

CPR – Rapid Action Plan

Danger

Check for **DANGER** to the responder

Response

Check for a **RESPONSE**

- Gentle Shake
- Shout



Send for help

Call your designated telemedicine provider or RCC (Rescue Co-Ordination Centre)

Airway

Check **AIRWAY**. Look in mouth for any obstruction, clear away the obstruction, if one is present.



Breathing

1. Tilt patients head and chin up
 2. Look, listen and feel for normal breathing (10 seconds)
- If **NOT** breathing commence CPR

Sometimes people will have their ribs broken by chest compressions. Do not stop if they break

Compression/ circulation

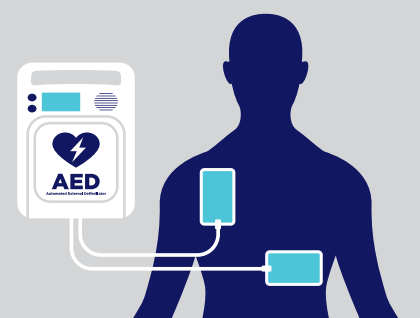
1. Depress hand to a third of the depth of the chest, at a rate of 100-120 per minute
 2. 30 chest compressions then two breaths (use mouth shield if possible)
- **REPEAT**



If they vomit, turn patient on their side and clear obstruction. Turn onto back and carry on CPR

Defibrillation

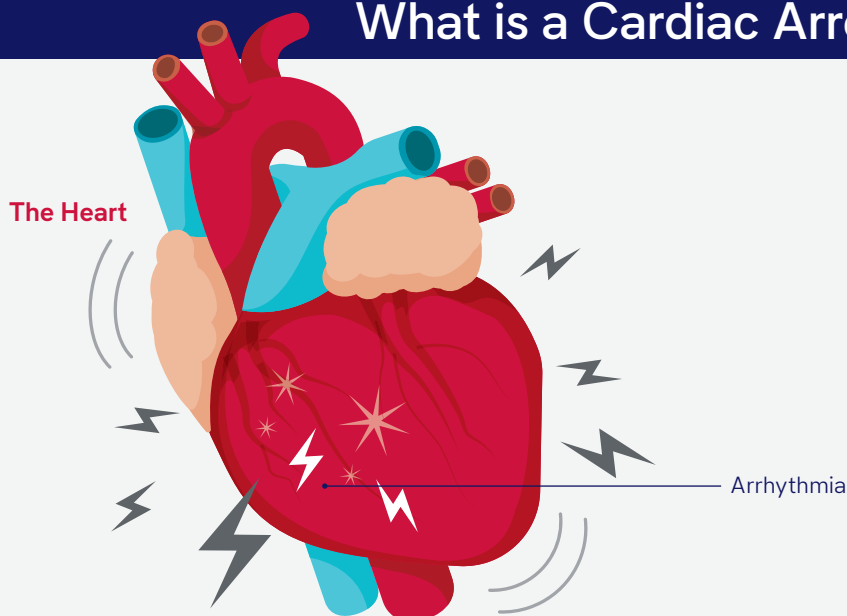
1. Remove chest hair and jewellery
2. Attach Automatic External Defibrillator (AED) as soon as possible and follow prompts
3. AED's come with simple instructions including voice and visual prompts



If no CPR is performed, it only takes 3 to 6 minutes for a person's brain to be starved of oxygen and then die

Cardiac Arrest at Sea

What is a Cardiac Arrest?



- Cardiac arrest occurs when the electrical function of the heart malfunctions or stops
- As a result, blood flow to the brain and other parts of the body stops
- Cardiac arrest can happen suddenly, without any warning

Signs and Symptoms

- Patient is unresponsive and has collapsed
- Skin turns pale or blue
- Not breathing or gasping for air
- No pulse, the heart has stopped beating
- Check for a recent history of chest pain if possible

CALL

CPR

AED

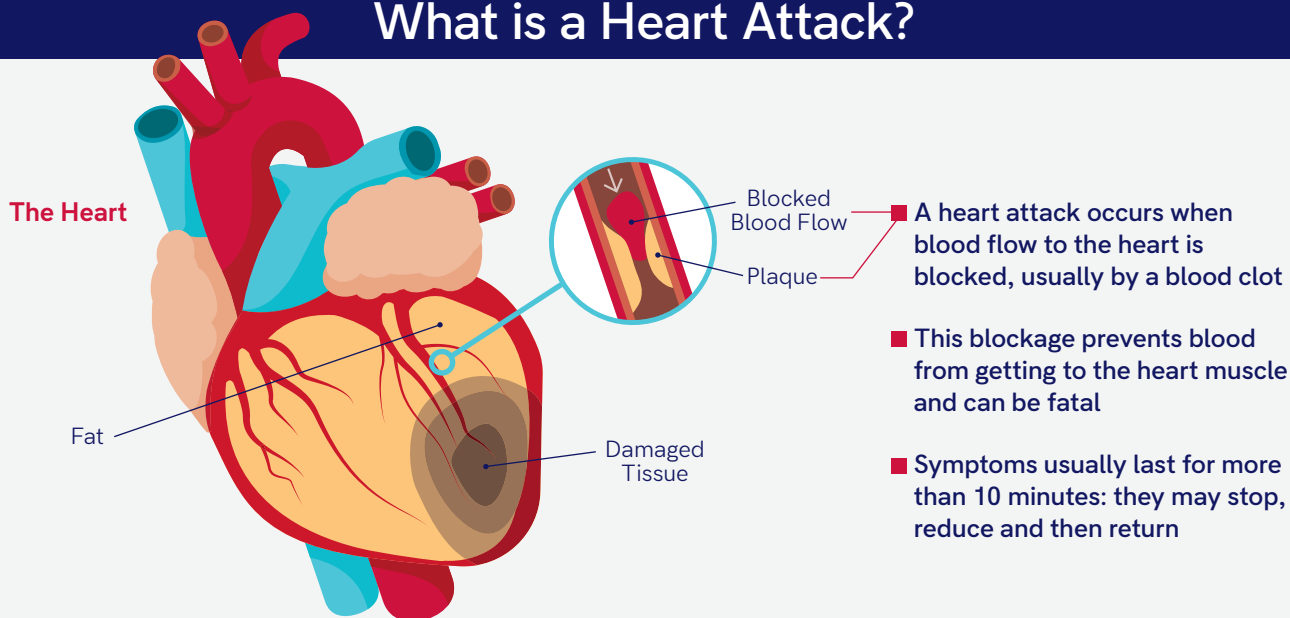


Action Plan – This is an Emergency

- There should be no delay in initiating treatment. Call your designated telemedicine provider or RCC (Rescue Co-ordination Centre)
- Start CPR, which involves doing 30 chest compressions (at a rate of 100-120 per minute) followed by two breaths, repeat this process till you find a pulse or are exhausted or another crew member takes over
- If available, use the defibrillator (AED) to attempt to restart the patient's normal heart rhythm
- If you are unsure whether a person is in cardiac arrest or not, start CPR immediately. If a person does not require CPR, they will probably respond to your attempts

Heart Attack at Sea

What is a Heart Attack?



Signs and Symptoms

Common symptoms are:

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- Feeling light-headed or dizzy
 - Pain (cannot be specified where) or tightness that can spread to shoulders, neck or arms (especially the left arm), the jaw or throat
 - Nausea
 - Sweating, reddening of face
 - Breathlessness
 - Feeling of pressure or tightness in the centre of the chest (patient usually clutching their chest)
 - Pain in middle abdomen

Action Plan – This is an Emergency

Call your designated telemedicine provider or RCC (Rescue Co-ordination Centre)

Also do the following:

- Record details of patient's vitals and list symptoms: such as temperature, heart rate, etc.
- Stop patient's activity and rest them, either sitting or lying down
- Orally administer an aspirin immediately (300mg, one tablet), and then daily thereafter
- If breathless then sit them up
- If in medical store administer Glyceryl Trinitrate, when giving aspirin make sure to wait 5 seconds between supplying different medication
- Restrict patient to light diet and fluids such as soup, water, etc.