



**South Central
Ambulance Service**
NHS Foundation Trust

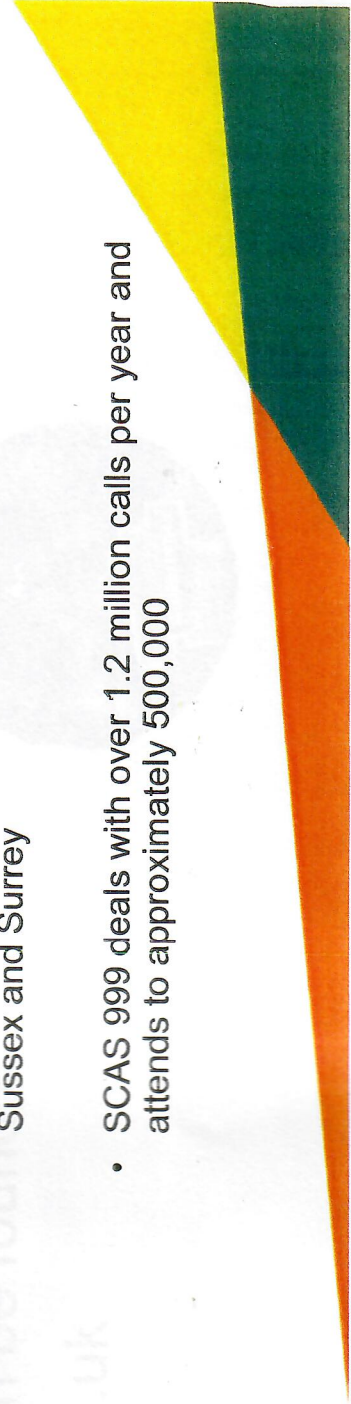
Basic Life Support Awareness Training





South Central Ambulance Service NHS Foundation Trust

- One of 10 ambulance services in England as part of the NHS
- Provider of 999 accident & emergency services and NHS 111 services across:
 - Berkshire
 - Buckinghamshire
 - Hampshire, and
 - Oxfordshire
- Provides Non-Emergency Patient Transport Services in Sussex and Surrey
- SCAS 999 deals with over 1.2 million calls per year and attends to approximately 500,000





South Central Ambulance Charity

- Supports communities in learning lifesaving skills
- Supports volunteers and staff within South Central Ambulance Service
- Funds equipment and communication devices for all our CFR volunteers (circa 750)
- More information can be found at:

www.scascharity.org.uk



Why are we here?

Chain of Survival



Providing **good quality** CPR and Defibrillating in the first 3–5 mins of a Sudden Cardiac Arrest (SCA) can produce a survival rate of 50–75% (Perkins 2015)

South Central

Ambulance

Charity

Heart Attack vs Cardiac Arrest

A HEART ATTACK is a
CIRCULATION problem



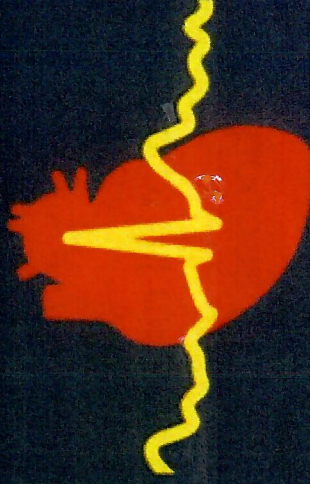
The person will probably be

CONSCIOUS

■ Call 999 ■ Keep them calm

Plumbing Problems

CARDIAC ARREST is an
ELECTRICAL problem



The person will be

UNCONSCIOUS

■ Call 999 ■ Start CPR

Electrical Problems

CPR Primary Assessment

Danger – Ensure you, the casualty and any bystanders are safe

Response – Gently shake the shoulders, shout are you ok?

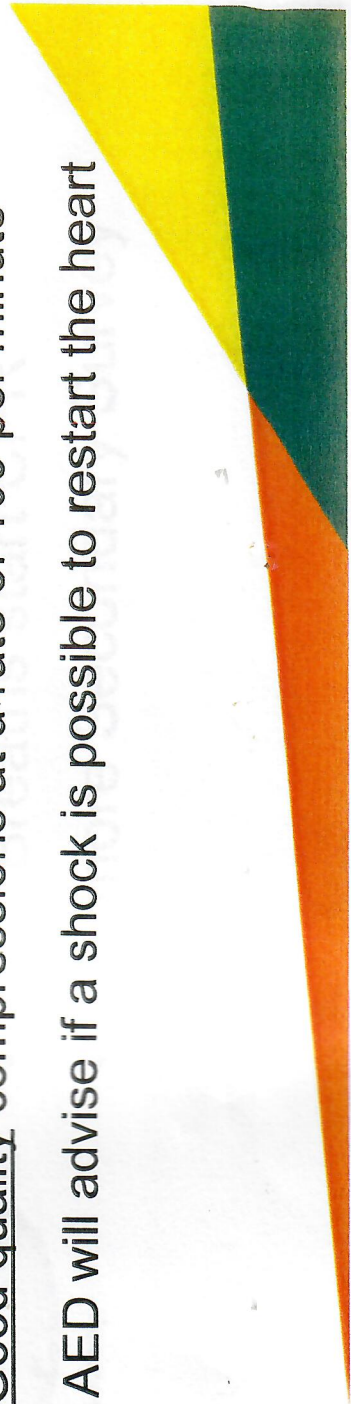
Shout or Send for help – Call 999 if you're on your own

Airway – Is the patient choking? Perform a head tilt chin lift to open the airway

Breathing – You want to see/hear/feel 2 breaths in 10 seconds

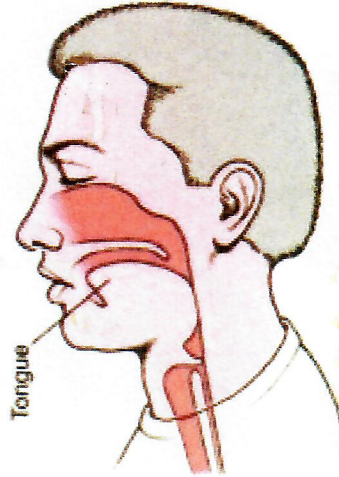
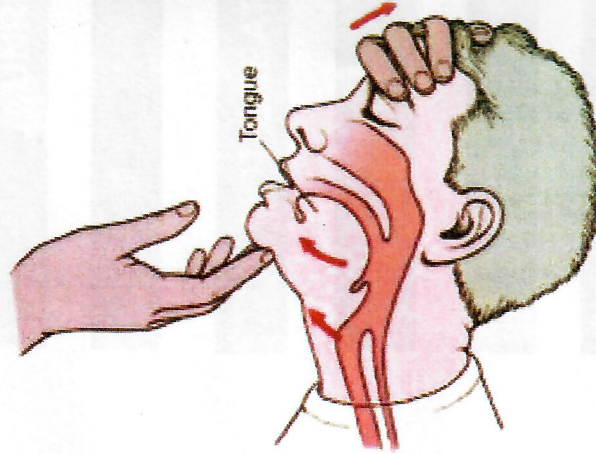
Compressions – Good quality compressions at a rate of 100 per minute

Defibrillation – An AED will advise if a shock is possible to restart the heart



Opening the Airway

- Head-tilt & Chin-lift, or
- Jaw Thrust
- Look, Listen, and Feel
 - Aim: 2 breaths in 10 seconds
- 0 – 1 Breaths start CPR
- 2 or more Secondary Survey



Basic Life Support



Chest Compressions

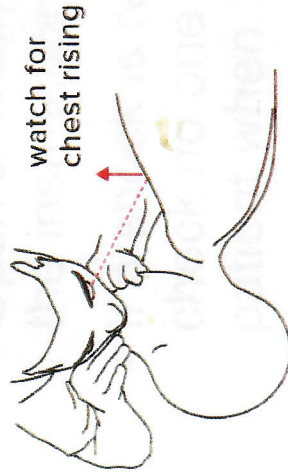
- Hands in the centre of the chest in line with the armpits
- Apply downward force using the weight of your body compressing the persons chest 5-6cm in depth
- Allow for full recoil
- Ratio 30 Compressions : 2 Breaths
- Keep going until medical help arrives and takes over, or it becomes too dangerous to carry on, or you become exhausted, or the patient shows signs of life

Note: There is **no requirement** to carry out rescue breaths if the rescuer does not wish to.



Rescue Breaths

- Tilt the person's head gently and lift the chin up with 2 fingers
- Pinch the patient's nose
- Seal your mouth and blow steadily and firmly into their mouth for about 1 second
- Check that their chest rises
- Give 2 rescue breaths
- Continue with Chest Compressions at a ratio of 30 compressions to 2 rescue breaths



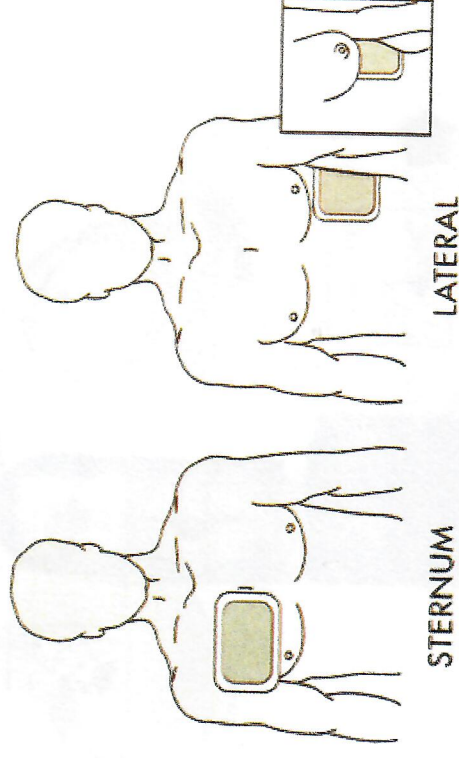
pinch nostrils shut

Note: There is **no requirement** to carry out rescue breaths if the rescuer does not wish to. Compression-only CPR is helpful on its own.

Using the AED & placement of pads

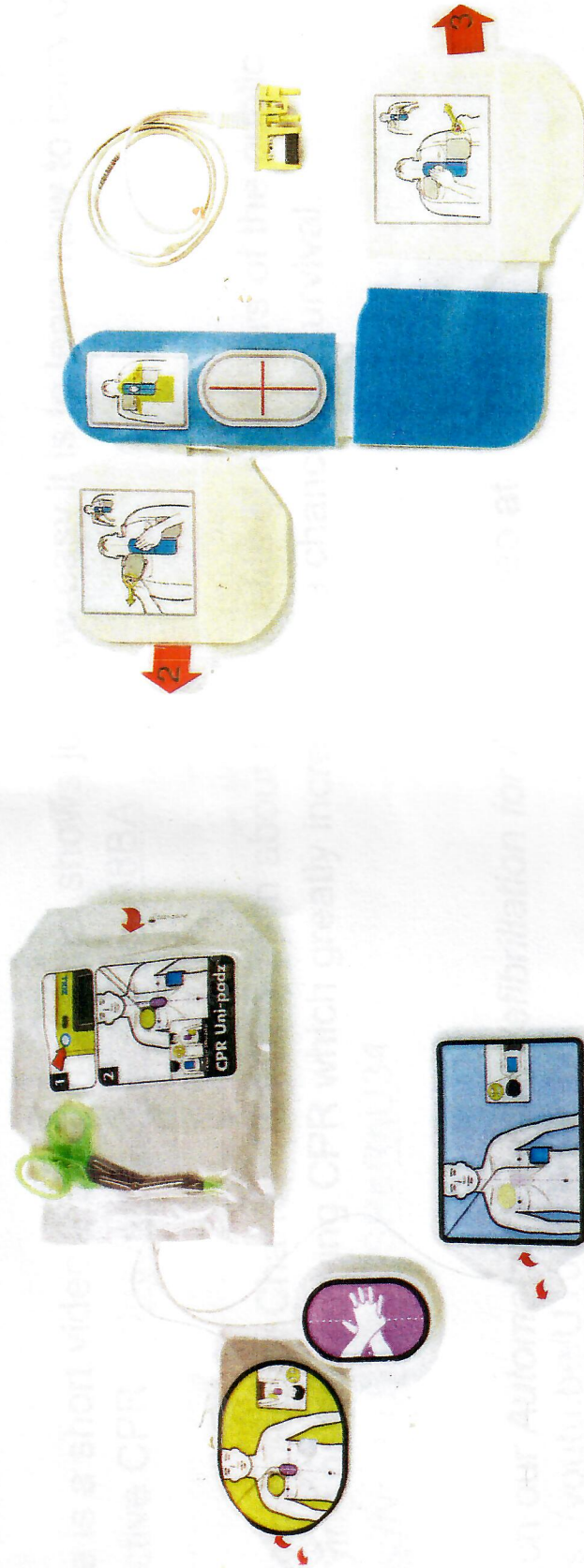
- Open the lid / switch machine on
- Open and apply pads and listen to the instructions
- If a shock is required, remember to check no one is touching the patient when the button is pressed
- Give clear warnings – Stand clear, Shocking, Shocking now
- Resume CPR straight away, AED will advise when it wants to recheck (2-minute cycle)

ADULT ANTERIOR/LATERAL



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AED Pads with compression locators



Additional Resource Links

Here is a short video that we made that shows just how easy it is to learn how to carry out effective CPR. [https://youtu.be/ fAfVSL48BA](https://youtu.be/fAfVSL48BA)

Watch Professor Charles Deakin explain about the benefits of members of the public carrying out life- saving CPR which greatly increases the chances of survival.
<https://youtu.be/ZnGSRgU34>

Watch our *Automated external defibrillation for Adults* video at
<https://youtu.be/UTuhA4Whkml>

