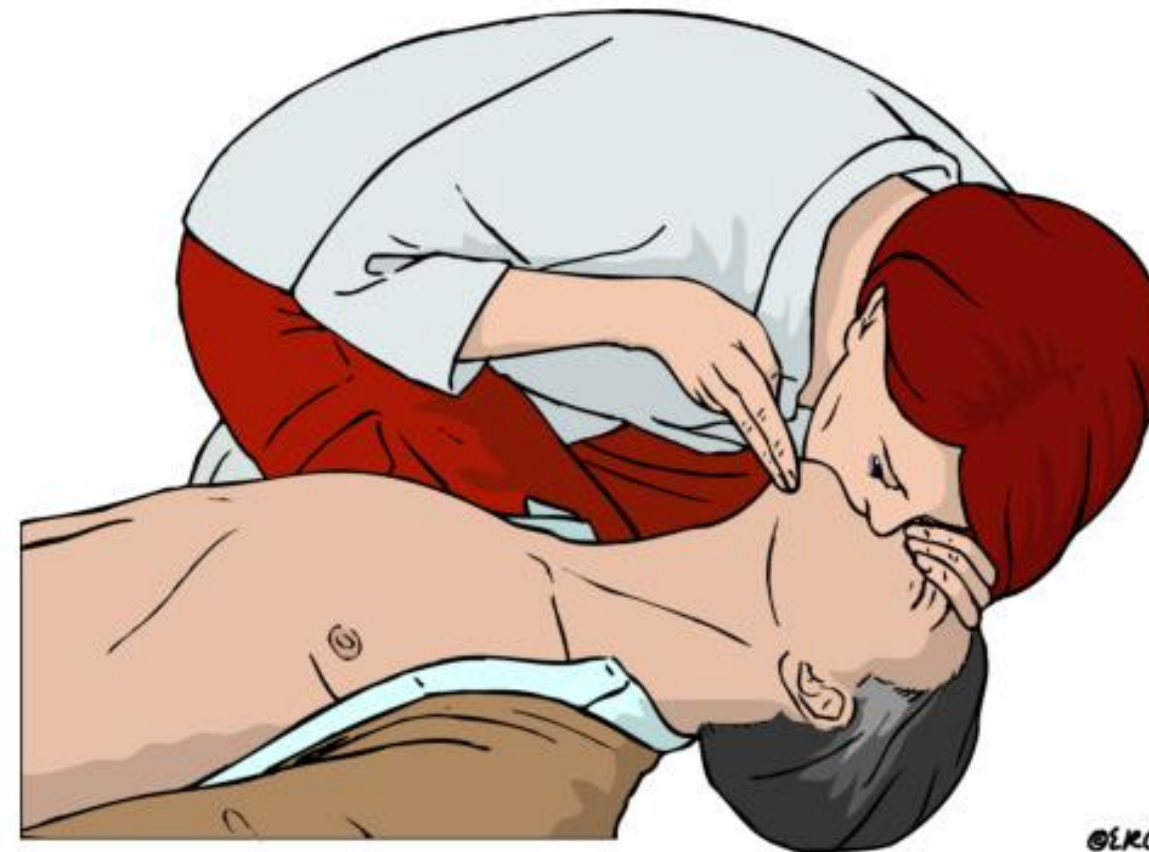


How to do BLS

COMBINE RESCUE BREATHING WITH CHEST COMPRESSIONS



30



2



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How to do BLS



COMPRESSION-ONLY CPR

- If you are untrained, or unable to give rescue breathes, give chest-compression-only
- CPR (continuous compressions at a rate of 100-120/min)

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How to do BLS



WHEN AED ARRIVES - switch on the AED and attach the electrode pads.

- As soon as the AED arrives switch it on and attach the electrode pads to the victim's bare chest
- If more than one rescuer is present, CPR should be continued whilst the electrode pads are being attached to the chest
- Follow the spoken and visual directions given by the AED
- If a shock is advised, ensure that neither you nor anyone else is touching the victim
- Push the shock button as directed
- Then immediately resume CPR and continue as directed by the AED

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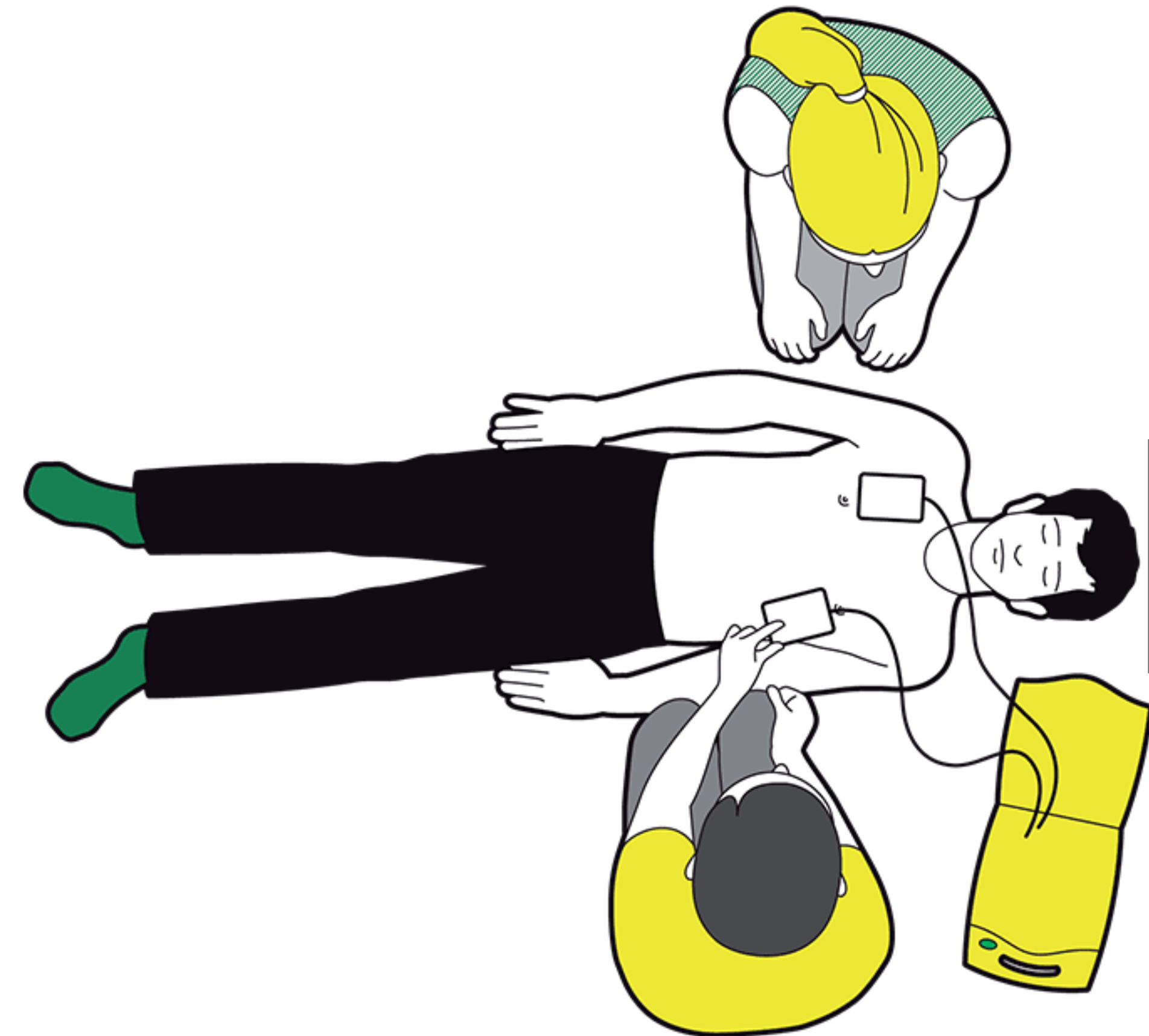
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How to do BLS



If no shock is advised, immediately resume CPR and continue as directed by the AED

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How to do BLS

IF NO AED IS AVAILABLE - continue CPR

- If no AED is available, OR whilst waiting for one to arrive, continue CPR
- Blow steadily into the mouth whilst watching for the chest to rise, taking about 1 second as in normal breathing.

This is an effective rescue breath

- Do not interrupt resuscitation until:

A health professional tells you to stop

OR

The victim is definitely waking up, moving, opening eyes, and breathing normally

OR

You become exhausted

- It is rare for CPR alone to restart the heart.
- Unless you are certain that the victim has recovered continue CPR
- Signs that the victim has recovered

Waking-up

Moving

Opening eyes

Breathing normally



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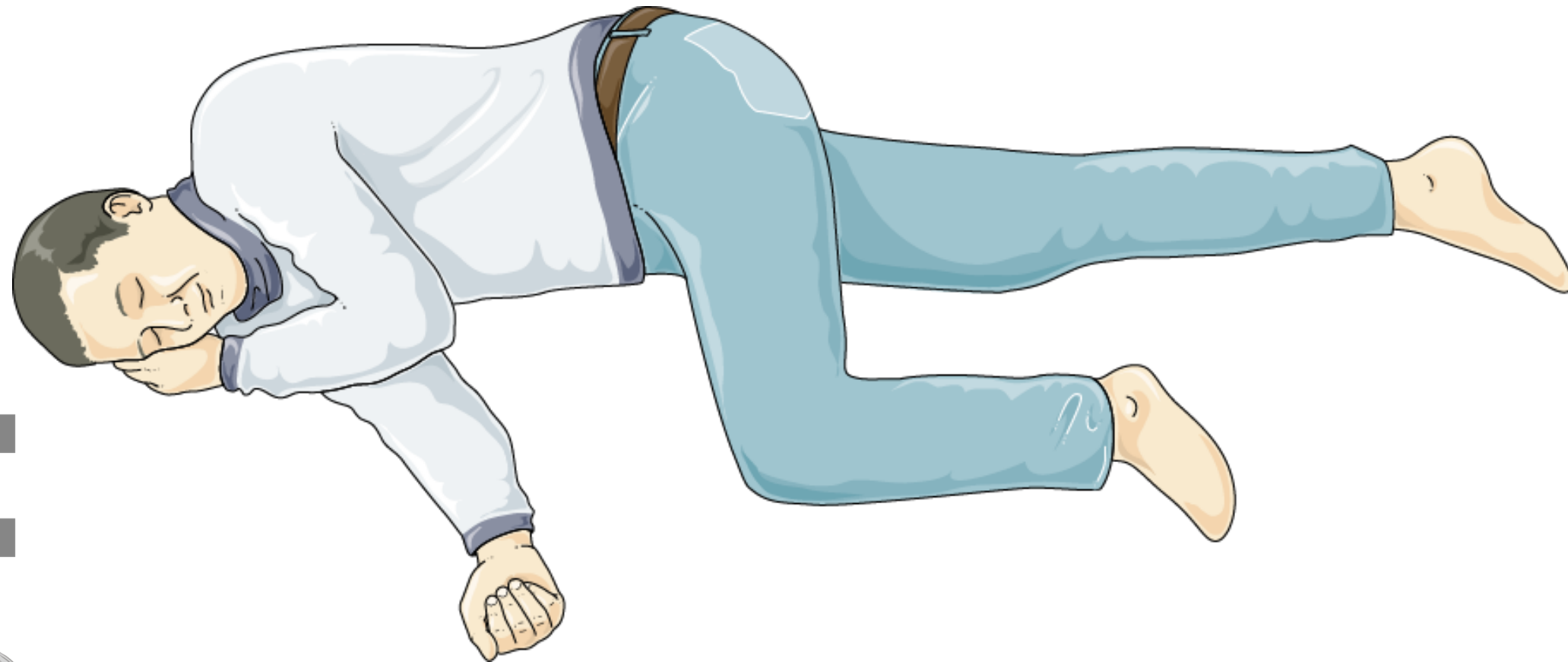
How to do BLS



IF UNRESPONSIVE BUT BREATHING NORMALLY - place in the Recovery Position.

If you are certain that the victim is breathing normally but still unresponsive, place them in the recovery position.

Be prepared to restart CPR immediately if the victim becomes unresponsive, with absent or abnormal breathing.



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How to do BLS

Foreign body airway obstruction

- Suspect choking if someone is suddenly unable to speak or talk, particularly if eating.
- Encourage the victim to cough. –
- If the cough becomes ineffective, give up to 5 back blows:
- Lean the victim forwards.
- Apply blows between the shoulder blades using the heel of one hand

If back blows are ineffective, give up to 5 abdominal thrusts:

- Stand behind the victim and put both your arms around the upper part of the victims abdomen.
- Lean the victim forwards.
- Clench your fist and place it between the umbilicus (navel) and the ribcage.
- Grasp your fist with the other hand and pull sharply inwards and upwards.
- If choking has not been relieved after 5 abdominal thrusts, continue alternating 5 back blows with 5 abdominal thrusts until it is relieved, or the victim becomes unconscious.
- **If the victim becomes unconscious, start CPR!**

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How to do BLS

Foreign body airway obstruction



Five-and-Five

Give 5 back blows



Give 5 abdominal thrusts



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