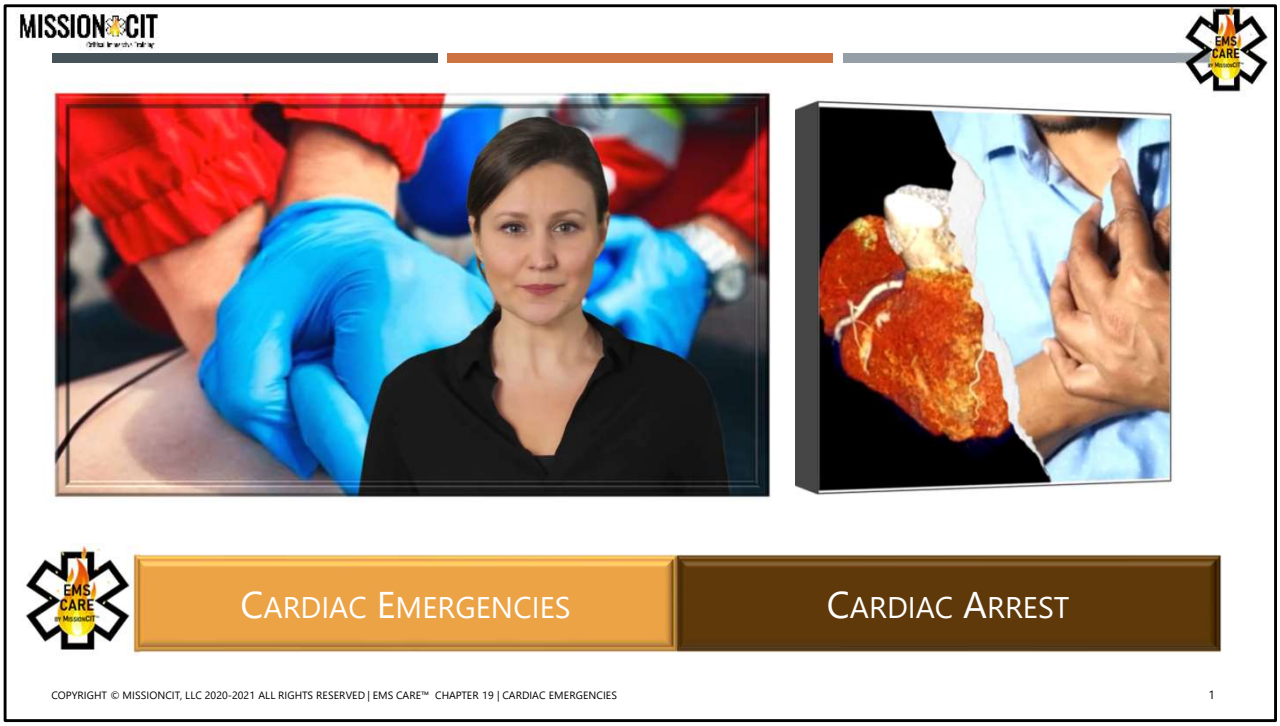
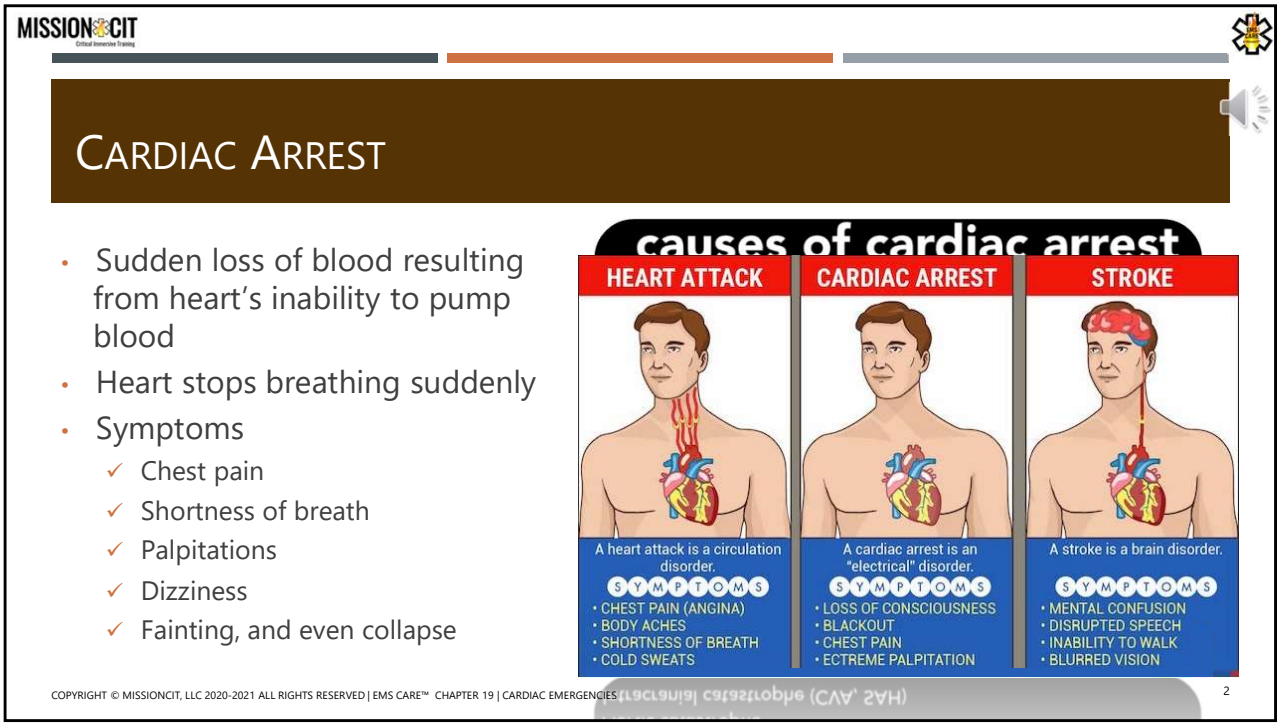


Thank you, Justin!

Welcome to this lesson where we talk about cardiac arrest, its symptoms, and the possible treatment.



Cardiac arrest is the sudden loss of blood resulting from the heart's inability to pump blood effectively. Sometimes, the heart stops breathing suddenly, and without intervention, the person is likely to die.

Some of the common symptoms associated with cardiac arrest are:

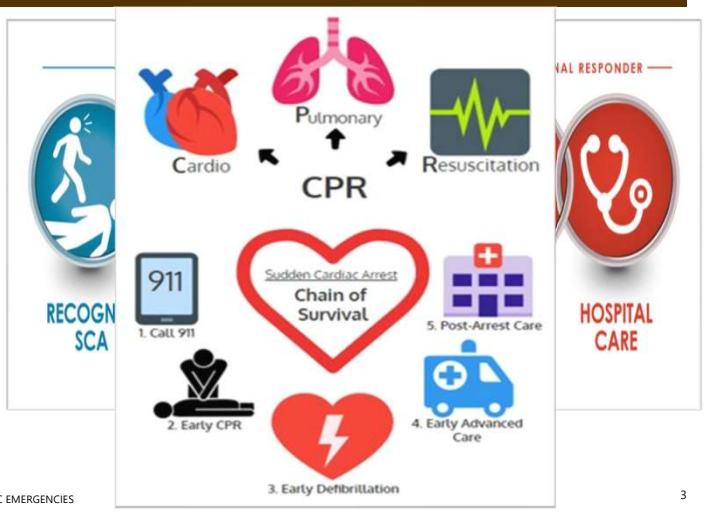
- Chest pain
- Shortness of breath
- Palpitations
- Dizziness

- Fainting, and even a total collapse

MISSION CIT

CHAIN OF SURVIVAL

- Series of actions to reduce mortality
- Recognizing the signs
- Activating the emergency response system
- Early CPR
- Rapid defibrillation
- Effective ALS
- Integrated post-cardiac arrest care



COPYRIGHT © MISSIONCIT, LLC 2020-2021 ALL RIGHTS RESERVED | EMS CARE™ CHAPTER 19 | CARDIAC EMERGENCIES

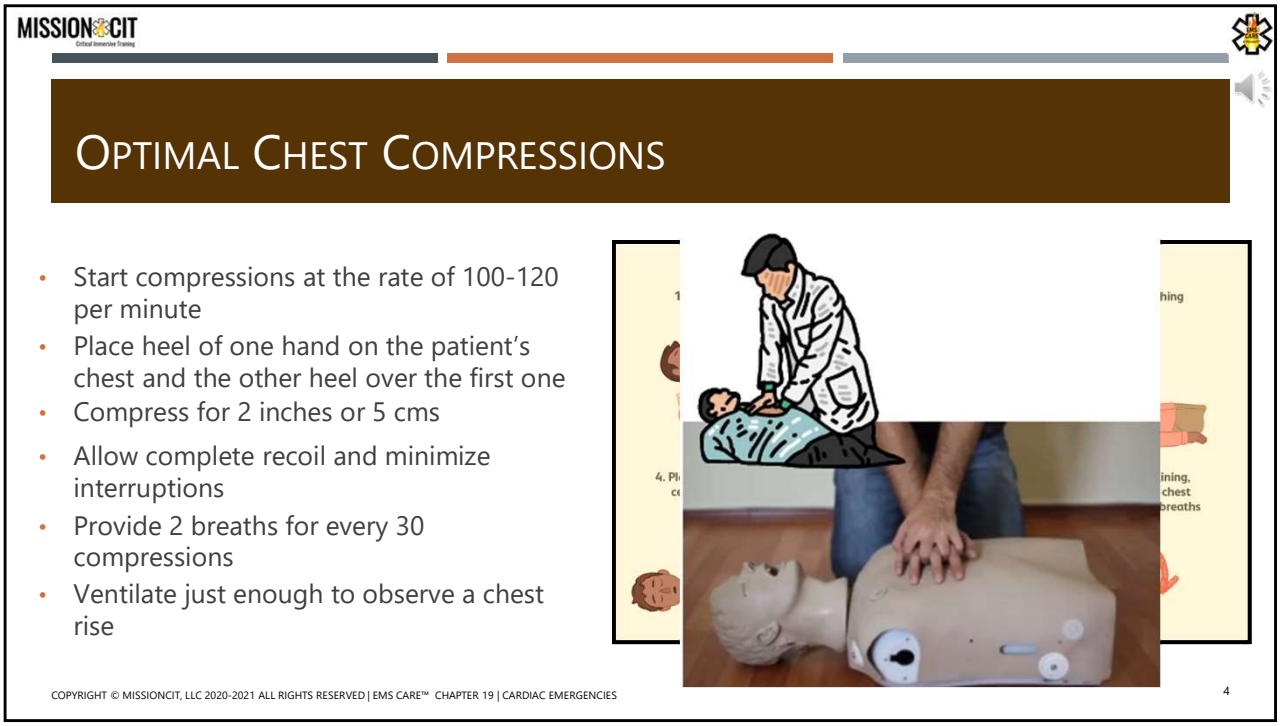
3

Chain of survival refers to a series of actions, that reduce patients' mortality rate, provided they are executed well.

There are six steps involved in the chain of survival, and they are:

- Recognizing the signs of a cardiac arrest,
- Calling for emergency help, and activation of the emergency response system,
- Early CPR, with an emphasis on chest compressions,
- Rapid defibrillation,

- Effective advanced life support, and
- Integrated post-cardiac arrest care,



If a patient is suffering from cardiac arrest, start compressions right away at the rate of 100 to 120 compressions per minute. This number is essential to get Rosk, so anything less than this may not be useful.

Place the heel of one hand over the patient's chest, and the other hand's heel over the first one. Compress for at least two inches or five centimeters. Never compress more than six inches, as this could lead to non-life-threatening injuries.

Allow the complete recoil of the chest between

compressions, and minimize interruptions.

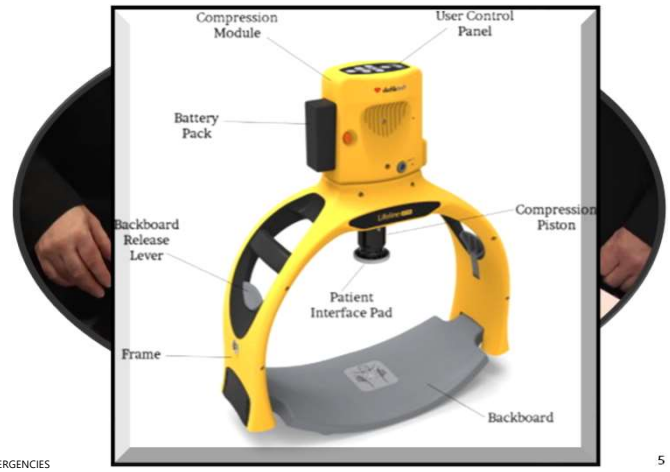
Also, make sure to provide sufficient ventilation. Ideally, provide two breaths after every 30 compressions.

Each breath should be for about one second, and a good rule of thumb is that you must ventilate only enough to observe a chest rise.

Coordinate with team members, and take turns to provide the right levels of CPR.

Mechanical CPR Devices

- AHA states that mechanical CPR devices are not better than manual chest compressions
- It can come in handy when providing CPR is challenging or dangerous for the provider



COPYRIGHT © MISSIONCIT, LLC 2020-2021 ALL RIGHTS RESERVED | EMS CARE™ CHAPTER 19 | CARDIAC EMERGENCIES

5

Though, mechanical CPR devices are used, the A H A, guidelines clearly state, that these devices are not better than manual chest compressions for patients, suffering from cardiac arrest.

having said that, these devices can come in handy, when providing manual compressions can be challenging, or dangerous for the provider.

A good example, is when the patient is being transported in an ambulance.

In such circumstances, use mechanical CPR devices.

With this, we have come to the end of this lesson. Justin will next take you through pediatric cardiac emergencies.