

BLS

Basic Life Support

Why BLS?



CHAIN OF SURVIVAL

Immediate
Recognition
and
Activation
of response
system



Early **CPR**
with emphasis
on chest
compressions



Early
Defibrillation



Effective
Advanced life
support



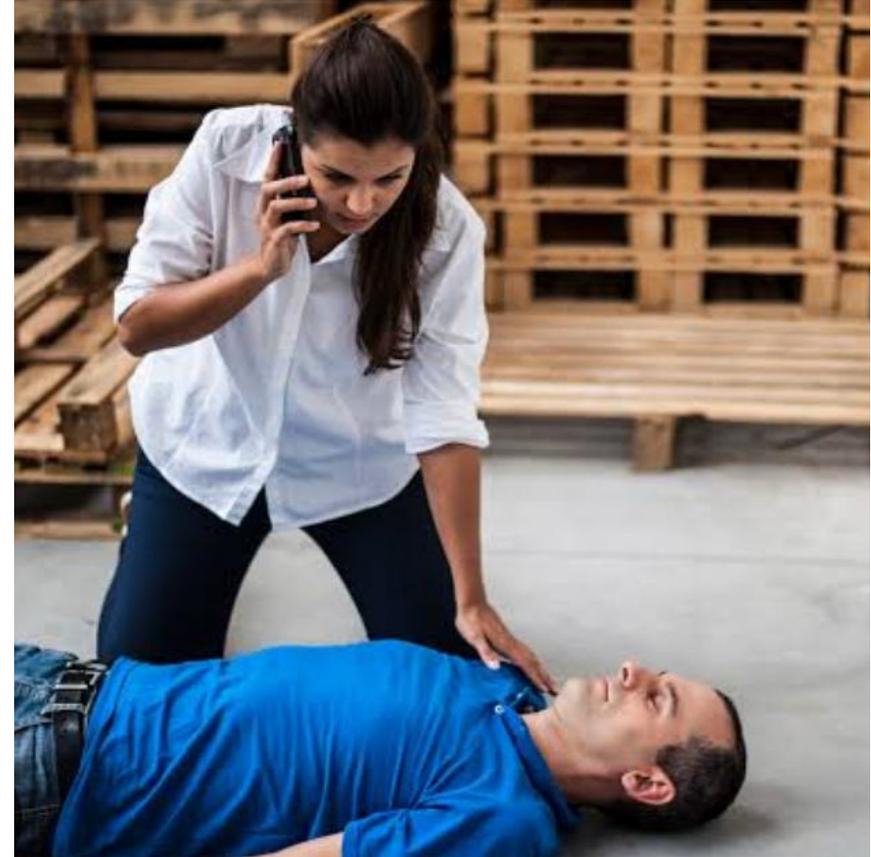
Integrated **Post**
cardiac arrest
care



Recovery
including additional
treatment, observation,
rehabilitation, and
psychological support

1ST Link: Immediate recognition and Activation of response system

- Scene safety
- Check for responsiveness
- Call/shout for help



SCENE SAFETY

- Is the situation safe?
- Ensure scene safety for yourself first and then the victim



CHECK FOR RESPONSIVENESS



CALL FOR HELP

- 102/112 (if Possible using mobiles, satellite phones) On road side
- What to convey: Approx age(child, young, elderly), Gender, condition of the patient, defibrillator, complete address. Confirm if it was communicated and understood before disconnected call.
- Shout for Help
- Get more people

2nd Link: Early **CPR** with emphasis on chest compressions

- Check pulse and breathing
- Early chest compressions
- Give breaths

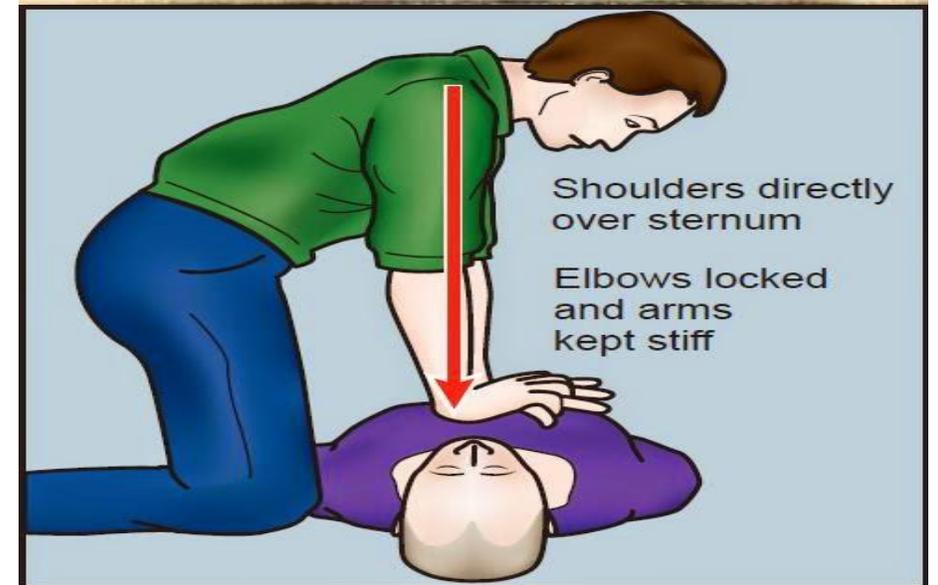
CHECK PULSE AND BREATHING

- Check Carotid Pulse
- Duration: 5-10 sec (chant 1001,1002.....)
- Simultaneously look for signs of breathing

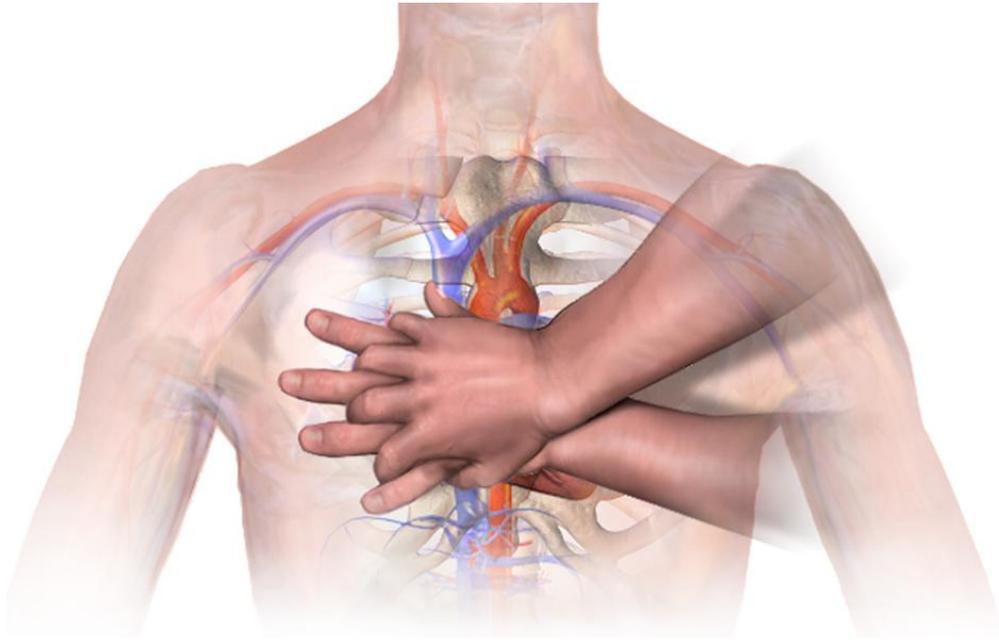


CHEST COMPRESSIONS

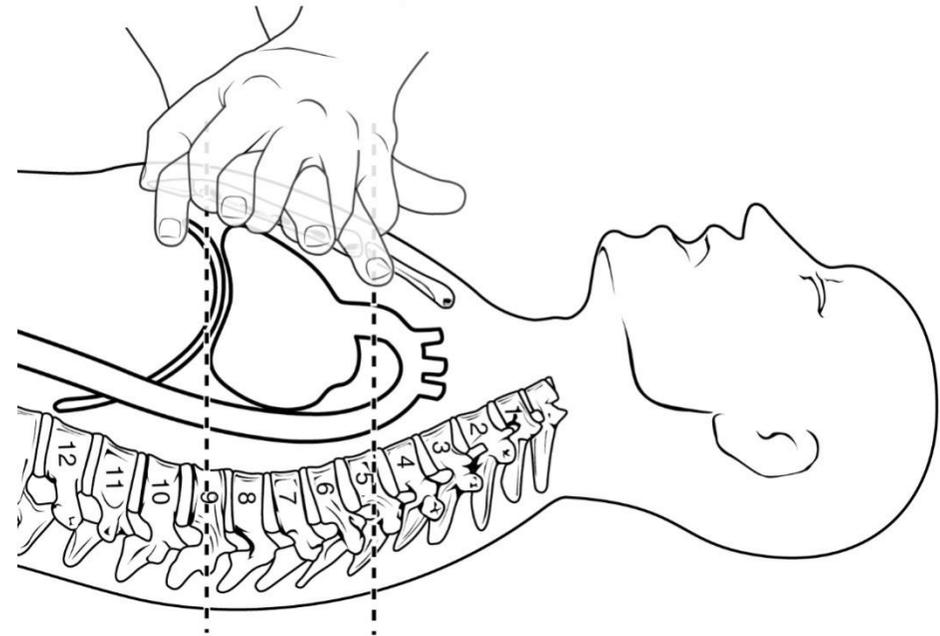
- Flat firm surface
- Level of rescuer: above patients chest
- Rate: 100-120/min
- Depth: 5-6 cm
- Push hard push fast
- Allow complete chest recoil
- Minimum interruptions
- Compressions 30 followed by 2 breaths



CHEST COMPRESSIONS



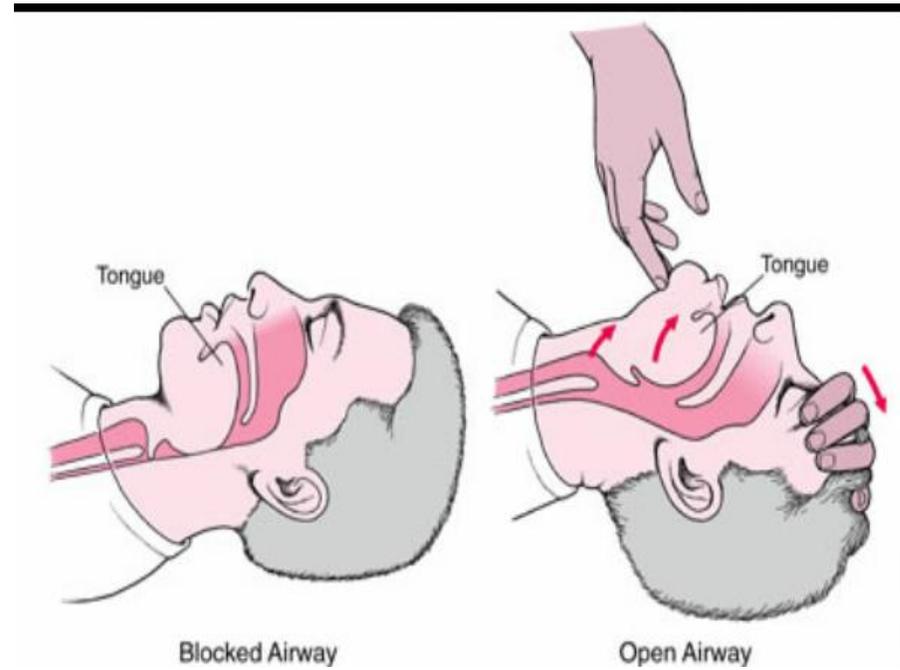
Position Hands Over Sternum



CHEST COMPRESSIONS



OPEN AIRWAY: Head Tilt Chin Lift



OPEN AIRWAY : JAW THURST



BREATHING

- 2 Breaths after 30 Compressions
- Open the airway before giving breaths
- Head tilt- Chin lift maneuver/ Jaw thrust

BREATHING

2 BREATHS:

- Each breath over 1 sec
- Look for visible chest rise

- If 1st breath ineffective: Reposition
- If 2nd breath ineffective: Start CPR

BREATHING TECHNIQUES

- Mouth to mouth
- Mouth to mask
- Bag and mask

MOUTH TO MOUTH BREATHING

- Open victims mouth
- Open your mouth
- Take normal breath
- Make tight seal around the mouth
- Pinch the nose
- Give breath over 1 sec looking for chest rise
- Reposition head if no chest rise



BREATHING THROUGH POCKET MASK



POCKET MASK



BREATHING using BAG AND MASK

Self inflating bag with unidirectional valve



Give oxygen if available





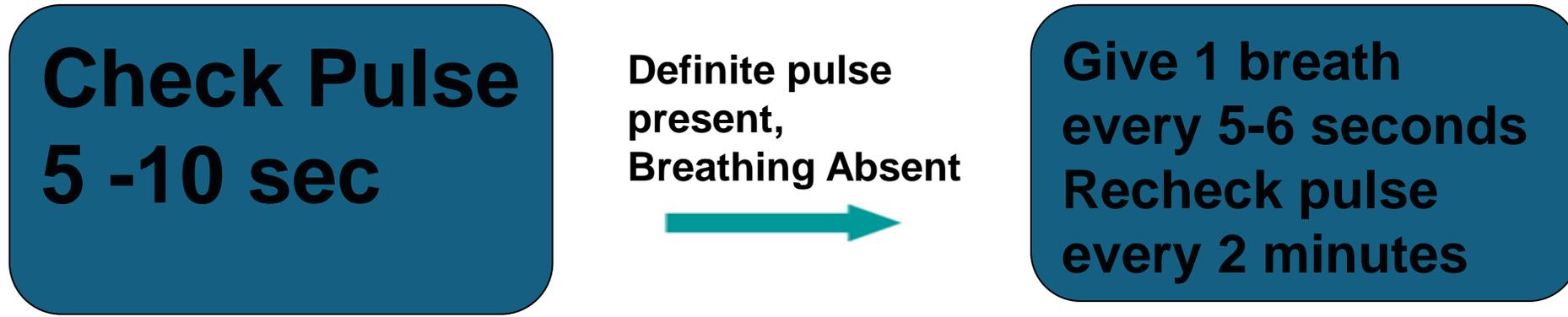
Link 3 : AED (Automated External Defibrillator)



Early
Defibrillation

SPECIAL SITUATIONS

Pulse present but breathing absent, victim unresponsive

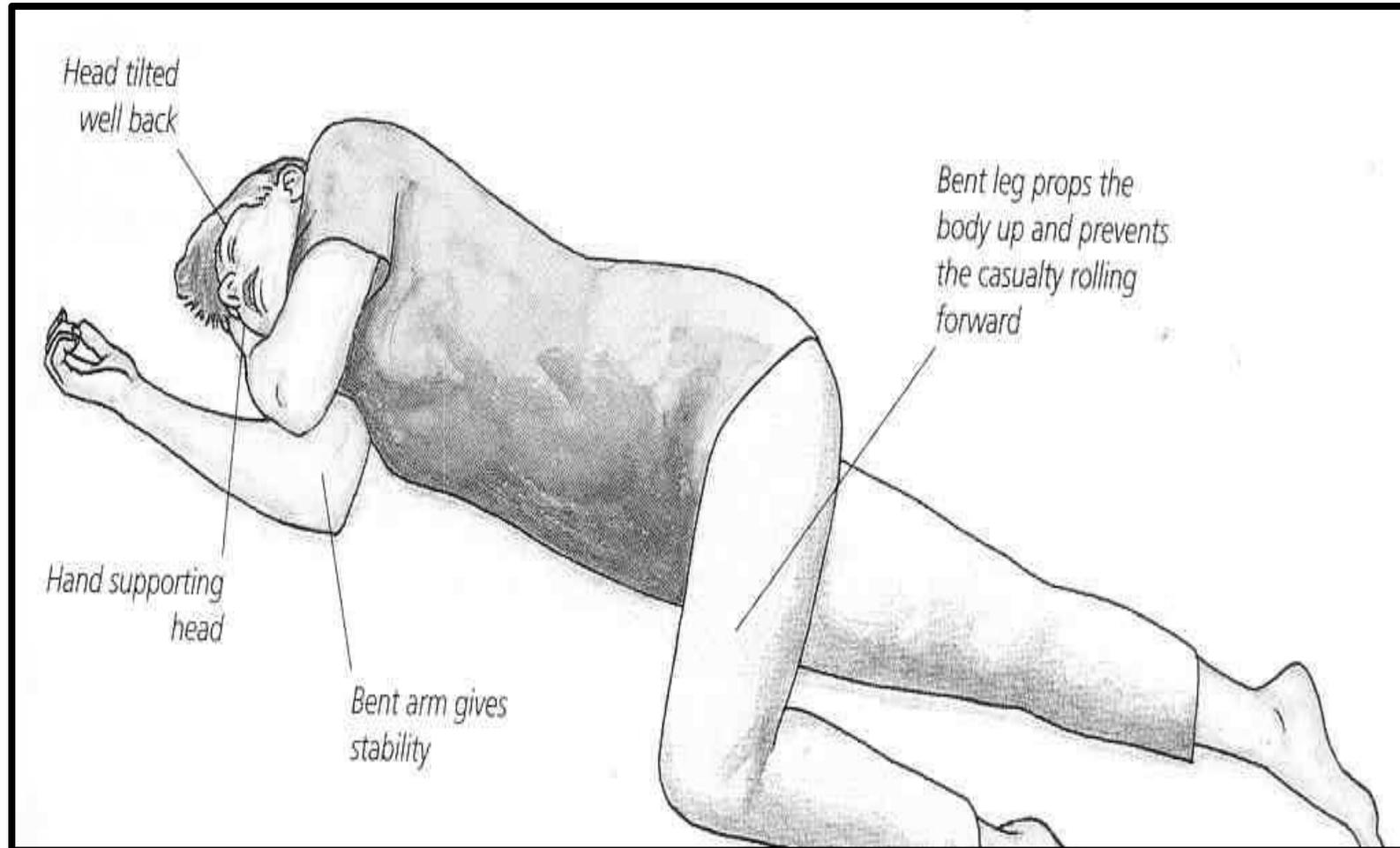


Pulse and breathing present, victim unresponsive

Recovery position

Check pulse and breathing every 2 min

RECOVERY POSITION



Cardiac arrest in Pregnant patient

- Call for help, inform victim is pregnant, obstetrician required to expedite delivery of the fetus
- Continuous lateral uterine displacement, oxygen
- Chest compression at same location – midline, lower half of sternum
- Defibrillation – if shockable rhythm

Near Drowning

- No need to clear the airway of aspirated water
- CPR: 2 rescue breaths followed by chest compressions
- Call for help

Anaphylaxis

- Inj. Epinephrine, Oxygen

COMPLETE CYCLE

Scene safety



Check for Response



**Activate Emergency Response System
Get AED / Defibrillator**

**Check Pulse
DEFINITE Pulse
within 10 seconds ?**



No Pulse

Begin cycles of 30 Compressions and 2 Breaths



Continue CPR



**Check for need of defibrillation as soon as
equipment available and then every two minutes**

Thank You

