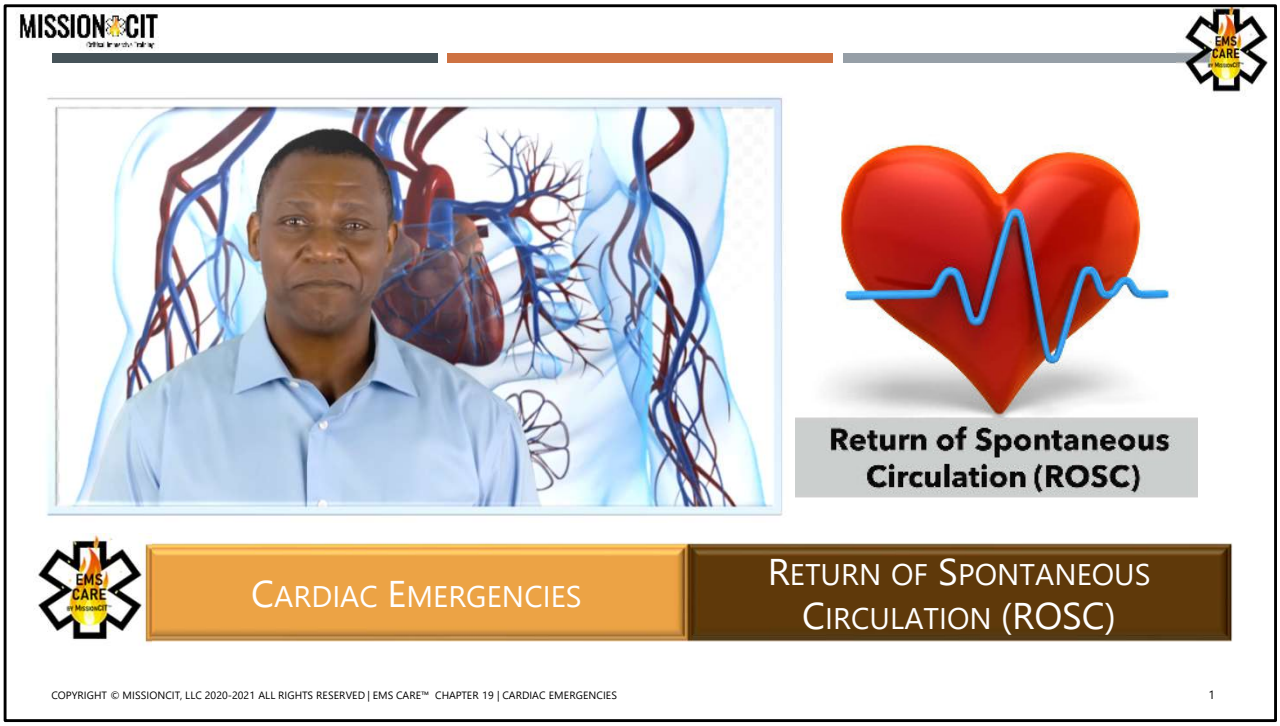
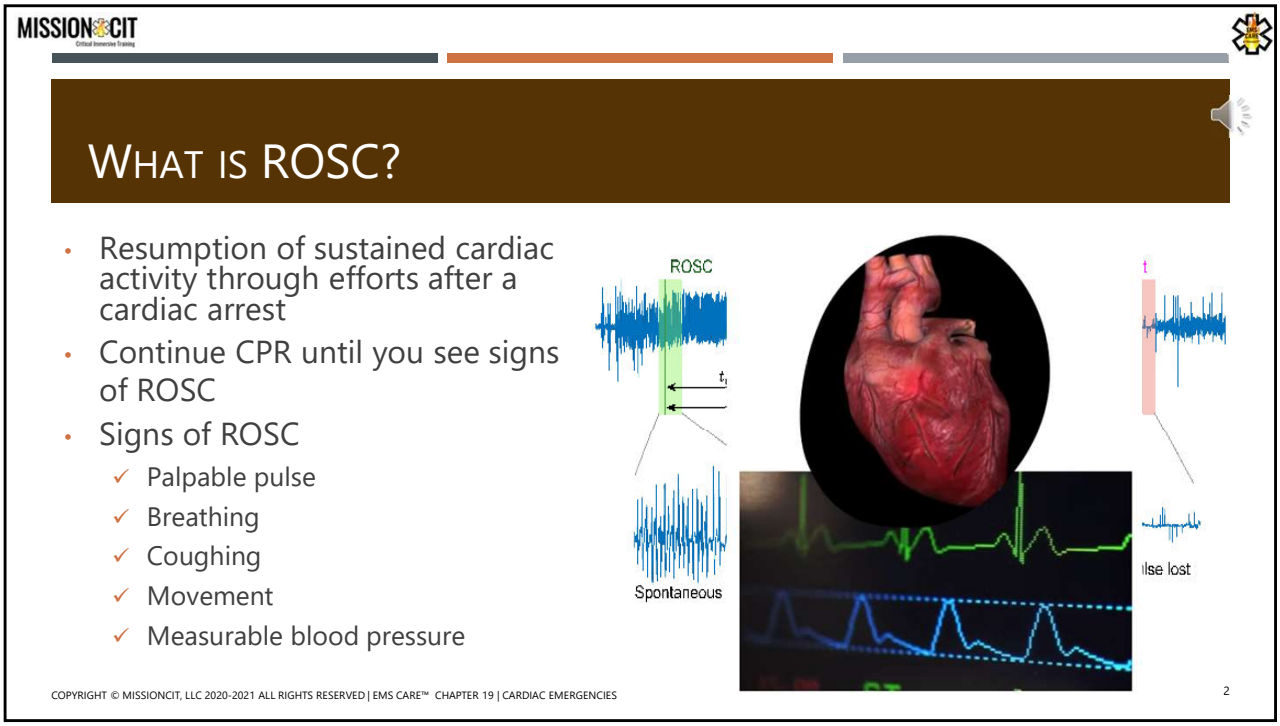


Thank you Missah!

In this lesson, we discuss the Return of Spontaneous Circulation or R O S C.

Do you know that a significant percentage of cardiac-related deaths occur 24 hours after R O S C? That's why we stress identifying R O S C and the associated preventive actions you must consider.

Good Studying.



Return of Spontaneous Circulation is the resumption of sustained cardiac activity, through respiratory effort provided after a cardiac arrest.

You must continue to provide CPR until you see the signs of Rosk, which are,

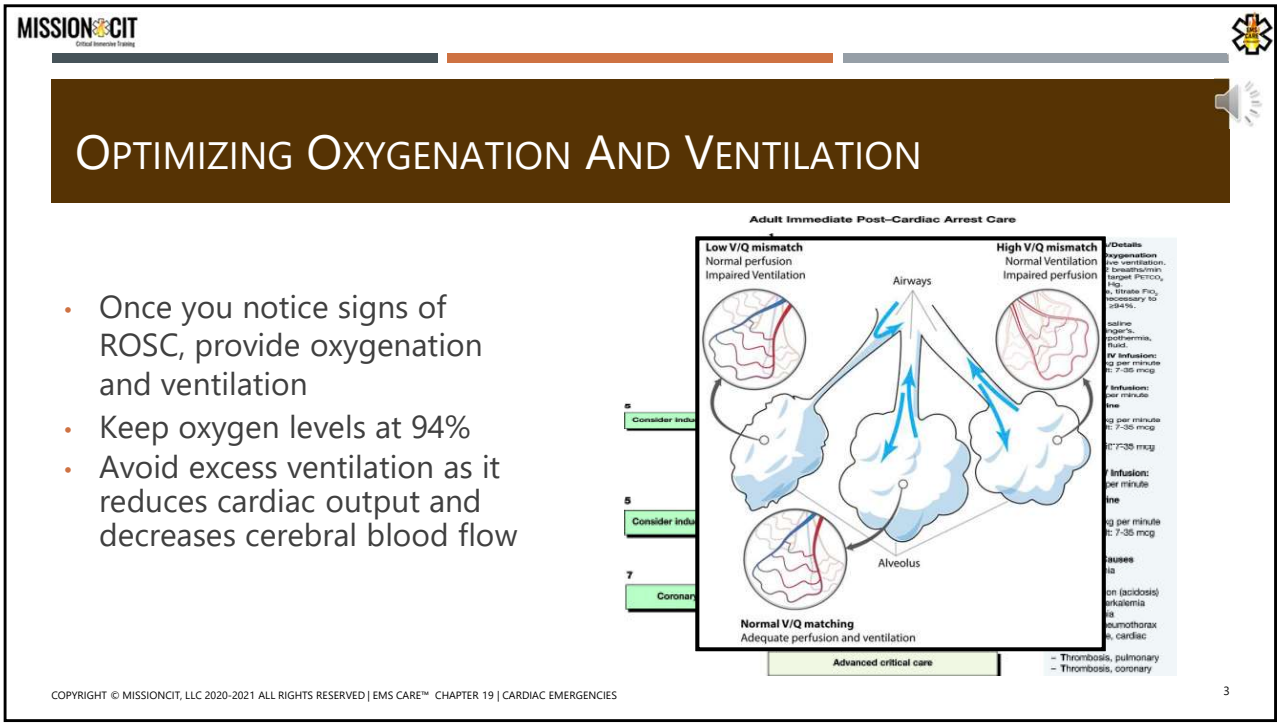
The presence of a pulse is observed, after an organized rhythm ,

Breathing,

Coughing,

Movement,

and Measurable blood pressure

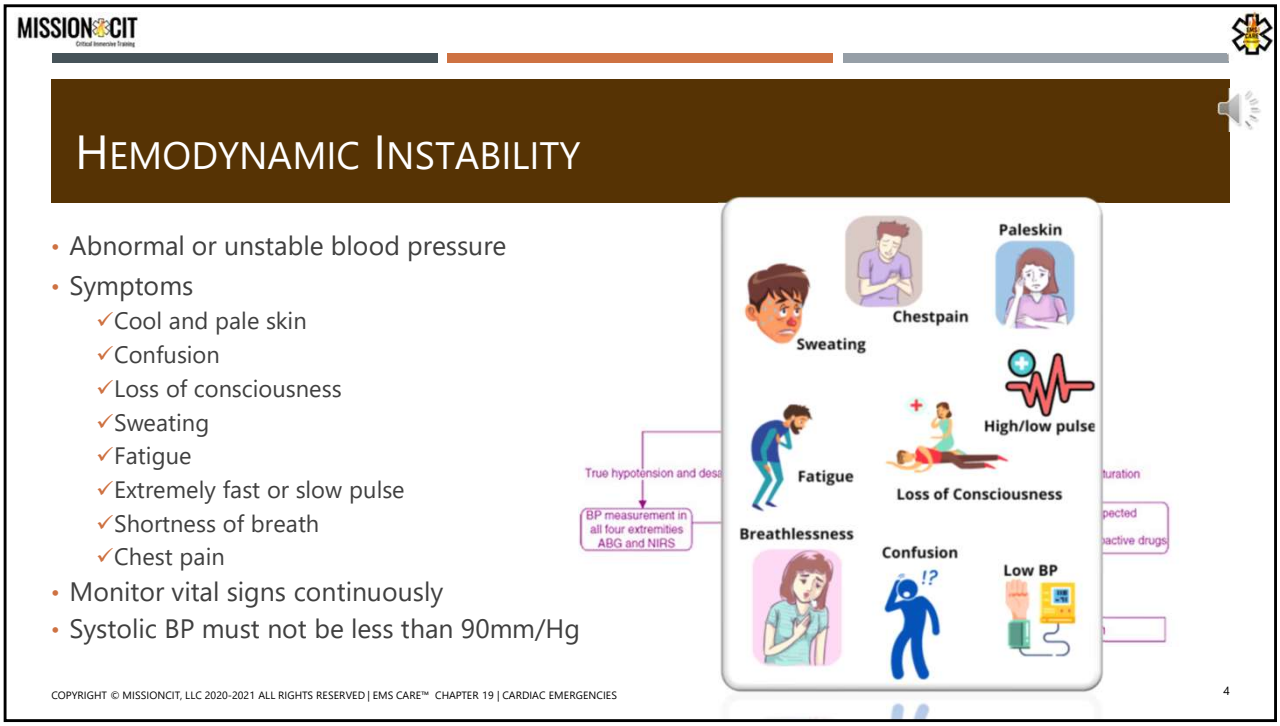


Once you notice the signs of Rosk, continue providing optimal oxygenation and ventilation, if your local protocols allow it.

Make sure to maintain an oxygen level of 94% or greater.

Experts opine that oxygen more than 94% is not necessarily better.

Also, make sure to avoid excess ventilation as it reduces cardiac output and decreases cerebral blood flow.



Hemodynamic instability occurs when there's abnormal or unstable blood pressure.

As a result, the patients don't have enough pressure in the circulatory system to keep the blood flowing consistently to all parts of the body.

Some of the symptoms of hemodynamic instability are:

Pale and cool skin,

Sweating,

Fatigue,

Extremely fast or slow pulse,

Low blood pressure,

Shortness of breath,

Confusion,

Chest pain,

And Loss of consciousness.

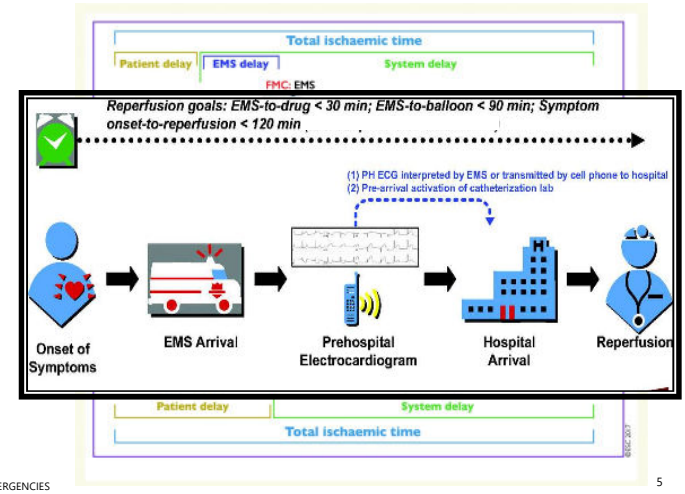
Monitor the vital signs continuously.

The systolic BP must not be less than 90 millimeters of mercury

MISSION CIT

CORONARY REPERFUSION

- Restores blood flow
- Important after cardiac arrest
- Transport the patient to the nearest cardiac or STEMI center
- The time plays a key role



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Coronary reperfusion is a treatment, used to restore blood flow, especially around blocked arteries typically after a heart attack. Surgery or drugs are being used for reperfusion

Your role is to transport the patient to the nearest cardiac or STEMY center as soon as possible. This increases the patient's survival rate significantly and is known as 'Time is Muscle", because the earlier the patient reaches the STEMY center, more heart muscle can be saved.

This brings us to the end of this lesson, and in the next

one, Missah will talk about cardiac arrest.