Adult Advanced Life Support

Unresponsive?
Not breathing or only occasional gasps

Call resuscitation team

CPR 30:2
Attach defibrillator / monitor
Minimise interruptions

Assess rhythm

Shockable
(VF / Pulseless VT)

1 Shock
Immediately resume CPR for 2 min
Minimise interruptions

Non-Shockable
(PEA / Asystole)

Return of spontaneous circulation

Immediately resume CPR for 2 min
Minimise interruptions

Immediate post cardiac arrest treatment
- Use ABCDE approach
- Controlled oxygenation and ventilation
- 12-lead ECG
- Treat precipitating cause
- Temperature control / therapeutic hypothermia

During CPR
- Ensure high-quality CPR: rate, depth, recoil
- Plan actions before interrupting CPR
- Give oxygen
- Consider advanced airway and capnography
- Continuous chest compressions when advanced airway in place
- Vascular access (intravenous, intraosseous)
- Give adrenaline every 3-5 min
- Correct reversible causes

Reversible Causes
- Hypoxia
- Hypovolaemia
- Hypo-/hyperkalaemia / metabolic
- Hypothermia
- Thrombosis - coronary or pulmonary
- Tamponade - cardiac
- Toxins
- Tension pneumothorax