

Resuscitation Update 2010



The St John Ambulance Australia Medical Advisory Panel advises two updates to first aid protocols, as recommended by the Australian Resuscitation Council (27 November 2010) —

1. **DRS**ABCD — The addition of **S [Send for help]** to the DRABCD Action Plan.
2. If the patient is not breathing, immediately start CPR (30 compressions : 2 breaths). Do not give the two initial rescue breaths.

Resuscitation is the action taken to maintain airway, breathing and circulation in the hope that the natural function of the lungs and heart will be restored — and thereby, life itself.

If you are faced with a life-threatening emergency, what you do in the first few minutes will be critical. It is important that the call for an ambulance (000) is made as soon as possible. If the patient is an infant or small child take them with you to call for help.

If the patient is unresponsive and not breathing normally, quickly apply cardiopulmonary resuscitation (CPR) or the patient is certain to die.

There are two main actions in providing basic life support —

1. **maintaining an airway** — this may involve having to clear an obstruction, such as the tongue, foreign material or vomit, from the airway.
2. **giving external cardiac compressions** carried out in a rhythmical fashion combined with breaths.

If unwilling or unable to perform breaths, perform chest compressions only (100/min).

These two simple techniques will either restart normal heart action or maintain circulation sufficient to preserve brain function until specialised assessment and treatment are available.

Check BREATHING

- **look** and **feel** for chest movements
- **listen** and **feel** for sounds of air escaping from the mouth and nose (an occasional gasp or abnormal breathing is not adequate for normal breathing).

Take no more than 10 seconds to do this.



If the patient is breathing —

1. Place in the recovery position.
2. Ensure an ambulance has been called (000).
3. Check regularly for continued breathing until medical aid arrives.



Start CPR — if patient is NOT breathing normally

1. Ensure an ambulance has been called (000).
2. Start CPR — 30 chest compressions : 2 breaths. If unwilling or unable to perform breaths, perform chest compressions only (100/min.).



DRSABCD Action Plan

D	Check for DANGER — ensure scene is safe	
	Check for RESPONSE	
R	Response <ul style="list-style-type: none"> • Make comfortable • Monitor response 	No response
	SEND for help	
S	Call 000 for an ambulance, or ask bystander to make the call	
	Open AIRWAY	
	Open mouth — look for foreign material	
A	No foreign material <ul style="list-style-type: none"> • Leave on back • Open airway 	Foreign material <ul style="list-style-type: none"> • Place in recovery position • Open and clear airway
	Check for BREATHING	
B	Normal breathing <ul style="list-style-type: none"> • Place in recovery position • Ensure ambulance has been called (000) • Monitor breathing and response 	Not normal breathing <ul style="list-style-type: none"> • Ensure ambulance has been called (000) • Commence CPR
	Start CPR	
C	30 compressions : 2 breaths If unwilling or unable to perform breaths, perform chest compressions only (100/min.).	
	DEFIBRILLATION	
D	<ul style="list-style-type: none"> • Apply defibrillator (AED) as soon as available • Follow the voice prompts 	

Continue CPR until —

- the patient shows responsiveness and normal breathing
- more qualified help arrives
- you are physically unable to continue.



St John Ambulance Australia | 8/18 National Circuit, Barton ACT 2600 | www.stjohn.org.au | T: 1300 360 455

Resuscitation Update 2010 © St John Ambulance Australia 2010

This publication is copyright. All rights reserved. Except as permitted under the Australian Copyright Act 1968 no part of this book may be reproduced, stored in a retrieval system, communicated or transmitted in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without prior written permission of the publisher, apart from any fair dealing for the purposes of private study, criticism or review.

Printed in Australia by Union Offset Printers

Acknowledgments: St John Ambulance Australia thanks the St John Ambulance Medical Advisory Panel, and State, Territory and National Training personnel.