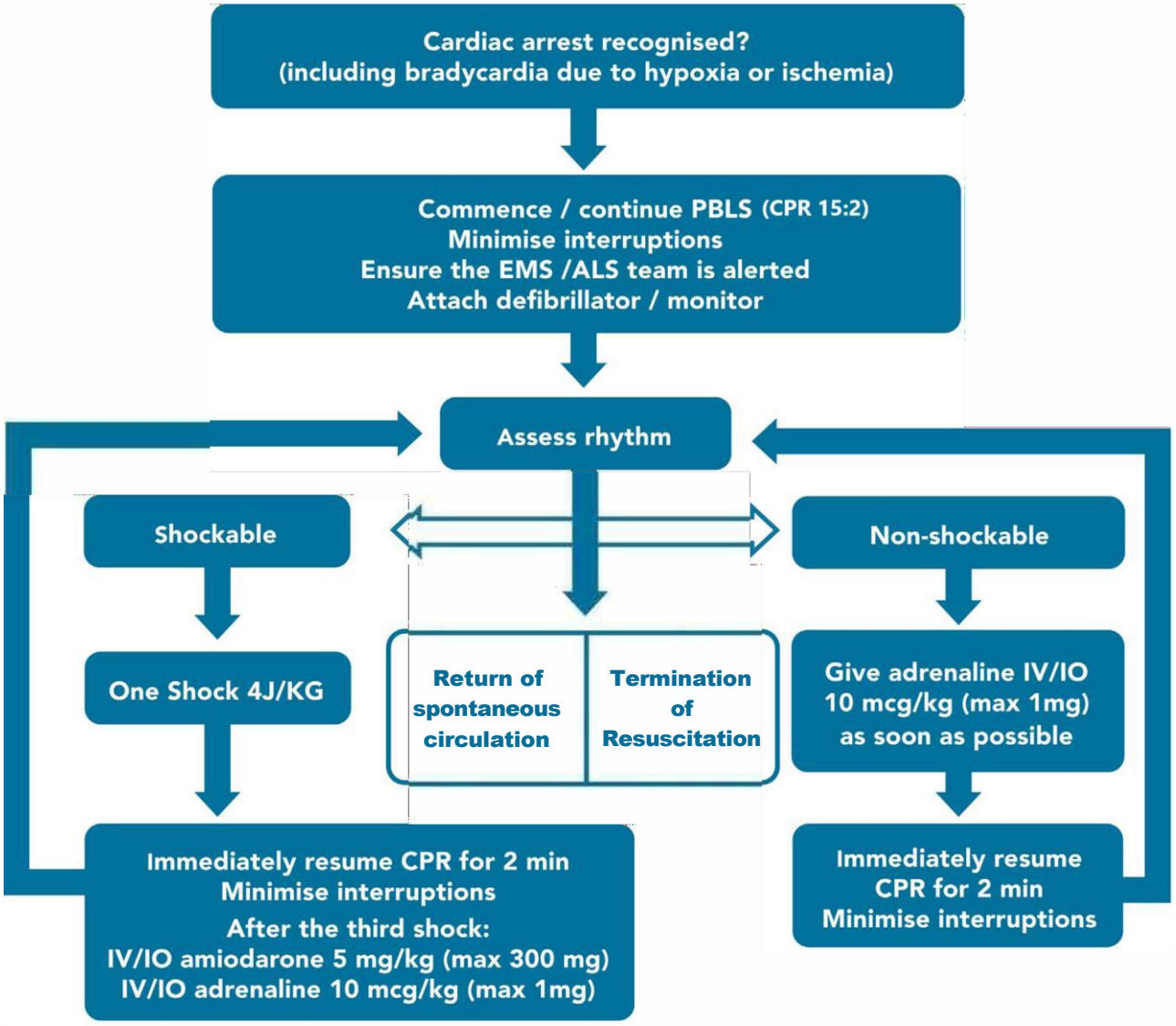
PAEDIATRIC ADVANCED LIFE SUPPORT

EUROPEAN RESUSCITATION COUNCIL GUIDELINES 2021

SAFE? - SHOUT 'HELP'



DURING CPR

- Ensure high-quality CPR 15:2: rate, depth, recoil
- Provide bag-mask ventilation with 100% oxygen (2-person approach)
- Avoid hyperventilation
- Vascular access (intravenous, intraosseous)
- Once started, give adrenaline every 3-5 min
- Flush after each drug
- Repeat amiodarone 5 mg/kg (max 150mg) after the 5th shock
- Consider an advanced airway and capnography (if competent)
- Provide continuous compressions when a tracheal tube is in place. Ventilate at a rate of 25 (infants) - 20 (1-8y) - 15 (8-12y) or 10 (>12y) per minute
- Consider stepwise escalating shock dose (max 8J/kg - max 360J) for refractory VF/pVT (:26 shocks)

CORRECT REVERSIBLE CAUSES

- Hypoxia
- Hypovolaemia
- Hyper/hypokalaemia, -calcaemia, -magnesemia; Hypoglycaemia
- Hypothermia - hyperthermia
- Toxic agents
- Tension pneumothorax
- Tamponade (cardiac)
- Thrombosis (coronary or pulmonary)

ADJUST ALGORITHM IN SPECIFIC SETTINGS (E.G. TRAUMA, E-CPR)

IMMEDIATE POST ROSC

- ABCDE approach
- Controlled oxygenation ($Sp0_2$ 94-98%) & ventilation (normocapnia)
- Avoid hypotension
- Treat precipitating causes

Source: European Resuscitation Council Guidelines 2021 https://www.erc.edu/assets/documents/RESUS-8903-ALS.pdf