

بنام خداوند جان و

The background features abstract green geometric shapes, including a large triangle on the right and a smaller one on the left, both composed of overlapping translucent layers in various shades of green.

# BASIC LIFE SUPPORT

BY:  
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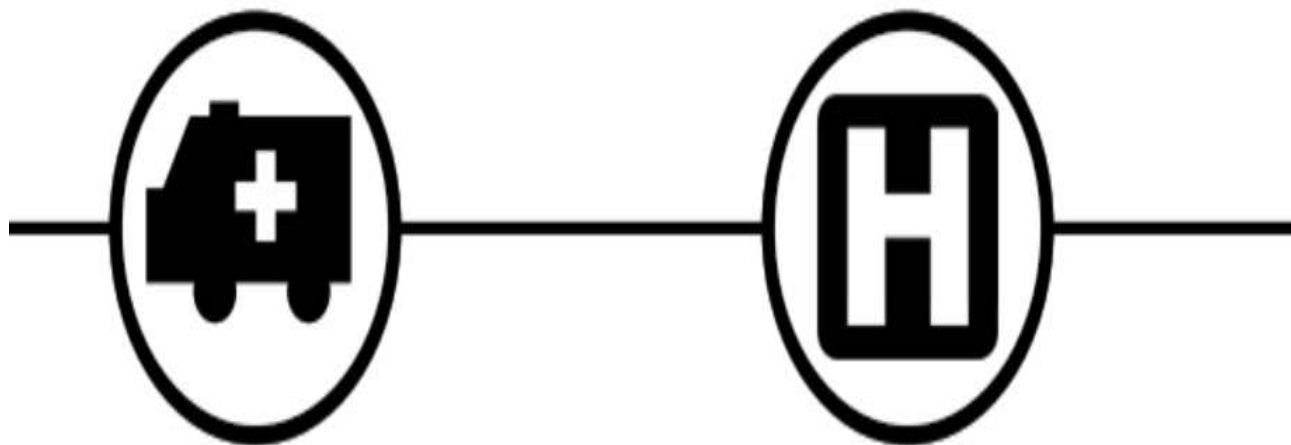
# Chains of Survival

## IHCA



## OHCA





## Out-of-hospital

An estimated 400,000 per year in the United States and Canada combined, with a survival rate of **10%**



## In-hospital

Without a national registry in Canada, the combined numbers are unknown. However, over 290,000 per year in the United States, with a survival rate of **25%**





# Basic Life Support

► برای بیمارانی که شرایط مخاطره آمیز حیات دارن و پیش از دریافت خدمات کامل پزشکی

► معمولاً در شرایط خارج بیمارستانی می باشد و نیاز به تجهیزات پزشکی ندارد.

► می تواند توسط افراد جامعه و بدون نیاز به مدرک خاص انجام بگیرد

► به طور کلی نیاز به هیچ دارو و مهارت تهاجمی نیست

# رویکرد پایه ای در BLS

- ▶ تشخیص سریع ایست قلبی
- ▶ فعال کردن سیستم پاسخ دهی اورژانس
- ▶ شروع سریع CPR
- ▶ دفیبریلاسیون سریع با یک AED

# امدادگر

▶ امدادگر غیر حرفه ای آموزش ندیده

▶ امدادگر غیر حرفه ای آموزش دیده

▶ کارکنان بهداشت



# فعال کردن سیستم پاسخ دهی اورژانس

- ▶ در امدادگر غیرحرفه ای آموزش دیده و ندیده باید با شماره اورژانس منطقه تماس بگیرند
- ▶ تنفس بریده بریده و نداشتن تنفس معادل ایست قلبی در نظر گرفته می شود
- ▶ در کارکنان بهداشت می توانند قبل از فعال کردن سیستم پاسخ دهی اورژانس ظرف ۱۰ ثانیه نبض و تنفس را چک کنند



# Check pulse :carotid artery



ADAM.

- ▶ Start Chest compression if no definite pulse within 10 seconds

**Table 1. Basic Life Support Sequence**

Step	Lay Rescuer Not Trained	Lay Rescuer Trained	Healthcare Provider
1	Ensure scene safety.	Ensure scene safety.	Ensure scene safety.
2	Check for response.	Check for response.	Check for response.
3	Shout for nearby help. Phone or ask someone to phone 9-1-1 (the phone or caller with the phone remains at the victim's side, with the phone on speaker).	Shout for nearby help and activate the emergency response system (9-1-1, emergency response). If someone responds, ensure that the phone is at the side of the victim if at all possible.	Shout for nearby help/activate the resuscitation team; can activate the resuscitation team at this time or after checking breathing and pulse.
4	Follow the dispatcher's instructions.	Check for no breathing or only gasping; if none, begin CPR with compressions.	Check for no breathing or only gasping and check pulse (ideally simultaneously). Activation and retrieval of the AED/emergency equipment by either the lone healthcare provider or by the second person sent by the rescuer must occur no later than immediately after the check for no normal breathing and no pulse identifies cardiac arrest.
5	Look for no breathing or only gasping, at the direction of the dispatcher.	Answer the dispatcher's questions, and follow the dispatcher's instructions.	Immediately begin CPR, and use the AED/defibrillator when available.
6	Follow the dispatcher's instructions.	Send the second person to retrieve an AED, if one is available.	When the second rescuer arrives, provide 2-person CPR and use AED/defibrillator.

AED indicates automated external defibrillator; and CPR, cardiopulmonary resuscitation.

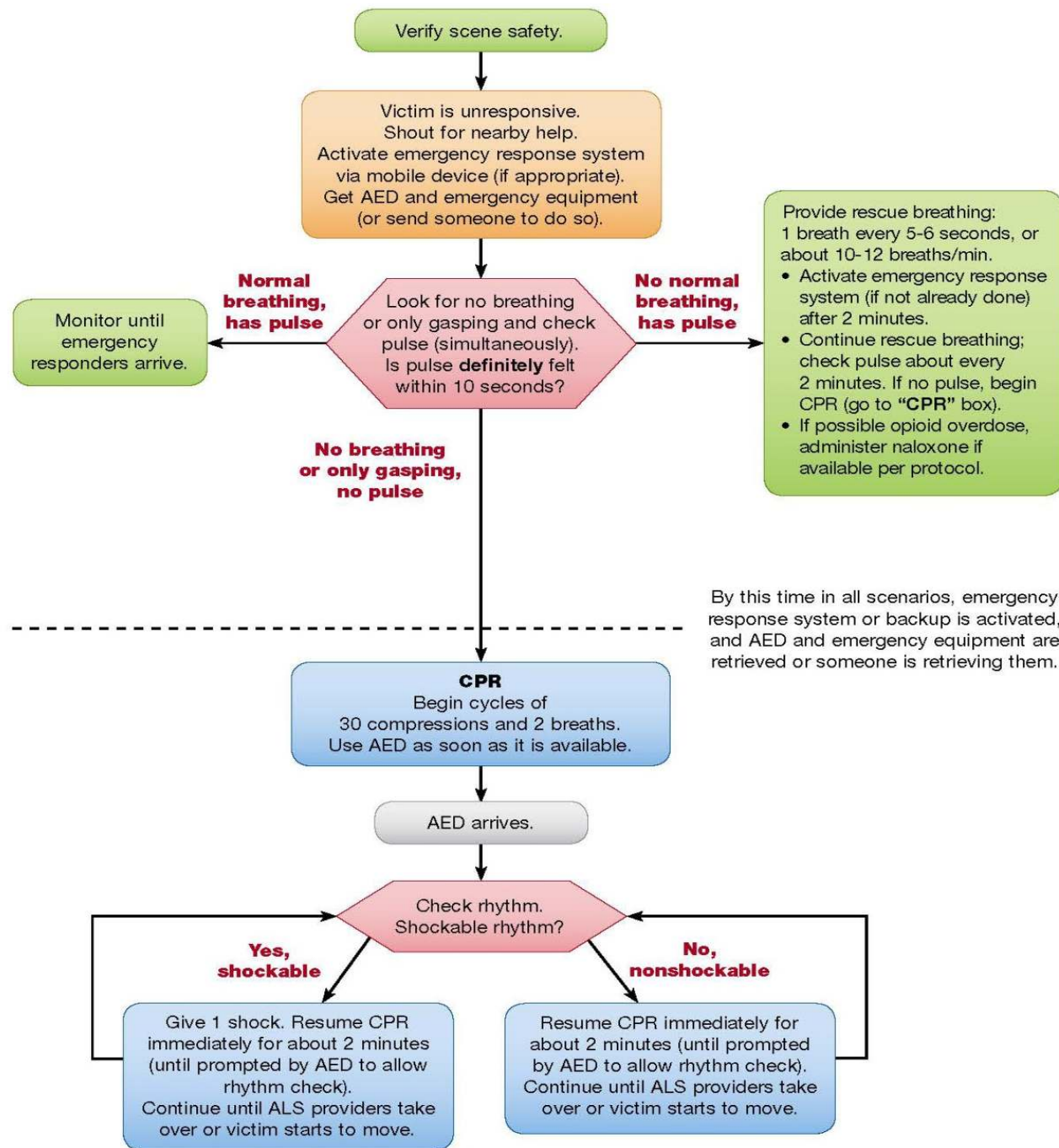


Figure 5. آلوگوریتم اورژانسهای وابسته به اوبیونید برای ارائه کنندگان غیر تخصصی







# **Chest compression**

**Push hard, Put fast**



# high-quality CPR

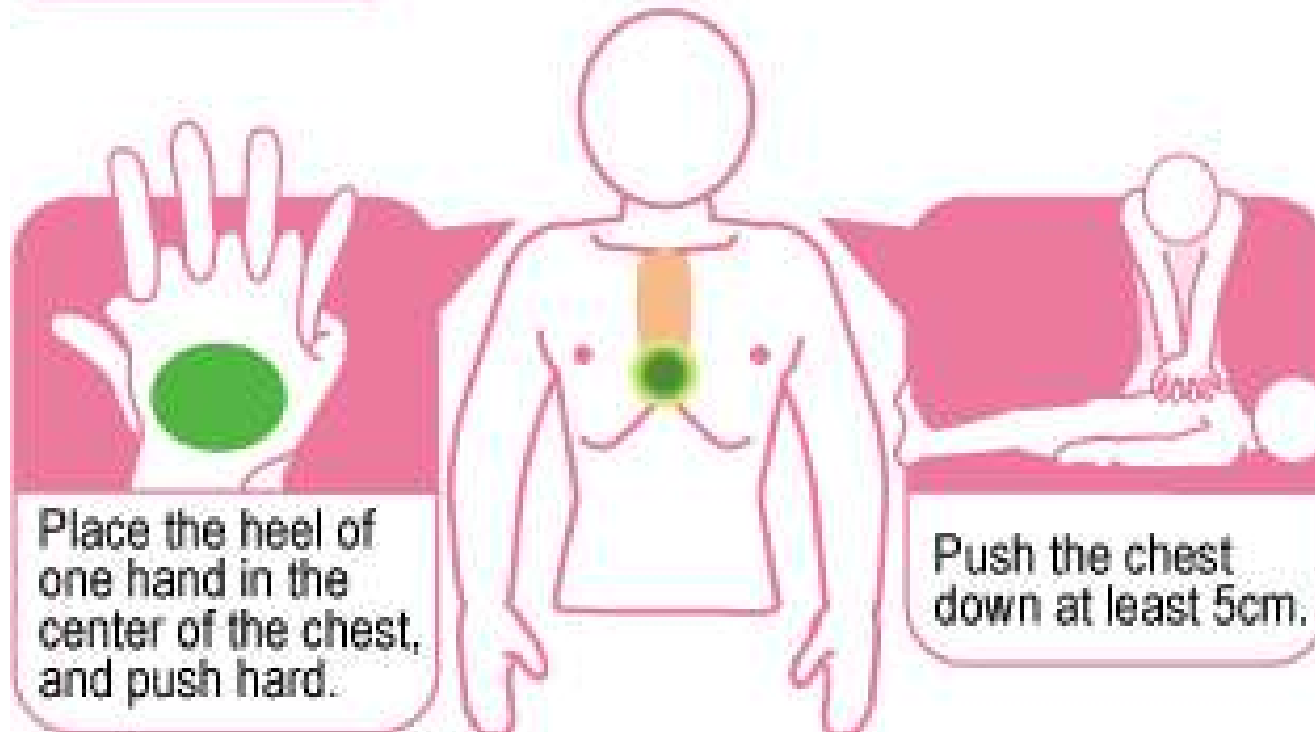
- ▶ Ensuring chest compressions of adequate rate
- ▶ Ensuring chest compressions of adequate depth
- ▶ Allowing full chest recoil between compressions
- ▶ Minimizing interruptions in chest compressions
- ▶ Avoiding excessive ventilation



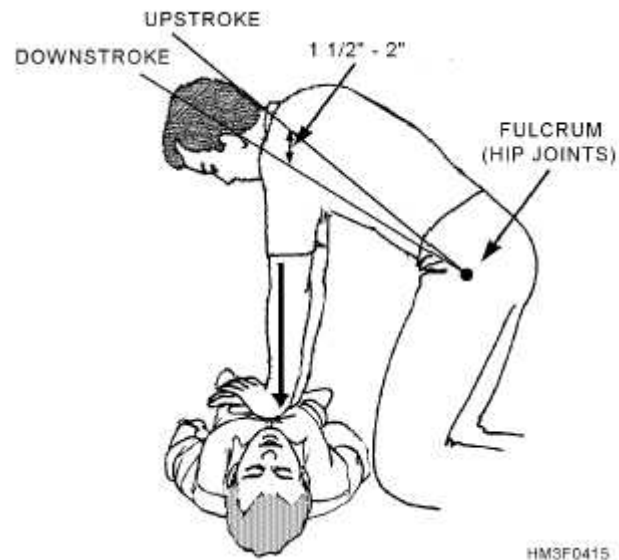
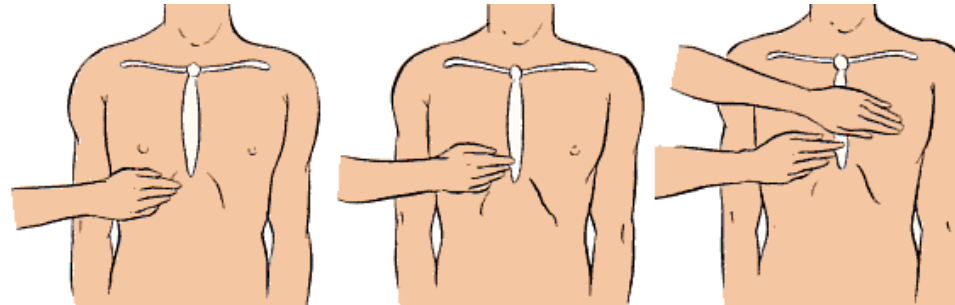
# Chest compression

## Where to Push

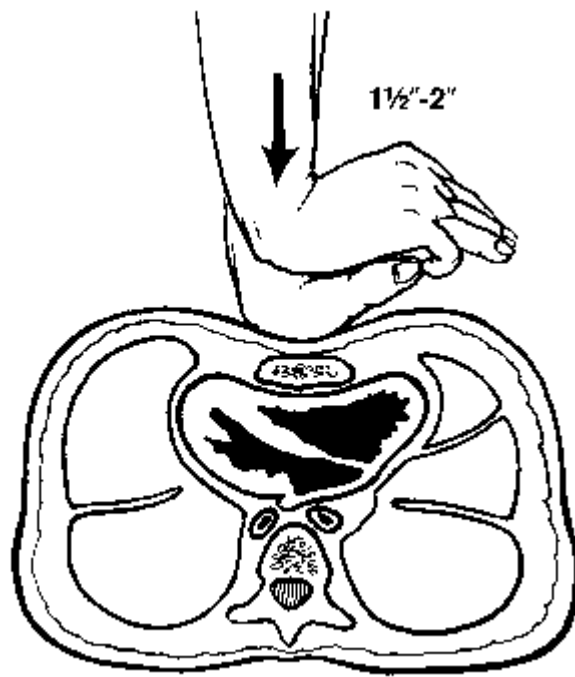
Center of the chest,  
over the lower half of the breast bone



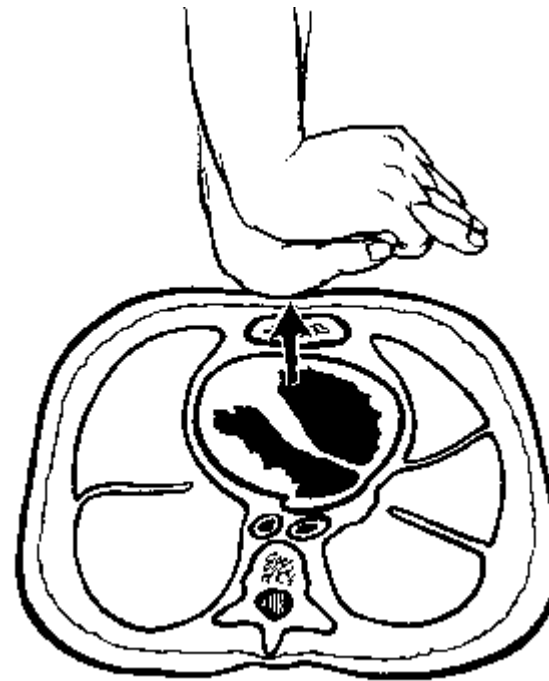
# Chest compression



# Chest compression



5cm (2 inches)



Full chest recoil

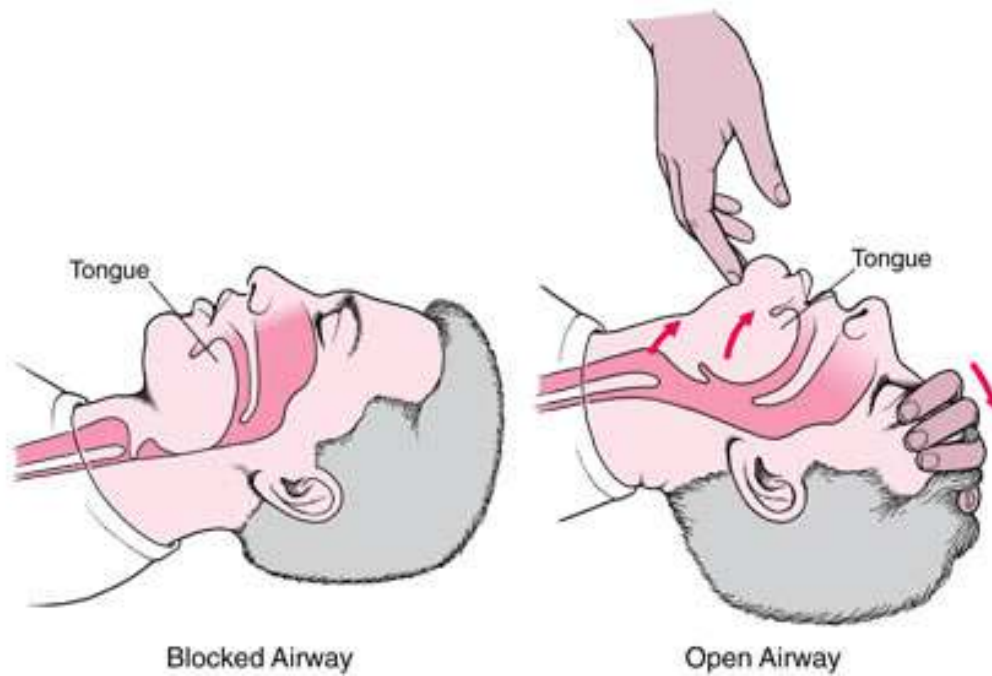
# Chest compression



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100-120/ min

# Airway



**Head tilt  
Chin lift**

# Jaw thrust C-spine injury



# Breathing





# BLS Do's and Don'ts of Adult High-Quality CPR

Rescuers Should	Rescuers Should Not
perform chest compressions at a <b>rate of 100-120/min</b>	Compress at a rate slower than 100/min or faster than 120/min
Compress to a depth of <b>at least 2 inches (5 cm)</b>	Compress to a depth of less than 2 inches (5 cm) or <b>greater than 2.4 inches (6 cm)</b>
<b>Allow full recoil</b> after each compression	Lean on the chest between compressions
<b>Minimize pauses</b> in compressions	Interrupt compressions for greater than 10 seconds
<b>Ventilate adequately</b> (2 breaths after 30 compressions, each breath delivered over 1 second, each causing chest rise)	Provide <b>excessive ventilation</b> (ie, too many breaths or breaths with excessive force)

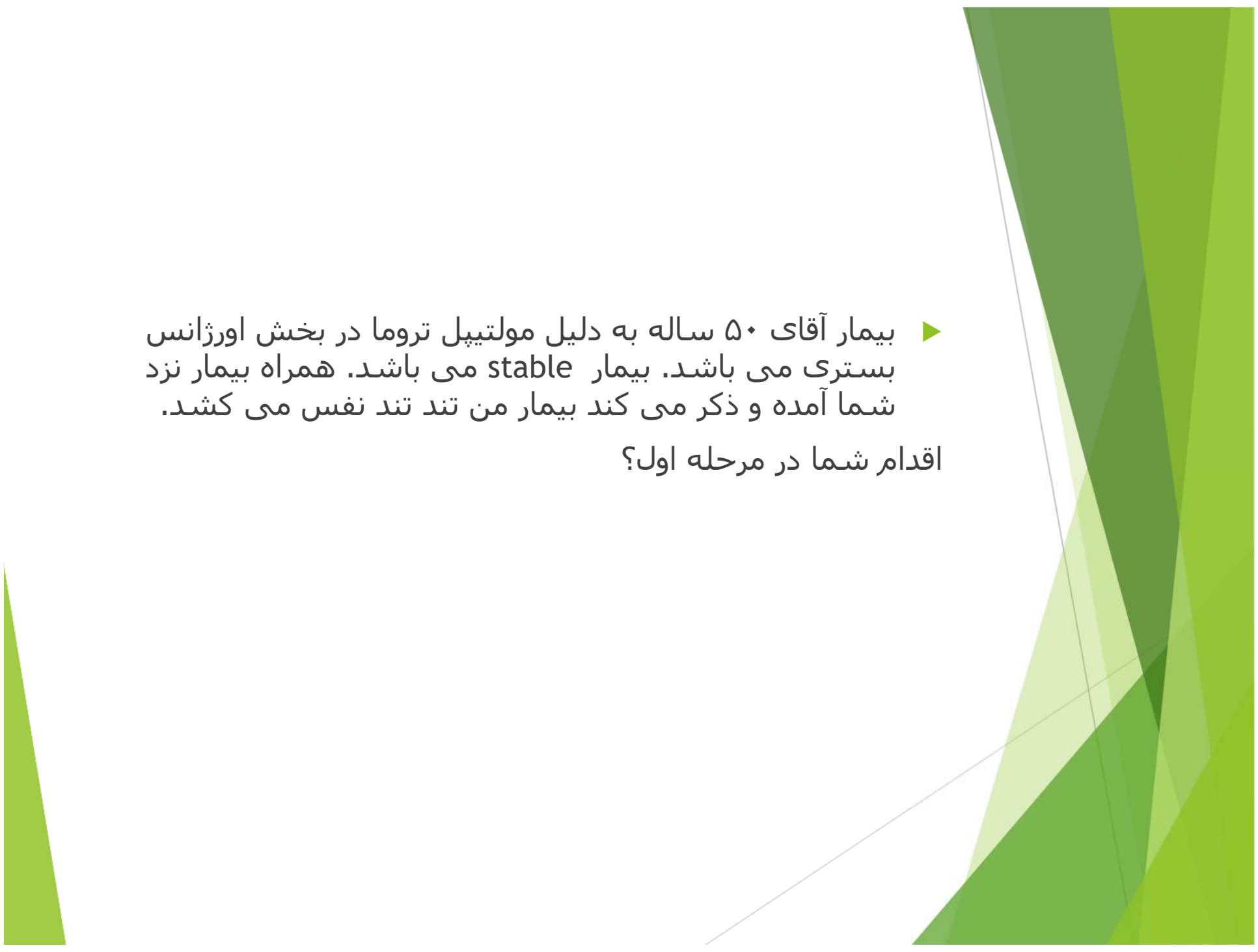
# AED (Automated External Defibrillator)











► بیمار آقای ۵۰ ساله به دلیل مولتیپل تروما در بخش اورژانس بستری می باشد. بیمار stable می باشد. همراه بیمار نزد شما آمده و ذکر می کند بیمار من تند تند نفس می کشد. اقدام شما در مرحله اول؟



THANK YOU