

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

1st Case

Group of friends walking at the beach

Young male

Found in sea shore

Wet and unresponsive



2nd Case

38 yrs old

Poor socioeconomic situation

Signs of recent seizure

unresponsive



3rd Case

37 yrs. old female
Diabetic nephropathy
Dizziness & weakness
Since this morning
Came to the clinic
Sudden seizure



4th Case

In the restaurant

Suddenly agitated at the next table

An obese man with universal choking sign

Answers the question with nods



Basic Life Support

Vahid Mahmoudi MD
Emergency Physician



Verify scene safety.



- Check for responsiveness.
- Shout for nearby help.
- Activate emergency response system.
- Send someone to get AED/defibrillator.



FIRST CALL for Help



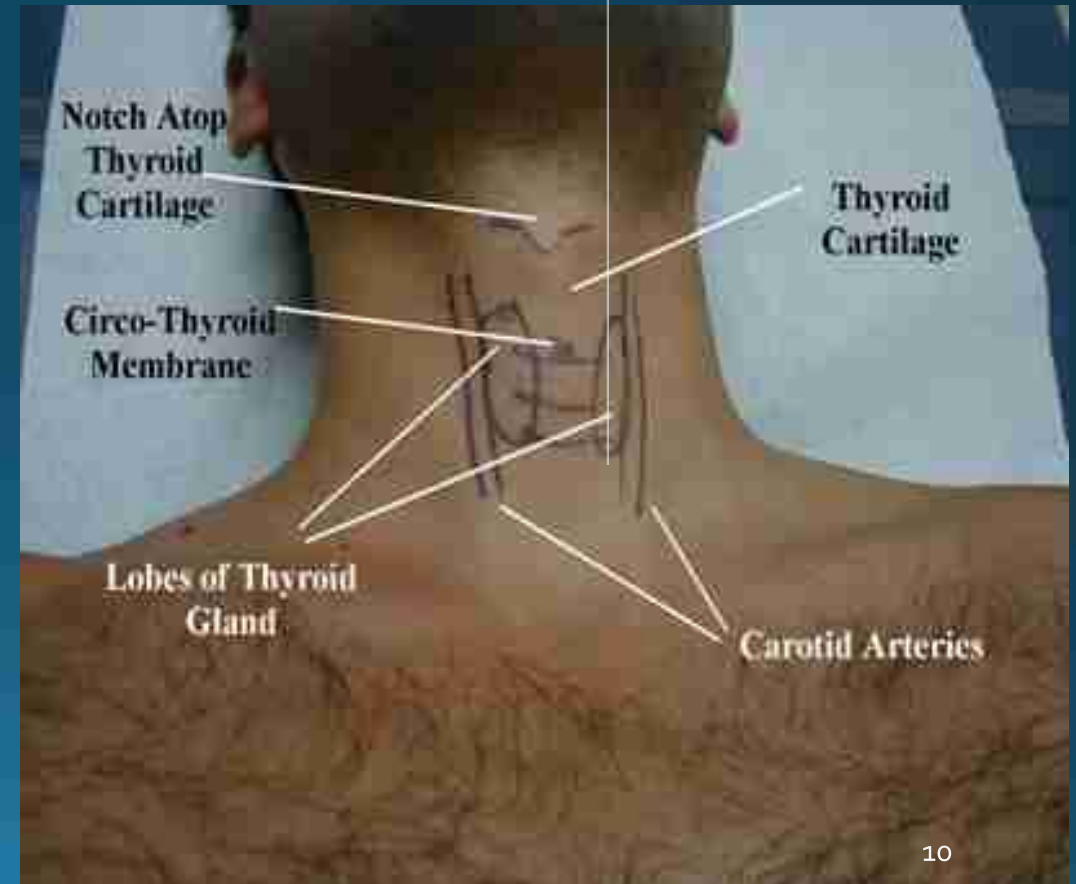
**Normal
breathing,
pulse felt**

Monitor until
advanced care
arrives.

Look for no breathing
or only gasping, and check
pulse (simultaneously).
Is pulse **definitely** felt
within 10 seconds?

**Abnormal
breathing,
pulse felt**

**No breathing
or only gasping,
pulse not felt**

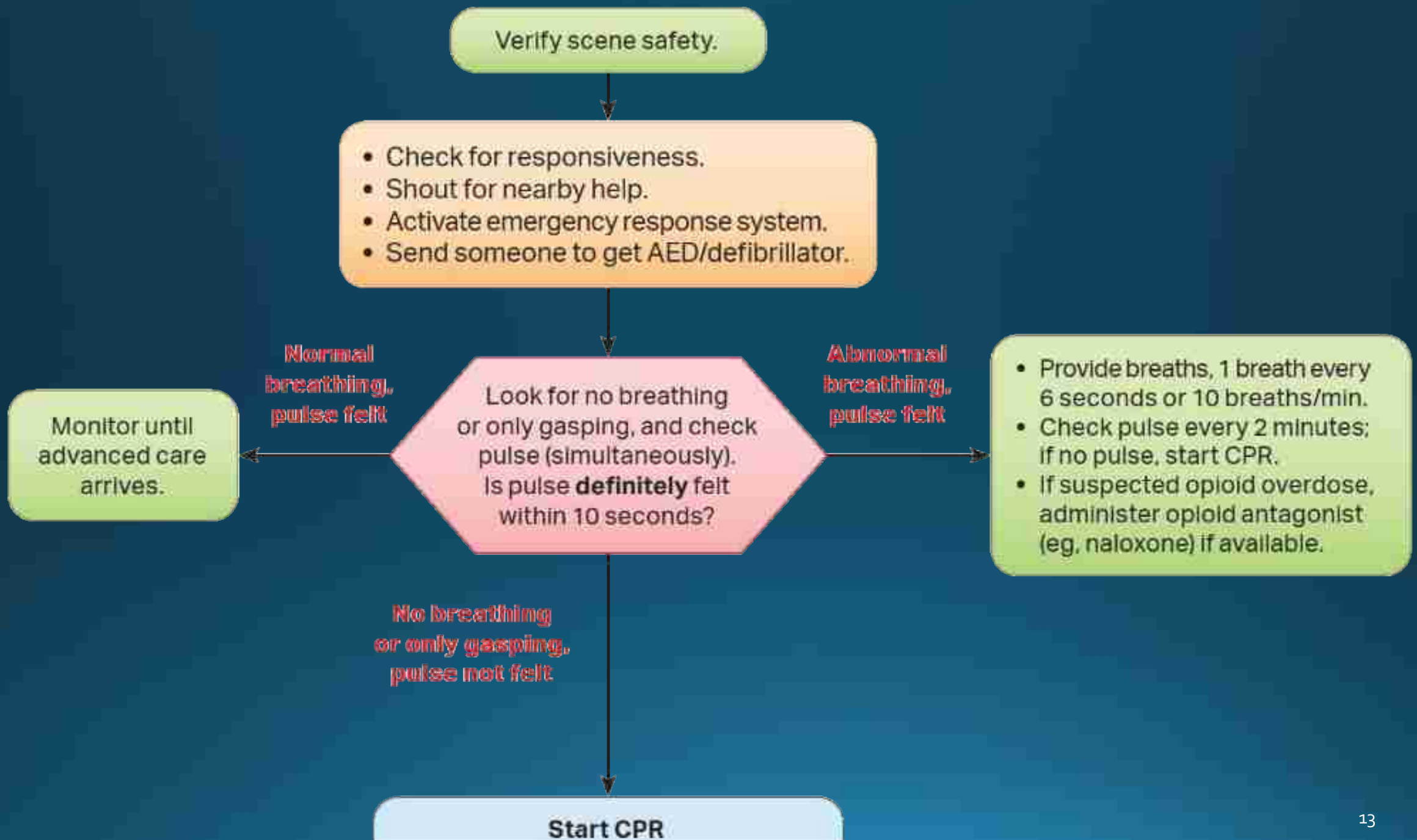




**Abnormal
breathing,
pulse felt**

- Provide breaths, 1 breath every 6 seconds or 10 breaths/min.
- Check pulse every 2 minutes; if no pulse, start CPR.
- If suspected opioid overdose, administer opioid antagonist (eg, naloxone) if available.





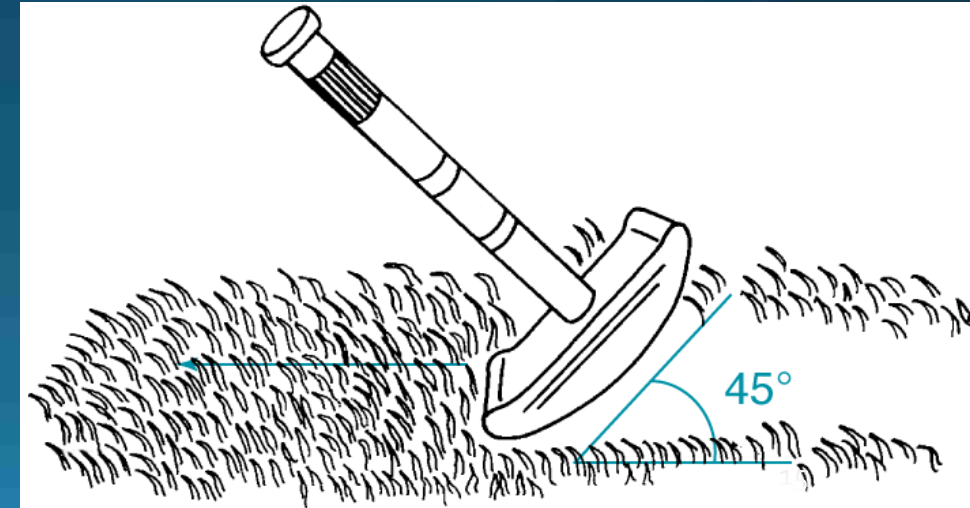
Start CPR

- Perform cycles of 30 compressions and 2 breaths.
- Use AED/defibrillator as soon as it is available.
- If suspected opioid overdose, consider opioid antagonist (eg, naloxone).



What are the 7 steps of AED? How to Use an AED?

- Step 1: Check the person.
- Step 2: Turn on the AED.
- Step 3: Expose the chest.
- Step 4: Attach the pads.
- Step 5: Let the AED analyse.
- Step 6: Deliver the shock if advised.
- Step 7: Continue CPR.
- Step 8: Keep going until.





For every minute that the heart is in VF without treatment, the potential for the initial defibrillation to be successful and for the victim of sudden cardiac arrest to survive decreases by 7-10%



Start CPR

- Perform cycles of 30 compressions and 2 breaths.
- Use AED/defibrillator as soon as it is available.
- If suspected opioid overdose, consider opioid antagonist (eg. naloxone).

AED arrives.

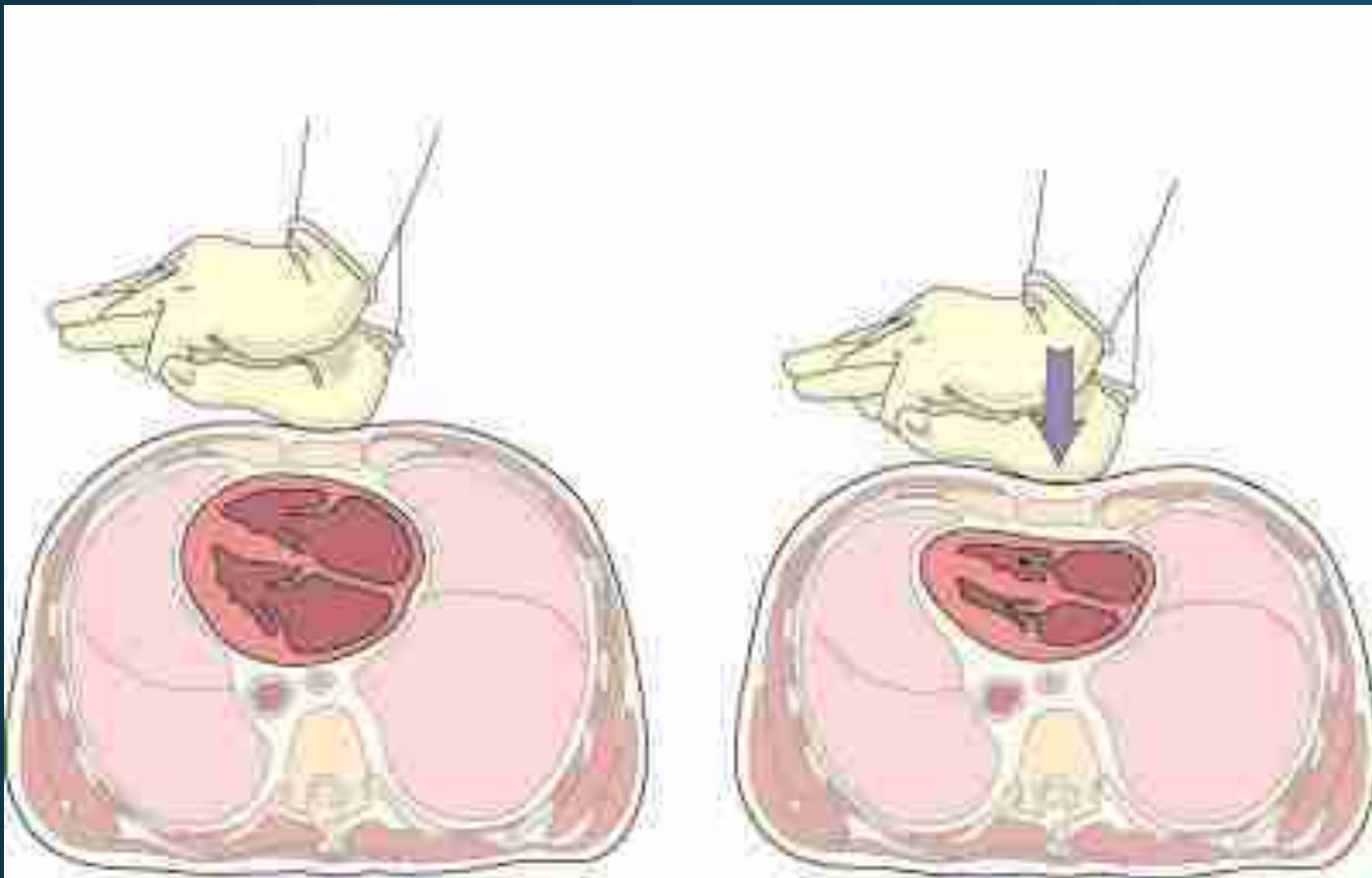
Check rhythm.
Shockable rhythm?

**Yes,
shockable**

- Give 1 shock. Resume CPR immediately for 2 minutes (until prompted by AED/defibrillator to allow rhythm check).
- Continue until ALS professionals take over or person starts to move.

**No,
nonshockable**

- Resume CPR immediately for 2 minutes (until prompted by AED/defibrillator to allow rhythm check).
- Continue until ALS professionals take over or person starts to move.



BLS Termination of Resuscitation

