

Basic Life Support/BLS

- ▶ Cardio-pulmonary Resuscitation CPR
- ▶ Basic Life Support BLS

West Sussex Heartstart

- ▶ Part of Heartstart UK
- ▶ British Heart Foundation grant to provide the manikins
- ▶ Aims to encourage the public to receive instruction in basic life saving skills in the community
- ▶ Anyone welcome

Today's Session

- ▶ Talk about BLS
- ▶ Demonstrate BLS
- ▶ Explain BLS
- ▶ Have a go!

Introduction

- ▶ Only participate if safe to do so
- ▶ Observation is still beneficial
- ▶ Practise only on a manikin
- ▶ Dummies cleaned regularly

Chain of Survival

- ▶ 1 early recognition and call for help - to prevent arrest
- ▶ 2 early CPR - to buy time
- ▶ 3 early defibrillation - to restart the heart
- ▶ 4 post resuscitation care - to restore quality of life

Early recognition and call for help

- ▶ Action - to prevent things progressing to an arrest
 - warning signs of a heart attack - chest pain, tightness, pressure. Dizziness, pale, clammy, shortness of breath, nausea
- ▶ Call 999 to get help and defibrillator on the way
- ▶ Known cardiac patients - use GTN



▶ Watch your own heart attack:

▶ https://www.youtube.com/watch?v=LUt1xXASm_s

Hands Only CPR - Vinnie Jones

- ▶ British Heart Foundation
public awareness campaign

- ▶ CPR Video - <https://www.youtube.com/watch?v=ILxjxfB4zNk>

Early CPR

- ▶ Bides time until help arrives
- ▶ Cardiac arrest - heart has stopped pumping
- ▶ Cardiac compressions take over the job of the heart
- ▶ Aim to keep a flow of blood (and therefore oxygen) to the major organs to prevent irreversible damage
- ▶ Continue until help arrives

Early CPR

▶ **Demonstration!**

DRS ABC

- ▶ Danger
- ▶ Response
- ▶ Shout
- ▶ Airway
- ▶ Breathing
- ▶ Compressions

Danger

- ▶ Check it is safe for you and the person to start BLS

Response

- ▶ Check to make sure they are not just asleep!

Shout

- ▶ Shout for help to get someone to help as soon as possible

Airway

- ▶ Check for items in the mouth - e.g. sweets, dentures, vomit
- ▶ If clear tilt back head and pull chin forward to open the airway

Breathing

Check for normal breathing for 10 seconds – look, listen and feel.

- ▶ If no breathing – call 999 or 112 for an ambulance. Ambulance control can stay on the line and will talk you through what to do.

Compressions

- ▶ Start BLS - breaths : compressions at a rate of 30:2
- ▶ Need to be on a firm surface
- ▶ If chest does not rise - only try a maximum of 5 times to achieve 2 breaths
- ▶ Continue until help arrives, the casualty starts to breathe, or you become exhausted

- ▶ If there are 2 people to help with BLS, take it in turns, don't do it together
- ▶ If unable or unwilling to do rescue breaths - do compressions alone

Practical



Automated Defibrillators

- ▶ Ventricular fibrillation is responsible for the great majority of cardiac arrests in adults. It is a condition where the heart quivers rather than beats properly.
- ▶ The only effective treatment for VF is defibrillation
- ▶ This stops the chaotic rhythm and hopefully will allow the normal rhythm to return

Recovery Position

- ▶ For use when casualty is unresponsive but is breathing
- ▶ Aims to prevent further injury whilst waiting for help to arrive
- ▶ Tongue falls forward to keep airway clear
- ▶ Reduces risk of stomach contents entering the lungs

Choking - adults or child over 8

- ▶ Only intervene if casualty is unable to speak or if breathing sounds wheezy and/or cough is silent
- ▶ First try 5 sharp back blows
- ▶ Then 5 abdominal thrusts
- ▶ Repeat back blows then abdominal thrusts
- ▶ If they arrest - CPR

Any Questions?

- ▶ Certificate
- ▶ Further training - St Johns Ambulance or other validated first aid course
- ▶ Adult and paediatric BLS courses