

Healthcare Provider: Using your CPR skills as a “bystander”

The skills you learn in this training program will prepare you to respond to unresponsive patients in the course of your professional duties as a healthcare provider. For those patients who are unresponsive, not breathing normally and pulseless, you will learn how to perform conventional CPR, that is CPR with breaths combined with chest compressions of an adequate depth and rate, with full chest recoil and minimal interruption.

Of course, those same skills can also be used in the event that you encounter a victim of cardiac arrest, either in a public or private location, while not working in your professional role as a healthcare provider. In other words, you may also need to use your skills as a “bystander” to help an “out-of-hospital” victim of cardiac arrest. Just as with the patients you care for in your professional role, you should focus on providing good quality chest compressions with minimal interruption to an out-of-hospital cardiac arrest victim.

In the event that the victim you encounter in the out-of-hospital setting is an adult who has suddenly collapsed, your skills can be used to perform:

Conventional (30:2) CPR — breaths
combined with chest compressions

or

Hands-Only CPR — chest compressions only

Both methods have been shown to be effective in the first few minutes of an out-of-hospital adult cardiac arrest. You should perform the method with which you feel confident you can deliver good quality chest compressions with minimal interruption.

Hands-Only CPR for adults who suddenly collapse

Hands-Only CPR has been widely publicized by the AHA as an appropriate bystander response to adult victims of out-of-hospital, witnessed, sudden cardiac arrest. So, don't be surprised if others at the scene of such an event are performing Hands-Only CPR, that is, CPR without breathing. They've probably learned the following two simple steps:

Call 911



Push hard and fast in the center of the chest



Hands-Only CPR is NOT recommended for:

- Unresponsive infants and children
- Victims of
 - drowning
 - trauma
 - airway obstruction
 - acute respiratory diseases
 - apnea, such as associated with drug overdose