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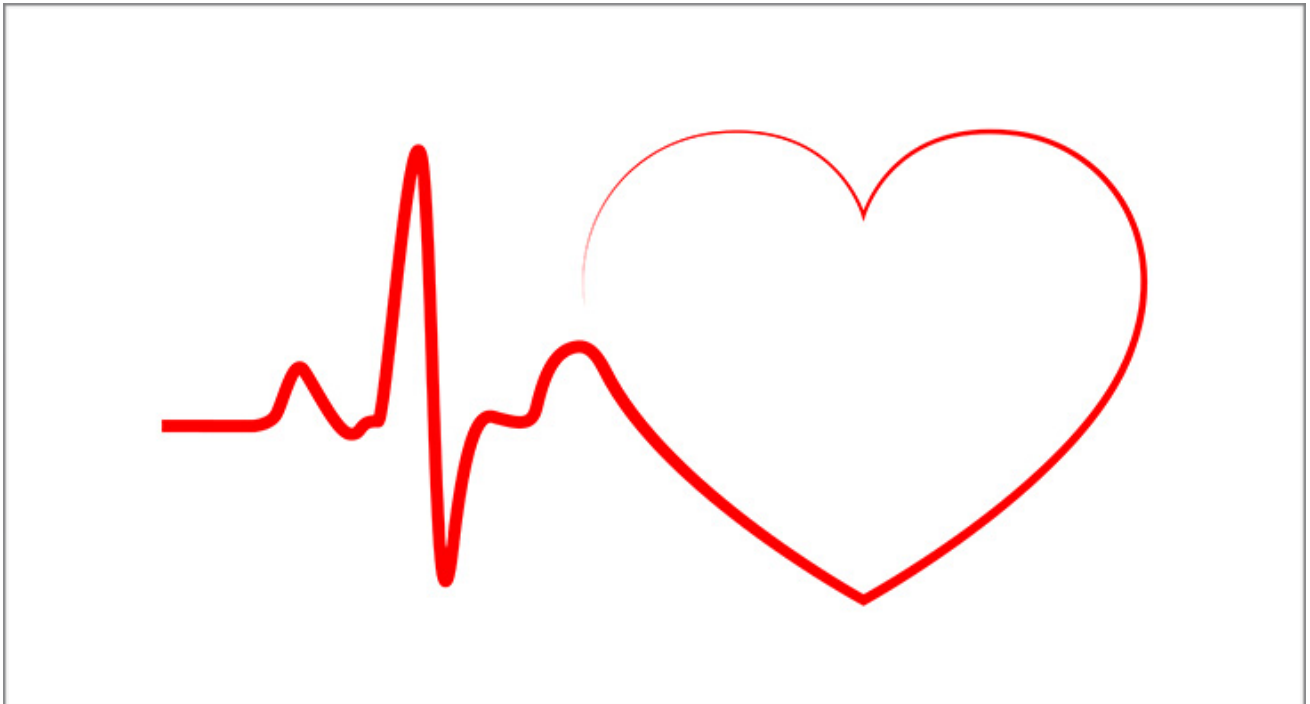
# Facilitator & Student Basic Life Support



## Three year plan for delivery of Basic Life Support

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Review Dated - 9 September 2020



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## Information and guidance for facilitators and students

Prior to undertaking your training please familiarise yourself with the concepts of Basic Life Support by accessing the following media.

**Resuscitation Council (UK) Guidelines 2015 - Professor Gavin Perkins**

Select the image below to watch a video  
introduction to Basic Life Support

Please refer to the following algorithms



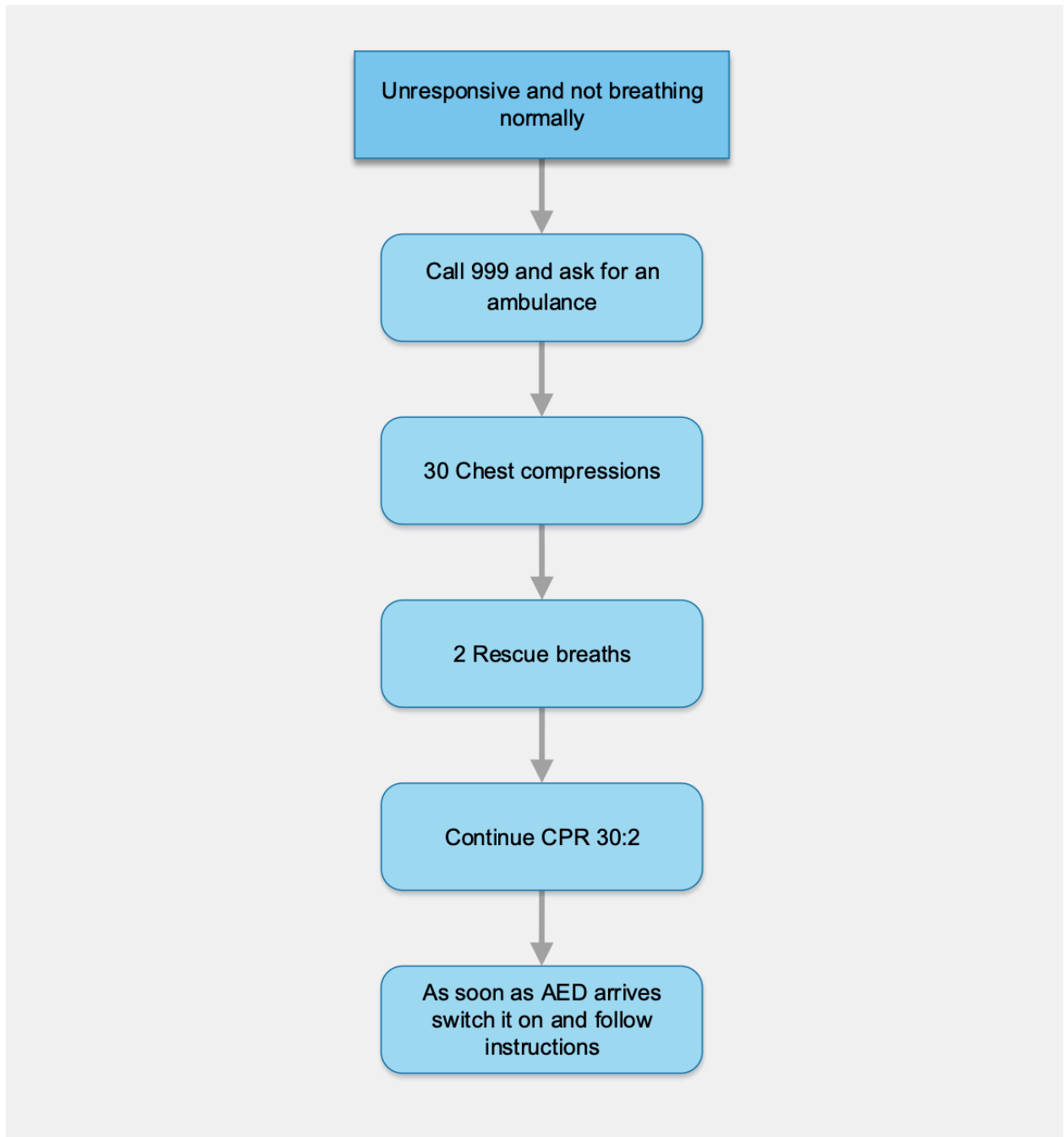
## Adult Basic Life Support Algorithm



Resuscitation Council (UK)



Adult Basic Life Support



# Paediatric Basic Life Support Algorithm

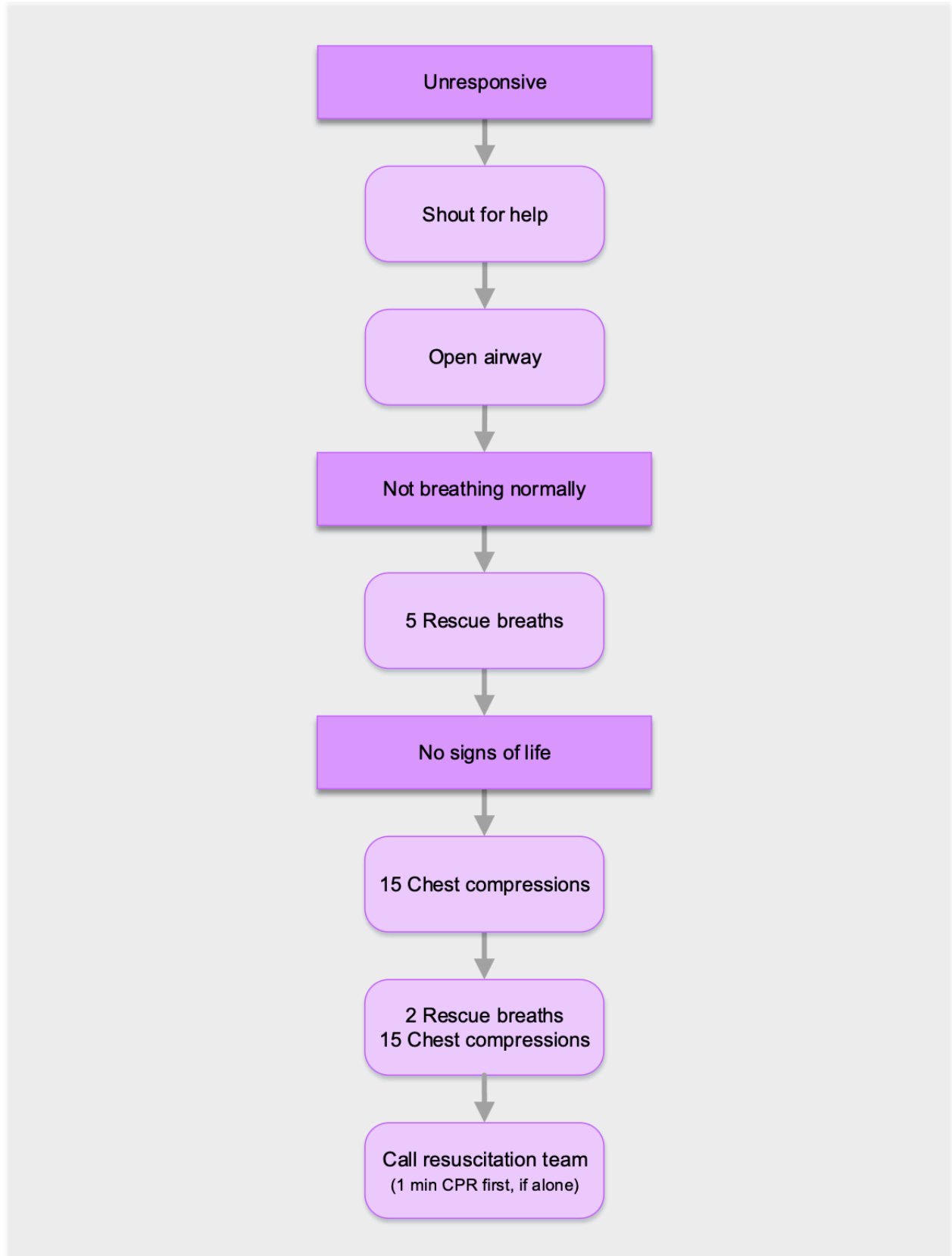


Resuscitation Council (UK)



**Paediatric Basic Life Support**

(Healthcare professionals with a duty to respond)



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## Events and Responses in Detail

SEQUENCE	Technical Description
SAFETY	Make sure you, the victim and any bystanders are safe
RESPONSE	Check the victim for a response Gently shake their shoulders and ask loudly: "Are you all right?" If they respond, leave them in the position in which you find them, provided there is no further danger; try to find out what is wrong with the person and get help if needed; reassess them regularly
AIRWAY	Open the airway Turn the victim onto their back Place your hand on their forehead and gently tilt their head back; with your fingertips under the point of the victim's chin, lift the chin to open the airway
BREATHING	Look, listen and feel for normal breathing for no more than 10 seconds In the first few minutes after cardiac arrest, a victim may be barely breathing, or taking infrequent, slow and noisy gasps. Do not confuse this with normal breathing. If you have any doubt whether breathing is normal, act as if they are not breathing normally and prepare to start CPR

DIAL 999	<p>Call an ambulance (999)</p> <p>Ask a helper to call if possible; otherwise call them yourself</p> <p>Stay with the victim when making the call if possible</p> <p>Activate the speaker function on the phone to aid communication with the ambulance service</p>
SEND FOR AED	<p>Send someone to get an AED if available</p> <p>If you are on your own, do not leave the victim, start CPR</p>
CIRCULATION	<p>Start chest compressions</p> <p>Kneel by the side of the victim</p> <p>Place the heel of one hand in the centre of the victim's chest (which is the lower half of the victim's breastbone (sternum))</p> <p>Place the heel of your other hand on top of the first hand</p> <p>Interlock the fingers of your hands and ensure that pressure is not applied over the victim's ribs</p> <p>Keep your arms straight</p> <p>Do not apply any pressure over the upper abdomen or the bottom end of the bony sternum (breastbone)</p> <p>Position your shoulders vertically above the victim's chest and press down on the sternum to a depth of 5–6 cm</p> <p>After each compression, release all the pressure on the chest without losing contact between your hands and the sternum;</p> <p>Repeat at a rate of 100–120 min<sup>-1</sup></p>

## GIVE RESCUE BREATHS

After 30 compressions open the airway again using head tilt and chin lift and give 2 rescue breaths

Pinch the soft part of the nose closed, using the index finger and thumb of your hand on the forehead

Allow the mouth to open, but maintain chin lift

Take a normal breath and place your lips around their mouth, making sure that you have a good seal

Blow steadily into the mouth while watching for the chest to rise, taking about 1 second as in normal breathing; this is an effective rescue breath

Maintaining head tilt and chin lift, take your mouth away from the victim and watch for the chest to fall as air comes out

Take another normal breath and blow into the victim's mouth once more to achieve a total of two effective rescue breaths. Do not interrupt compressions by more than 10 seconds to deliver two breaths. Then return your hands without delay to the correct position on the sternum and give a further 30 chest compressions

Continue with chest compressions and rescue breaths in a ratio of 30:2

If you are untrained or unable to do rescue breaths, give chest compression only CPR (i.e. continuous compressions at a rate of at least 100–120 min<sup>-1</sup>)



<p>IF AN AED ARRIVES</p>	<p>Switch on the AED</p> <p>Attach the electrode pads on the victim's bare chest</p> <p>If more than one rescuer is present, CPR should be continued while electrode pads are being attached to the chest</p> <p>Follow the spoken/visual directions</p> <p>Ensure that nobody is touching the victim while the AED is analysing the rhythm</p> <p>If a shock is indicated, deliver shock</p> <p>Ensure that nobody is touching the victim</p> <p>Push shock button as directed (fully automatic AEDs will deliver the shock automatically)</p> <p>Immediately restart CPR at a ratio of 30:2</p> <p>Continue as directed by the voice/visual prompts</p> <p>If no shock is indicated, continue CPR</p> <p>Immediately resume CPR</p> <p>Continue as directed by the voice/visual prompts</p>
<p>CONTINUE CPR</p>	<p>Do not interrupt resuscitation until:</p> <ul style="list-style-type: none"> <li>A health professional tells you to stop</li> <li>You become exhausted</li> <li>The victim is definitely waking up, moving, opening eyes and breathing normally</li> </ul> <p>It is rare for CPR alone to restart the heart. Unless you are certain the person has recovered, continue CPR</p>

## THE RECOVERY POSITION

If you are certain the victim is breathing normally but is still unresponsive, place in the recovery position

Remove the victim's glasses, if worn

Kneel beside the victim and make sure that both their legs are straight

Place the arm nearest to you out at right angles to his body, elbow bent with the hand palm-up

Bring the far arm across the chest, and hold the back of the hand against the victim's cheek nearest to you

With your other hand, grasp the far leg just above the knee and pull it up, keeping the foot on the ground

Keeping their hand pressed against his cheek, pull on the far leg to roll the victim towards you on to their side

Adjust the upper leg so that both the hip and knee are bent at right angles

Tilt the head back to make sure that the airway remains open

If necessary, adjust the hand under the cheek to keep the head tilted and facing downwards to allow liquid material to drain from the mouth

Check breathing regularly

Be prepared to restart CPR immediately if the victim deteriorates or stops breathing normally

# Information for resuscitation with COVID/high potential



## Resuscitation of adult COVID-19 patients: acute hospital settings infographic

### Consider treatment escalation and resuscitation decisions for all inpatients



Recognise cardiac arrest. Do not put your face near the patient's face to listen/feel for breath. Call 2222, state the risk of COVID-19



Attach defibrillator – shock if indicated. Early restoration of circulation may negate the need for chest compressions and ventilations



Don full AGP PPE before chest compressions and ALS – follow RCUK COVID-19 algorithm

Version 4. Published 1 May 2020.

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# First Year Basic Life Support Delivery Plan

## Course Content

- **Demonstrate adult BLS and ensure students practice and facilitator ensures competency. Please use the BLS algorithm onscreen for students to review.**
- **Demonstrate using Laerdal pocket mask and 2-person technique for bag and mask.**
- **Demonstrate AED only to students.**
- **Suspected or COVID patients briefly discuss guidance for hospital settings and community.**
- **Discuss and demonstrate choking using choking algorithm.**
- **Demonstrate recovery position with manikin.**
- **Demonstrate paediatric basic life support for babies and children.**
- **Ensure students practice BLS on baby manikins and one hand technique on adult mannequins for children.**
- **Use information below as required for students.**

## Suggested Resources

- Watch the following short Basic Life Support introduction video  
[BLS introduction video](#)
- BLS algorithm for review whilst practicing and for guidance when teaching  
[Adult BLS algorithm](#)
- Other resources  
[Short film on head tilt chin lift Choking algorithm](#)  
[Short video on the recovery position](#)  
[Short film resuscitation of patients with COVID/high potential in community](#)  
[Short film on paediatric BLS](#)  
[Paediatric BLS algorithm](#)

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# Second Year Basic Life Support Delivery Plan

## Course Content

- Demonstrate adult BLS and ensure students practice and facilitator ensures competency. Please use the BLS algorithm onscreen for students to review.
- Demonstrate using Laerdal pocket mask and 2-person technique for bag and mask.
- Demonstrate and ensure students practice guedel airway.
- Discuss and demonstrate choking using choking algorithm.
- Demonstrate recovery position with mannequin.
- Show [Chris Solomon](#) film (15 mins) discuss challenges in recognising cardiac arrest such as gasping, twitching.
- Suspected or COVID patients briefly discuss guidance for hospital settings and community.
- Demonstrate paediatric basic life support for babies and children.
- Ensure students practice BLS on baby manikins and one hand technique on adult mannequins for children

## Suggested Resources

- Please refer to first year information
- Other resources
  - [Short video on the recovery position](#)
  - [Adult BLS algorithm](#)
  - [Paediatric BLS algorithm](#)
  - [Choking algorithm](#)
  - [Airway management and ventilation PDF](#)
  - [Chris Solomon film Cardiac arrest](#)

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# Third Year Basic Life Support Delivery Plan

## Course Content

- Demonstrate adult BLS and ensure students practice and facilitator ensures competency. Please use the BLS algorithm onscreen for students to review.
- Demonstrate using Laerdal pocket mask and 2-person technique for bag and mask.
- Demonstrate and ensure students practice Guedel airway.
- Discuss and demonstrate choking using choking algorithm.
- Discuss reversible causes 4 H's and 4T's.
- Discuss shockable and non-shockable rhythms - VT and VF /Asystole and PEA.
- Demonstrate AED to students and ensure students practice.
- Discuss DNR and experiences with cardiac arrest.
- Suspected or COVID patients briefly discuss guidance for hospital settings and community.
- Demonstrate paediatric basic life support for babies and children.
- Ensure students practice BLS on baby manikins and one hand technique on adult mannequins for children

## Suggested Resources

- Please refer to first and second year information
- Other resources
  - [Resus Council guidelines for further information](#)
  - [Reversible causes](#)
  - [Decisions related to CPR \(including do not resuscitate\)](#)

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## Reference and Resource Material

Please follow the links below for direct access to source materials and further guidance.

- [BLS introduction video](#)
- [Adult BLS algorithm](#)
- [Short film on head tilt chin lift](#)
- [Choking algorithm](#)
- [Short video on the recovery position](#)
- [Short film resuscitation of patients with COVID/high potential in community](#)
- [Short film on paediatric BLS](#)
- [Paediatric BLS algorithm](#)
- [Paediatric guidelines for defibrillation](#)
- [Short Film on Paediatric choking](#)
- [Resus Council guidelines for further information](#)
- [Chris Solomon film](#)
- [Reversible causes](#)
- [Decisions related to CPR \(including do not resuscitate\)](#)



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