



# Worth Knowing While You're Going High Performance CPR

## Understanding the pre-shock pause:

The quality and minimal interruption of CPR prior to defibrillation directly affects the clinical outcome. **Specifically, longer pre-shock pauses are associated with defibrillation failure.** Any pause of longer than 10 seconds dramatically reduces the perfusion pressure in the heart and significantly reduces the chance of a defibrillation being successful.

## Manual Compressions (adult):

- Initiate manual compressions immediately as long as the scene is safe.
- Depth of at least 2 inches allowing for complete recoil of the chest
- Compression rate of 100-120 per minute

## Ventilations:

- Will be performed without stopping chest compressions
- One ventilation will be given every 10th compression during recoil
- Once an advanced airway is placed:
  - Will be asynchronous with compressions
  - 1 ventilation every 6 to 8 seconds (for adults)



## Analyzing/Shock Phase:

- Chest compressions will be performed while the device charges
- Once a shock is delivered, immediately resume CPR (no pulse checks)
- If no shock is indicated, check for a pulse

## **ALS CORNER**

### Monitor Tips:

- Lead ***must be*** placed in "paddles" mode
- Capnography will not read on the monitor up to 20 seconds after a shock is delivered or the charge is canceled by depressing the selector knob

### Compressions will not be paused for:

- Ventilations
- IV access
- Intubation attempts
- Rhythm check during 2 minute CPR cycle

