

BLS for Healthcare Providers

Participant Preparation Packet

2020-2025

This information is derived from the 2020 ECC Guidelines



This review guide contains an answer sheet that must be completed and turned in at the start of class. Use your provider textbook to answer the questions in this packet.

If the pretest is not completed, you will not be able to be remediated or retest if unable to successfully pass the written exam on the first attempt. You will need to call the office to schedule a retest.

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Emergency Medical Consultants

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Skills Review for Healthcare Providers The CAB's of CPR

Simultaneously Determine unresponsiveness and check for effective breathing

If unresponsive: call a "code" or 911

C = Circulation- Check for a pulse Max - 10 seconds. If pulse is not definite, begin compressions.

A = Airway- Open airway (head tilt/chin lift)

B = Breaths- Give 2 breaths then back to compressions

D = Defibrillator- Attach a manual defibrillator or AED

CPR Reference

| | Adults (> puberty) | Children (1 - puberty) | Infants (< 1yr) |
|---|---|--|--|
| Rescue breathing, Victim definitely has a pulse | 10 breaths/min recheck pulse every 2 minutes | 20-30 breaths/min recheck pulse every 2 minutes | 20-30 breaths/min recheck pulse every 2 minutes |
| Compression landmark No pulse (or pulse <60 in infant or child with poor perfusion) | Middle of the chest, between the nipples | Middle of the chest, between the nipples | 1 finger below nipple line |
| Compressions are performed with | Heel of 2 hands | Heel of 1 or 2 hands | 2 fingers OR 2 thumbs when using encircling hands technique |
| Rate of compressions per minute | 100-120/min | 100-120/min | 100-120/min |
| Compression depth | At least 2 inches ↑ 2 inches | At least 1/3 depth of chest 2 inches | At least 1/3 depth of chest 1 ½ inches |
| Ratio of compressions to breaths <i>*Once an advanced airway is placed ventilations will be 1 every 6 sec. with continual compressions.</i> | 30:2 Change compressors and reevaluate every 2 min | 30:2 15:2 if 2 rescuer Change compressors and reevaluate every 2 min | 30:2 15:2 if 2 rescuer Change compressors and reevaluate every 2 min |

Foreign Body Airway Obstruction

** If not rapidly removed call Emergency Medical Service **

Conscious choking

| Adult | Child | Infant |
|---|---|------------------------------|
| Abdominal Thrusts (Red Cross Class – 5 Back Blows) | Abdominal Thrusts (Red Cross Class – 5 Back Blows) | 5 Back Blows/5 Chest Thrusts |

Unconscious choking

| Adult | Child | Infant |
|---|---|---|
| Call a "code" or call 911 Begin CAB's of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen. Repeat cycles of CPR if needed | Begin CPR If second rescuer is present, send them to call a "code" or 911, otherwise, call after 2 min of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen. Repeat cycles of CPR if needed | Begin CPR If second rescuer is present, send them to call a "code" or 911, otherwise, call after 2 min of CPR Before giving breaths: look in mouth for foreign body, remove object if it is seen. Repeat cycles of CPR if needed |

2020 Outcome Driven Notes



Rapid Response teams are essential to improve patient outcomes by identifying and treating early clinical deterioration.

CPR Coach- helps the resuscitation team perform high quality CPR
Provides interactive feedback about the rate, depth, and recoil of compressions.
Monitors ventilatory performance & minimizes pauses in CPR. Optimizes CCF.

The following efforts increase the **chest compression fraction (CCF)**, which ideally minimizes the hands-off time during CPR.

- ✓ Pre-charge the defibrillator 15 sec before rhythm check/shock is due
- ✓ Compressor hovers over, but off, the chest during defibrillation
- ✓ Intubate without delay in compressions
- ✓ Try to keep other stops at 5 sec or less (10 is still acceptable)
- ✓ Administer meds during compressions

Immediate Actions for a Suspected Heart Attack Victim: (Chest or arm pain/pressure, short of breath, anxious)

Considered a time critical emergency. Take the following actions immediately:

1. Have the victim sit down & remain calm
2. Activate the EMS system- get the AED, if available.
3. Suggest that alert adults chew and swallow an aspirin. This is contraindicated if known allergy, or advised to avoid aspirin by a healthcare provider.
4. If the patient loses consciousness and is not breathing, or only gasping---START CPR

Suspected Stroke? Act Fast!

Every 40 seconds, someone in the United States suffers a stroke. Know the signs: (FAST)

1. Face Drooping
2. Arm Weakness
3. Speech difficulty
4. Time to phone

There are possibly other signs so consider this also a critical emergency!

1. Quickly evaluate for obvious signs
2. Activate the EMS system
3. Find out when symptoms first appeared
4. Stay with the individual, until help arrives
5. Loss of consciousness & not breathing or only gasping? = START CPR

INFORMATION TO KEEP IN MIND:

1. Know the maximum time that should be spent checking for the presence of a pulse.
2. Know the preferred techniques/devices for providing ventilations if you are a single rescuer versus having multiple resources in the professional setting.
3. Know the concept of scene safety/awareness before providing care.
4. Know which patients require ventilations and which require ventilations plus compressions.
5. Know the best way to open the airway for an Adult, Child, Infant or spinally injured patient.
6. Know the location, depth and rate of compressions for an Adult, Child and Infant.
7. Know when to start compressions for an Adult, Child and Infant, be able to explain chest recoil (release) and high quality CPR.
8. Know the compression to ventilation ratio for both 1 and 2-rescuer for Adult, Child and Infant.
9. Know how to reduce the incidence of air being introduced into the patient's stomach versus their lungs.
10. Understand how an AED affects the heart (shock to organize the rhythm), and know the steps for using an AED on an Adult, Child or Infant; pediatric use and placement.
11. Know how to incorporate CPR before, during and after AED use.
12. Know the changes in CPR, which are incorporated once a victim has an advanced airway "tube" placed by a medical professional.
13. Know the sequence, procedures and roles for 1 rescuer versus 2-rescuer CPR.
14. Know the procedures for conscious and unconscious choking for Adult, Child and Infant.
15. Know how to determine effectiveness of ventilations and compressions being provided during CPR
16. Know the elements of effective team dynamics and communicating during an emergency
17. Know that in Opioid OD's CPR is still most important for no breathing or pulse, but Naloxone can be administered along with CPR.
18. Know that in late pregnancy, during CPR the fetus should be shifted to the left if possible. If resuscitated, lay patient on the left side.
19. No need to remove jewelry to defib—just relocate the defib pad.

BLS Pre-Course Exam

1. An elderly woman collapses to the floor in a bingo hall. Your first action should be:

- A. Open the airway and give 2 breaths. (mouth to mouth rapid is best)
- B. Go grab the defibrillator off the wall in the hallway.
- C. Yell out/ call for help while simultaneously assessing for pulse and respirations. (carotid or femoral is best)
- D. Check for a carotid or radial pulse.

2. You are performing 1 rescuer CPR on a 75-year-old female with a history of chest pain and diabetes. An AED has just been made available to you. What is the first action that you should take at this time?

- A. Finish the 5 cycles of chest compressions that you have started.
- B. Place the AED pads on the chest.
- C. Secure an electrical outlet to plug the AED into.
- D. Turn the AED on.

3. You are attending a birthday party when an infant suddenly starts choking on a hotdog. What should you do if he is not breathing and cannot breathe?

- A. Administer 2 rescue breaths using a barrier device.
- B. Perform a blind sweep of the victim's mouth using a soft cloth to keep him from biting.
- C. Deliver 2 back-slaps followed by looking into the mouth.
- D. Perform back slaps and chest thrusts.

4. Opioids are medications that are used to treat pain but have a high potential for abuse. Addiction rate to the medications is a growing problem and they can cause respiratory and or cardiac arrests. While the first and most important step is to perform CPR, what is the name of the medication that is utilized to reverse the effects of respiratory depression?

- A. Naloxone.
- B. Ativan.
- C. Lasix.
- D. Magnesium Sulfate.

5. Your middle age neighbor is mowing his grass when he clutches his chest and drops to the ground. He has no pulse or respirations. Your son calls 911 while you initiate chest CPR. How fast should the compression rate be?

- A. 100 compressions per minute.
- B. 100-120 compressions per minute.
- C. 80-100 compressions per minute
- D. 120-150 compressions per minute.

6. Bystanders have pulled a young woman with a pulse but no respirations out of a lake. One of them is administering rescue breaths at a rate of one every 5-6 seconds while waiting for EMS to arrive. Which of the following is true about rescue breaths?

- A. Each breath should result in visible chest rise.
- B. Give each breath over 1 second.
- C. The pulse should be checked every 2 minutes.
- D. All of the above.

7. Which of the following situations will slightly delay AED usage while the situation is made safe for AED application?

- A. A person found lying on a metal floor inside a meat cooler.
- B. A person found submerged in a bathtub.
- C. A person who collapsed in snow.
- D. A person who has a transdermal nitro patch on their arm.
- E. The patient being in late stage pregnancy.

8. When utilizing a bag valve mask device it is important to remember:

- A. That this device requires training and is best suited for a 2-rescuer situation.
- B. The E-C clamp technique should be used while lifting the jaw to provide a good seal.
- C. To squeeze the bag for 1 second while watching the chest rise.
- D. All of the above.

9. What is the correct ratio for compressions to ventilations in infant CPR with 2 rescuers present?

- A. 20 compressions to 4 breaths.
- B. 15 compressions to 2 breaths.
- C. The rate remains 30 compressions to 2 breaths.
- D. 15 compressions to 1 breath.

10. The maximum amount of time that should be taken to check for a pulse or perform any procedure on an adult, infant or child in cardiac arrest is?

- A. 15 seconds
- B. 10 seconds
- C. 30 seconds
- D. 5 seconds

11. You are watching a resuscitation attempt at a medical facility. You observe the hand placement of the person who is providing compressions to be incorrect. Your next step as a team member should be?

- A. Wait 10 seconds to see if the team leader notices.
- B. Tell the person doing compressions that you will take over.
- C. Alert the team leader for him/her to address.
- D. Tell another team member to take over.

12. While providing CPR to a child or adult, an AED becomes available and a shock is indicated and administered. (Since it is OK to shock children with adult AED pads if necessary), what should you do next?

- A. Administer 2 more shocks; to total 3.
- B. Immediately restart CPR, starting with compressions.
- C. Give 2 breaths first then resume CPR.
- D. Check the carotid pulse for no longer than 10 seconds.

13. What is the purpose of defibrillation?

- A. To stop a chaotic rhythm and restore the heart's normal rhythm.
- B. To increase the rate of complete heart block.
- C. To provide a blood pressure.
- D. To treat cardiac standstill.

14. Current guidelines suggest that adult compressions should be administered at a depth of at least 2 inches. Which of the following is not true regarding chest compression depth?

- A. Compressions are often delivered too hard rather than too shallow.
- B. It may be difficult to accurately judge compression depth without the use of a feedback device.
- C. Consistent compression depth of at least 2 inches is associated with better outcomes.
- D. Potential complications can occur at depths of greater than 2.4 inches.

15. When 2 or more personnel are available during a resuscitation, the team should

- A. Have the strongest person continue compressions.
- B. Ventilate slightly faster.
- C. Perform 1 minute of rapid compressions, then slightly slower.
- D. Change compressions every 2 minutes.

16. You begin your shift on the med/surg floor. You begin your rounds and when you walk into a patient's room, you notice the patient has agonal respirations. What should you do if following the concepts of resuscitation?

- A. Give the patient oxygen. (Airway, Revive, Care)
- B. Check a pulse, and begin compressions if indicated. (Assess, Recognize, Care)
- C. Do nothing, the patient is asleep. (Accept, Care, Revive)
- D. Begin the Heimlich maneuver. (Assess, Airway, Complete)

17. When is the two thumb encircling technique is used?

- A. During infant CPR (if your hands are big enough).
- B. When the infant is choking.
- C. When performing CPR on a pediatric victim.
- D. When performing one rescuer CPR on an infant and you become tired.

18. At the beginning of your work shift, your team leader assigns you the role of compressor during a cardiac arrest. This is known as:

- A. Mutual respect.
- B. Closed loop communications.
- C. Clear roles and responsibilities.
- D. Constructive intervention.

19. While assisting with a cardiac arrest, you are instructed to take over bag valve mask ventilations. You repeat back "you would like for me to take over bag valve mask ventilations." In team dynamics, what is this called?

- A. Closed loop communications
- B. Knowing your limitations
- C. Knowledge sharing
- D. Mutual respect

20. A person is found lying next to an electrical line, unresponsive. You assure that the power is disconnected before you attempt resuscitation. In this case, you identified the information you saw, and took appropriate action. This concept of taking action based on information gathered is called?
- A. Critical thinking.
 - B. Unified team approach.
 - C. Problem identification.
 - D. Solving issues.
21. You arrive to find a hospital maintenance worker lying on the ground, next to a ladder. He appears unconscious, your first action should be?
- A. Check for breathing and a pulse
 - B. Shake and shout, check unresponsiveness
 - C. Begin compressions at 30:2
 - D. Assure the area is safe for you to be in
22. After performing the choking procedure for a conscious victim who becomes unconscious, the next procedure is to?
- A. Perform a finger sweep
 - B. Attempt ventilations
 - C. Straddle the victim
 - D. Begin CPR compressions
23. High quality CPR is the critical component to resuscitation, especially compressions; which concept is correct?
- A. Compression depth has a higher priority than recoil or relaxation
 - B. Compression and recoil (refill) are equally important
 - C. Ventilation is the priority for all victims
 - D. 35 ventilations per minute are optimum for the best outcome
24. When performing compressions on a child for CPR or unconscious foreign body airway procedures the proper depth is?
- A. $\frac{1}{2}$ " or $\frac{1}{2}$ the depth of the chest
 - B. $1\frac{1}{2}$ " to $2\frac{1}{2}$ " inches
 - C. Varies based on age and weight
 - D. 2" or $\frac{1}{3}$ the depth of the chest
25. While at a school event, a teacher chokes on gum. He runs towards the office before falling unconscious. Immediately after performing 30 compressions, the next step is?
- A. Open the airway and look into the mouth before ventilating
 - B. Perform a finger sweep and attempt breaths
 - C. Readjust the airway with a jaw thrust maneuver
 - D. Check pulse for no more than 10 seconds

26. The resuscitation team is made up of various professionals with different levels of license and skill sets. In order to function efficiently the team members must?
- A. Wait for a physician to order CPR and defibrillation
 - B. Always be prepared to perform any skills, even if not licensed to
 - C. Realize their strengths, abilities and limitations
 - D. Decide if they feel CPR is worth the physical effort
27. A victim begins to choke, and you find them grabbing their throat and coughing uncontrollably, you should?
- A. Perform the Heimlich maneuver
 - B. Perform the modified Heimlich maneuver
 - C. Perform chest thrust if they are pregnant or obese
 - D. Allow them to continue coughing
28. You are assisting with a cardiac arrest at a surgi- center. Someone brings in an AED that you are not familiar with, in relation to utilizing this:
- A. Have an overhead page put out for someone familiar with the unit
 - B. Perform 2 minutes of CPR, then apply the pads
 - C. Wait for EMS or someone familiar with the AED before using
 - D. Turn on the unit and follow the directions
29. The accepted ratio of compressions to ventilations for a 6 year old drowning victim when only 1 rescuer is available is?
- A. 15:1
 - B. 30:1
 - C. 30:2
 - D. 15:2
30. AED Pads require firm contact to the skin to be most effective, which of the following will negatively effect that contact?
- A. Water on the patient's chest
 - B. Suntan oil on the skin
 - C. Hair on the chest
 - D. All of the above

NAME: _____

COURSE: _____

MISSED: _____

GRADE: _____

1. A B C D E

26. A B C D E

2. A B C D E

27. A B C D E

3. A B C D E

28. A B C D E

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29. A B C D E

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