

Adult Cardiac Arrest Checklist

Start time: _____ Finish Time: _____

- Assign team roles (leader, compressors, airway rescuer, med administrator, monitor reviewer)
- Begin chest compressions while applying pads
- Place Adult pads for CPR feedback (>25kg (55 lbs) or >8 years old)
- Monitor Visible – Dedicated provider

- Assure manual mode / place limb leads
- AED Mode PRN
- If using monitor use internal metronome (105) if monitor unavailable set external metronome to rate of 105

- Once pads placed if shockable rhythm, immediately deliver shock at 200J

- Pre-Charge defibrillator

- Immediately resume chest compressions

- Change compressor every 2 min
- ALL Rhythm Check \leq 10 seconds

- Oxygenation/Ventilation

- SGA placement with verification
 - ETCO2 monitor or Easy Cap
 - Chest movement
 - Absent epigastric sounds
 - Equal and present bilateral BS
 - Continuous ETCO2 monitoring & documentation

- CPR = active ventilations; 1 interposed breath after every 10th compression (**DO NOT OVER-VENTILATE**)

- Consider ET placement and verification if SGA and BVM unsuccessful

- Vascular Access – 2 different sites

- Glucose Check (repeat PRN) _____ mg/dL

- Drug – EPINEPHRINE during 1st or 2nd round of chest compressions

- Drug- AMIODARONE or LIDOCAINE: for refractory v-fib/v-tach

- Consider Double Sequential Defibrillation after:

- 5 unsuccessful single defibrillations
- At least one dose of Epinephrine and
- One dose of anti-arrhythmic

- If available, mechanical CPR device may be applied at 20 minutes

- Essential History:

- Arrest witnessed?
- Collect bystander contact info.
- CPR prior to EMS?
- AED shocks prior to EMS?
- Events prior to arrest?
- DNR status?

- H's & T's

- Hypovolemia, Hypoxia, Acidosis, Hyper/Hypokalemia
Hypoglycemia, Hypothermia
- Tension Pneumo, Tamponade cardiac, Toxins, PE, ACS

NOTES

Lidocaine - Adult Cardiac Arrest Supplied 100mg/5mL (20mg/mL) Dose: 1-1.5mg/kg per the dosing chart ONLY Initial and Repeat Dose are the same			
Wt in Lbs	Wt in Kilos	Dose in mg	Dose in mL
88lbs	40kg	60mg	3mL
110lbs	50kg	60mg	3mL
132lbs	60kg	80mg	4mL
154lbs	70kg	100mg	5mL
176lbs	80kg	120mg	6mL
198lbs	90kg	120mg	6mL
220lbs	100kg	140mg	7mL
242lbs	110kg	160mg	8mL
264lbs	120kg	180mg	9mL
286lbs	130kg	180mg	9mL
>308lbs	>140kg	200mg	10mL

