**«Emergency care in case of cardiac arrest»**

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| **№** |  **Steps** |  **The algorithm of action** |
| **Assessment of the patient's condition** |
| 1. | Assess the situation:Determine consciousness,call for help | Stimulate and speak to the adult asking if they are ok. Have someone near call the emergency response team |
| 2. | Assess the pulse and breath:determine the pulsationon the carotid artery, determine the presence breathing | Look at the chest and torso for movement and normal breathing. Check the patient for a carotid pulse for 5-10 seconds. |
| **Performing cardiopulmonary resuscitation** |
| 3. | Prepare the patient | Place patient supine on a hard flat surface. Release the neck and chest of the victim from clothing |
| 4. | Correctly placed hands on the sternum injured | Place your palms midline, one over the other, on the lower 1/3 of the patient’s sternum between the nipples;  |
| 5. | Performed chest compressions | Provide 100 to 120 compressions per minute. This is 30 compressions every 15 to 18 seconds.Using two arms press to a depth of 5-6 cm or more on the patient’s chest |
| 6. | inspection and sanitation oral cavity | Turn the patient's head towards himself, perform oral sanitation with a finger wrapped in gauze |
| 7. | Conducting a **triple****Safar reception:** tilt your head back,extend your mandible, open your mouth | Place your palm on the patient’s forehead and apply pressure to tilt the head backward. Place the fingers of your other hand under the mental protuberance of the chin and pull the chin forward and cephalic. |
| **Breathing** |
| 8. | close the patient's nose (mouth),exhale into the airways,ratios of compressions and breaths 30:2 | If the patient is not breathing, commence rescue breaths. Use a barrier device if available. Pinch the patient’s nose closed. Make a seal using your mouth over the mouth of patient. Watch for chest rise. Ratios of compressions and breaths30:2 |
| 9. | Conducting 1 periodof cardiopulmonaryresuscitation | Perform one CPR period -5 CPR cycles for no more than 2 minutes |
| 10. | Determining the effectiveness of CPR | determine the presence of pulsation on the carotid artery |