

Adult Cardiorespiratory Arrest



BLS Algorithm
if appropriate

Precordial Thump
for witnessed / monitored arrest

Attach Defib - monitor

Assess rhythm/pulse

Shockable
VF / Pulseless VT

Non-Shockable
PEA / Asystole

Attempt Defibrillation¹
1 shock

Manual Biphasic 200J²
Manual Monophasic 360J

Immediate CPR
2 Minutes

During CPR

IF NOT ALREADY DONE

Check electrode/paddle position & contact
Attempt/verify/secure IV access
Give adrenaline 1mg & repeat every 3 minutes

CORRECT REVERSIBLE CAUSES

- Hypoxaemia
- Hypovolaemia
- Hypo/Hyperthermia
- Hypo/Hyperkalaemia & other metabolic disorders
- Tamponade
- Tension pneumothorax
- Toxins / Poisons / Drugs
- Thrombosis
- pulmonary / coronary

CONSIDER

Advanced airway

Antiarrhythmic
Amiodarone 300 mg
Lignocaine 1-1.5 mg/kg.
Magnesium 5 mmol

Electrolytes
Potassium 5 mmol

Buffer
NaHCO₃ 1 mmol/kg

Atropine (1-3 mg) + Pacing
(for asystole & severe bradycardia)

Immediate CPR
2 Minutes

Note:

1. For witnessed arrest, when using a manual defibrillator, give up to 3 stacked shocks at first defibrillation attempt. If further shocks are required these should be single shocks.
2. Default biphasic energy.