



Date: 07/10/2015

To: All Hartford Hospital Sponsored Services

From: David Bailey, BS, NREMT-P, EMS-I   
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Re: Performance of Resuscitative Efforts

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All providers are reminded that high quality CPR is an essential component of resuscitation efforts.

In cases where a paramedic judges a resuscitation to be futile, he or she should consider terminating the resuscitation in compliance with patient care guidelines (including consulting with medical direction). If it is decided to continue resuscitation efforts and transport to the hospital, maximal efforts are to be maintained.

Elements of adult high quality CPR include:

- Initial assessment using CAB approach taking less than 10 seconds.
- Avoid interruptions to chest compressions
- Proper compression depth (2" +) and rate (100+ CPM)
- Full recoil with equal compression/decompression cycle

Some ways to help achieve high quality CPR include:

- Compression-only CPR (with passive oxygen delivery) during first 8 minutes
  - Contraindicated for cardiac arrest from trauma or respiratory problems
  - Still indicated for unwitnessed adult cardiac arrest of unknown origin
- Team member to monitor CPR quality and provide coaching/direction as needed
- Rotate compressors every 2 minutes
- Hover hands over chest when defibrillating
- ALS skills performed around CPR without interruption
- Stretcher lower than usual height when moving the patient and performing CPR
- Compressor in proper position over patient using appropriate hand technique/placement