



SUMMARY OF MAJOR CHANGES TO BASIC LIFE SUPPORT GUIDELINES NOVEMBER 2010

<p>GUIDELINE 2 - Priorities in an Emergency</p>	<ul style="list-style-type: none"> • Focus changed to cover a range of emergency situations not just cardiac arrest and includes collapsed and injured victims.
<p>GUIDELINE 3 - Unconsciousness</p>	<ul style="list-style-type: none"> • Focus now on the breathing unconscious victim (the non breathing unconscious victim will now fall under Guideline 8: CPR)
<p>GUIDELINE 4 - Airway</p>	<ul style="list-style-type: none"> • Minor error in FBAO flowchart corrected
<p>GUIDELINE 5 - Breathing</p>	<ul style="list-style-type: none"> • References to signs of life removed as these are open to interpretation and feedback from member organisations suggests that the term 'signs of life' is confusing. • Focus on unresponsive and not breathing normally as the indicators for resuscitation.
<p>GUIDELINE 6 - Compressions</p>	<ul style="list-style-type: none"> • References to signs of life removed as these are open to interpretation and feedback from member organisations suggests that the term 'signs of life' is confusing. • Focus on unresponsive and not breathing normally as the indicators for resuscitation. • If unwilling / unable to perform rescue breathing, then perform compression only CPR. • Pulse check downgraded for health care professionals as it is an unreliable indicator of the need for resuscitation. • New focus on maintenance of CPR quality including recommendations to change rescuers every 2 minutes to decrease rescuer fatigue and maintain depth and rate of compressions. • New section on use of prompt devices in clinical use as a part of an overall strategy to improve quality of CPR.
<p>NEW GUIDELINE GUIDELINE 7 - AED Use In BLS</p>	<ul style="list-style-type: none"> • This is a new guideline recognising the role of AEDs as part of BLS in both out of hospital and in hospital environments. • Clear recommendations that training in AED use should be part of BLS education.

<p>GUIDELINE 8 - CPR</p>	<p>Changes as per airway, breathing, compressions and AED guidelines</p> <ul style="list-style-type: none"> • Increase emphasis on bystander CPR as life saving intervention. • Compression: rescue breathing ratio remains at 30:2 • Steps in resuscitation are now DRS ABCD <ul style="list-style-type: none"> - check for Danger - check for Response - 'S' has been added for Send for help - 'A' directs rescuers to open the Airway - 'B' directs rescuers to check Breathing but no need to deliver two rescue breaths - 'C' directs rescuers to perform 30 Compressions to victims who are unresponsive and not breathing normally, followed by 2 breaths - 'D' directs rescuers to attach an AED as soon as it is available • The major change is that in the victim who is unresponsive and not breathing normally, CPR commences with chest compressions rather than rescue breaths. • If unwilling / unable to perform rescue breathing, then perform compression only CPR.
<p>BLS FLOWCHART</p>	<ul style="list-style-type: none"> • Highlights 'Send for help' • Enables compression only CPR if unwilling / unable to perform rescue breathing. • in victims who are unresponsive and not breathing normally, CPR commences with chest compressions rather than rescue breaths.
<p>GUIDELINE 10.1 - CPR Training</p>	<ul style="list-style-type: none"> • Regardless of the recency of CPR training or re-training, any attempt at resuscitation is better than no attempt and should be encouraged • Duration of CPR courses has not been determined. • Prompt / feedback devices can be used in training as an overall strategy to improve quality of CPR. • The optimal interval for retraining has not been established, but need for refresher training for individuals who are not performing resuscitation on a regular basis is recognised. • Recommendation that individuals trained in CPR should refresh their CPR skills at least annually (opposed to undertake assessment annually).
<p>GUIDELINE 10.2 - CPR Instructor Competencies</p>	<p>DELETE</p>
<p>GUIDELINE 10.3 - Cross Infection Risks & Manikin Disinfection</p>	<ul style="list-style-type: none"> • No major changes
<p>GUIDELINE 10.5 - Legal And Ethical Issues</p>	<ul style="list-style-type: none"> • Is undergoing a major re-write and will be released in 2011.