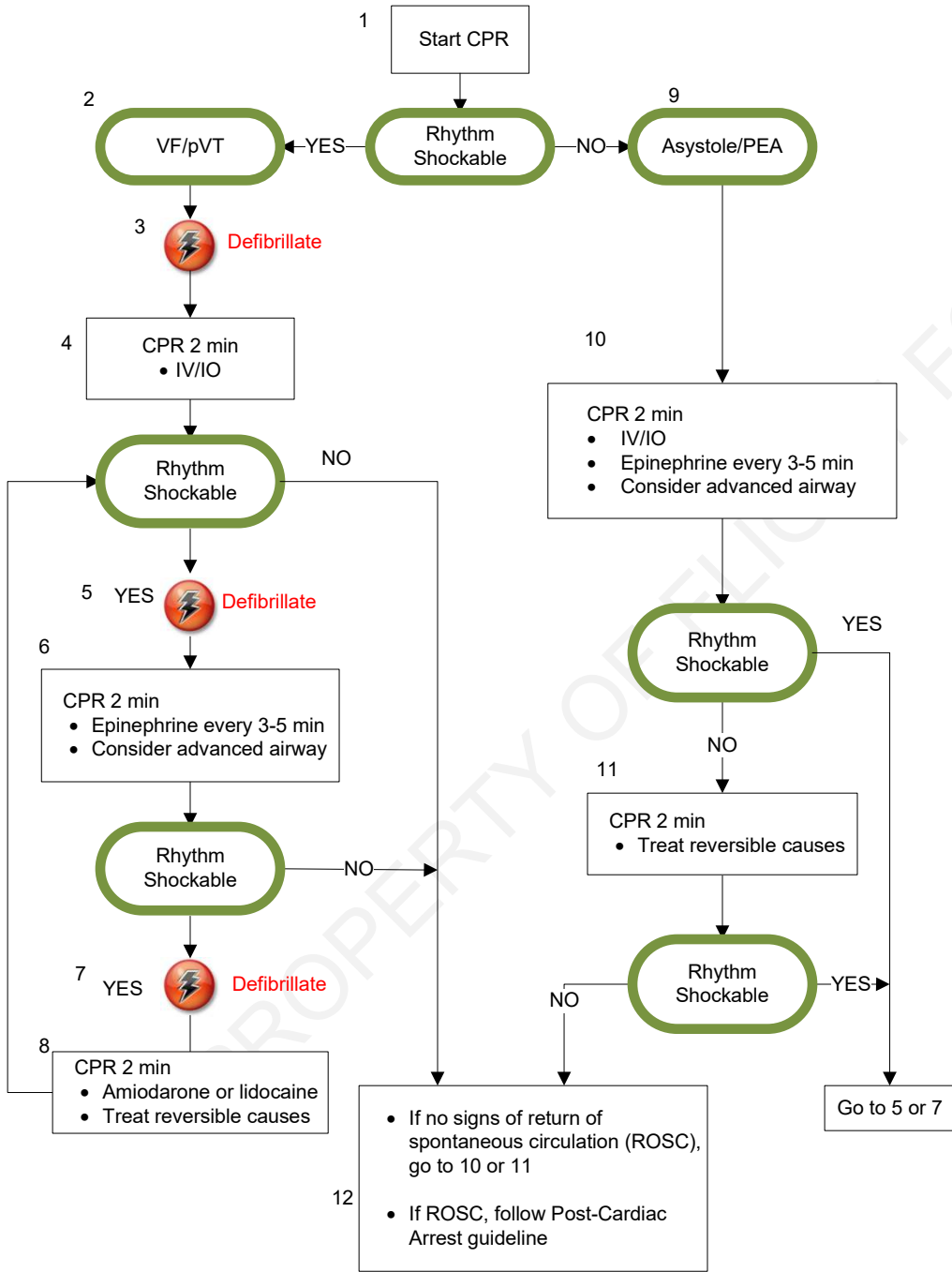




Cardiac Arrest-Adult



- CPR Quality
- Push hard (at least 2 inches) [5 cm] and fast (100-120/min) and allow complete chest recoil
 - Minimize interruptions in compressions
 - Avoid excessive ventilation
 - Rotate compressor every 2 minutes or sooner if fatigued
 - If no advanced airway, 30:2 compression-ventilation ratio.
 - Quantitative waveform capnography
 - If PETCO₂ <10 mm Hg, attempt to improve CPR quality.
 - Intra-arterial pressure
 - If relaxation phase (diastolic) pressure <20 mm Hg, attempt to improve CPR quality
- Shock Energy for Defibrillation
- Biphasic: Manufacturer recommendation (e.g. initial dose of 120-200 J) if unknown, use maximum available. Second and subsequent doses should be equivalent and higher doses may be considered.
 - Monophasic: 360 J
- Drug Therapy
- Epinephrine IV/IO dose: 1 mg every 3-5 minutes
 - Amiodarone IV/IO dose: First dose: 300 mg bolus. Second dose: 150 mg.
OR
 - Lidocaine IV/IO: first dose 1 - 1.5 mg/kg
Second dose 0.5 - 0.75 mg/kg
- Advanced Airway
- Endotracheal intubation or supraglottic advanced airway
 - Waveform capnography or capnometry to confirm and monitor ET tube placement
 - Once advanced airway in place, give 1 breath every 6 seconds (10 breaths/min) with continuous chest compressions
- Return of Spontaneous Circulation (ROSC)
- Pulse and blood pressure
 - Abrupt sustained increase in PETCO₂, (typically ≥40 mm Hg)
 - Spontaneous arterial pressure waves with intra-arterial monitoring
- Reversible Causes
- Hypovolemia
 - Hypoxia
 - Hydrogen Ions (acidosis)
 - Hypo/hyperkalemia
 - Hypothermia
 - Tension pneumothorax
 - Tamponade, cardiac
 - Toxins
 - Thrombosis, pulmonary
 - Thrombosis, coronary

This guideline does not substitute for sound clinical judgment.

Approved by:
DocuSigned by:
 7/21/2025 | 1:44:40 PM CDT
Nick Lehouillier, RN, Chief Flight Nurse

Signed by:
 7/22/2025 | 8:06:08 AM CDT
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Original _/~/_ Reviewed 6/11/25 Revised 5/11/22 Posted 7/24/25 Standards and Practice Committee

Reference: American Heart Association 202. Adult Advanced Life Support, Adult Cardiac Arrest. 2020