



**E  
R  
C**

**European  
Resuscitation  
Council**

# **Paediatric Basic Life Support**



# Content

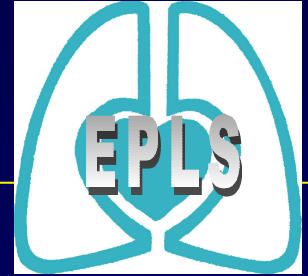
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- ✓ New paediatric BLS sequence
- ✓ BLS video
- ✓ New FBAO algorithm
- ✓ AED in children
- ✓ New ALS algorithms
- ✓ Changes in neonates
- ✓ Changes in the EPLS course
- ✓ NLS course



# New guidelines

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- ✓ Short and simple
- ✓ Adult/Child more uniform
  - BLS
  - AED
  - ALS



# Definitions

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- ✓ Newly Born  
(Newborn delivery room  
0 – 1 month)
- ✓ Infant  
<12 months
- ✓ Child  
1 year to puberty
- ✓ Adult  
> puberty



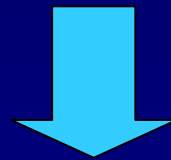
# Age definition

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**CHILD**

**ADULT**

**Physiological differences  
puberty**



**Mechanisms of arrest**

**SECONDARY  
ARREST**

**PRIMARY  
ARREST**



**S**afety

**S**timulate without shaking

**S**hout

**A**irway

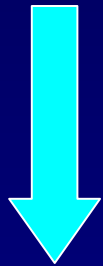
**B**reathing

**C**irculation

**R**eassess



Lay persons



1 minute BLS  
Except sudden  
witnessed arrest

Safety

Stimulate

Shout for help



A



B



C

**5 Rescue  
breaths**

**START 30:2**



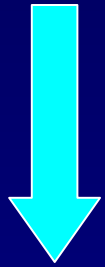
Safety

Stimulate

Shout for help

2 Rescuers

Duty to respond



1 minute BLS

Except sudden  
witnessed arrest



A



B



C

**5 Rescue  
Breaths**

**START 15:2**





# Call EMS

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CHILD

trauma, drowning, intoxication

« CALL FAST »

CPR 1 minute

before summoning help



# Call EMS

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ADULT  
Sudden Witnessed Collapse  
Cardiac disease

« CALL FIRST  
AND EARLY DEFIBRILLATION »



## C. Signs of life/circulation

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Lay person : check for normal breathing (not gasps)

Duty to respond : check for signs of life (and pulse)



External Chest Compressions



# Landmarks

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- ✓ Lower half of sternum
- ✓ Follow the lower margin of rib cage
- ✓ 1 cm (finger) above xiphisternum
  - 2 fingers or 2 thumbs encircling technique
  - 1 hand
  - 2 hands
- ✓ Depth 1/3

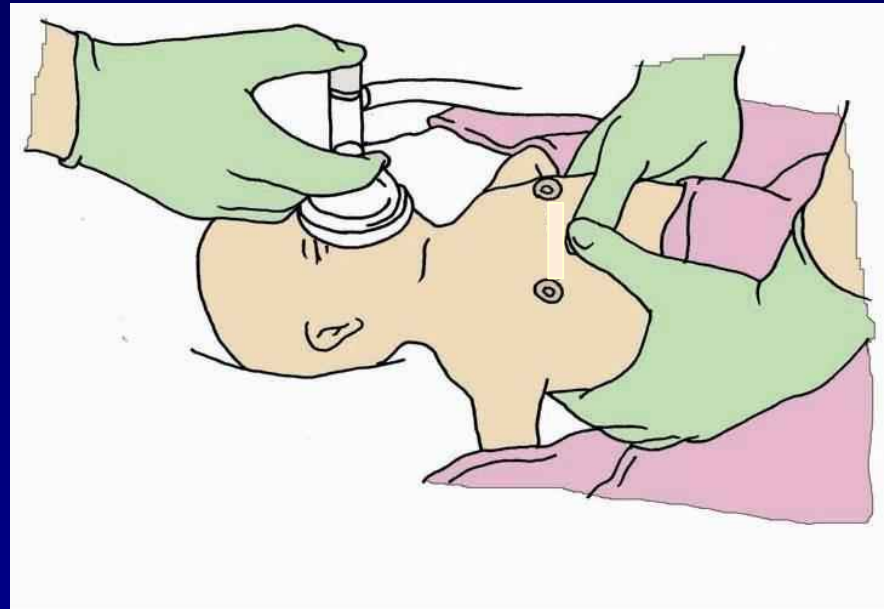


# Newly born ECC

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3: 1

120/min

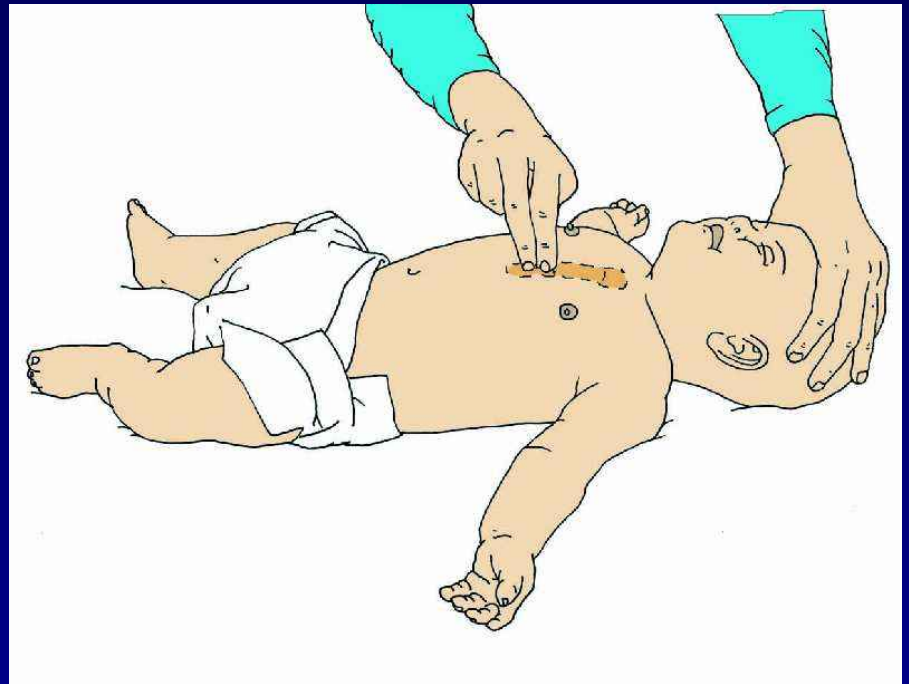


# Infant ECC

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15: 2

100/min

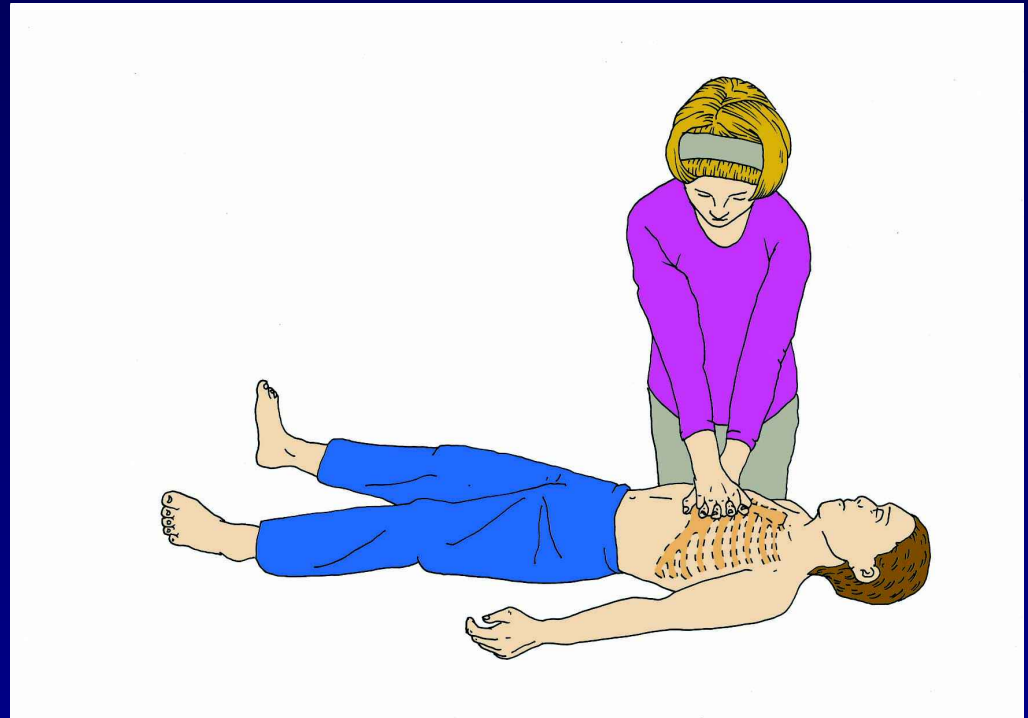


# Child ECC

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15: 2

100/min



# Reassess

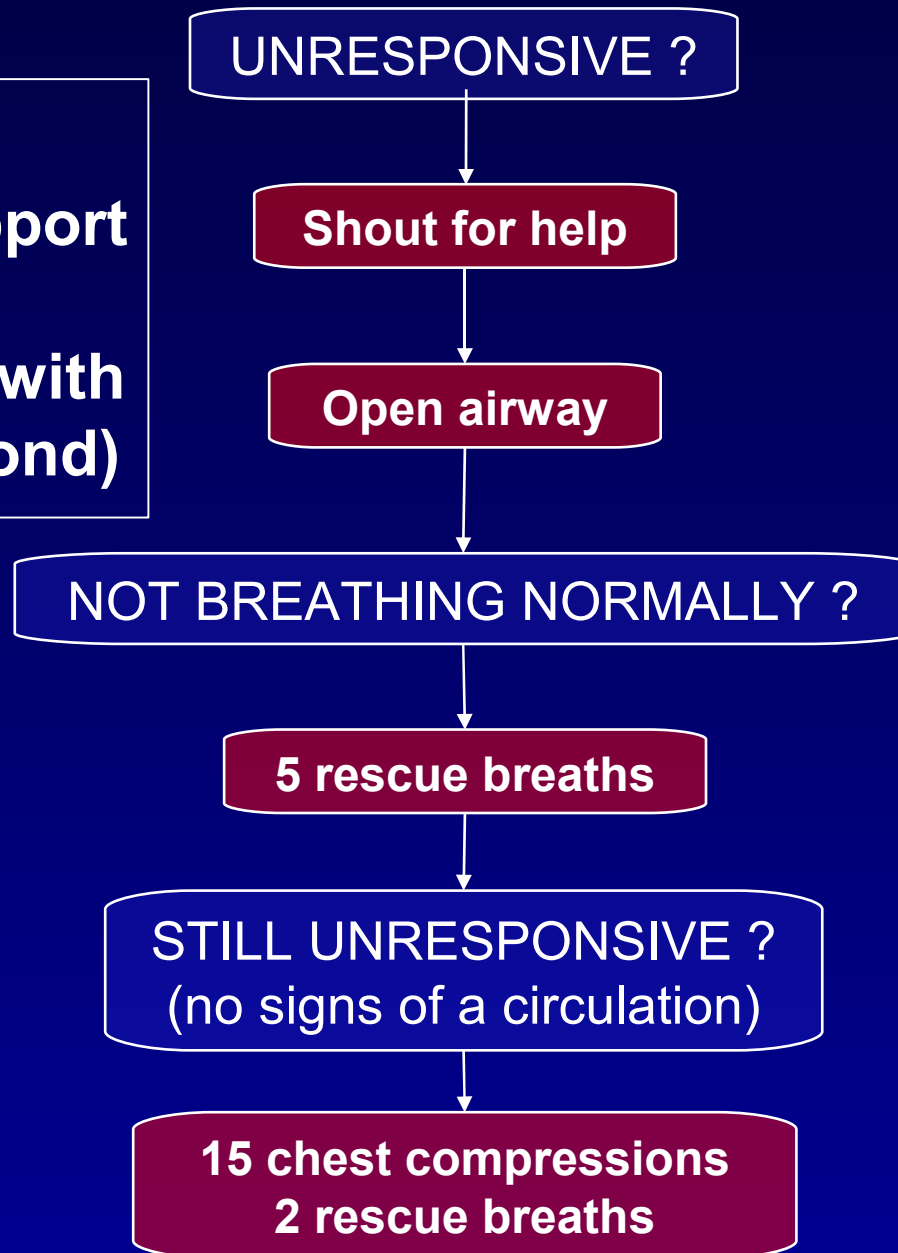
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- ✓ Check briefly signs of life
- ✓ Don't waste time assessing pulse
- ✓ Efficient ECC must produce a palpable pulse (2 rescuers or more)





**Paediatric  
Basic Life Support  
(Healthcare  
professionals with  
a duty to respond)**



After 1 minute call resuscitation team then continue CPR



# General signs of FBAO

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Witnessed episode  
Coughing or choking  
Sudden onset

Recent history of playing with or eating small objects

## **Ineffective coughing**

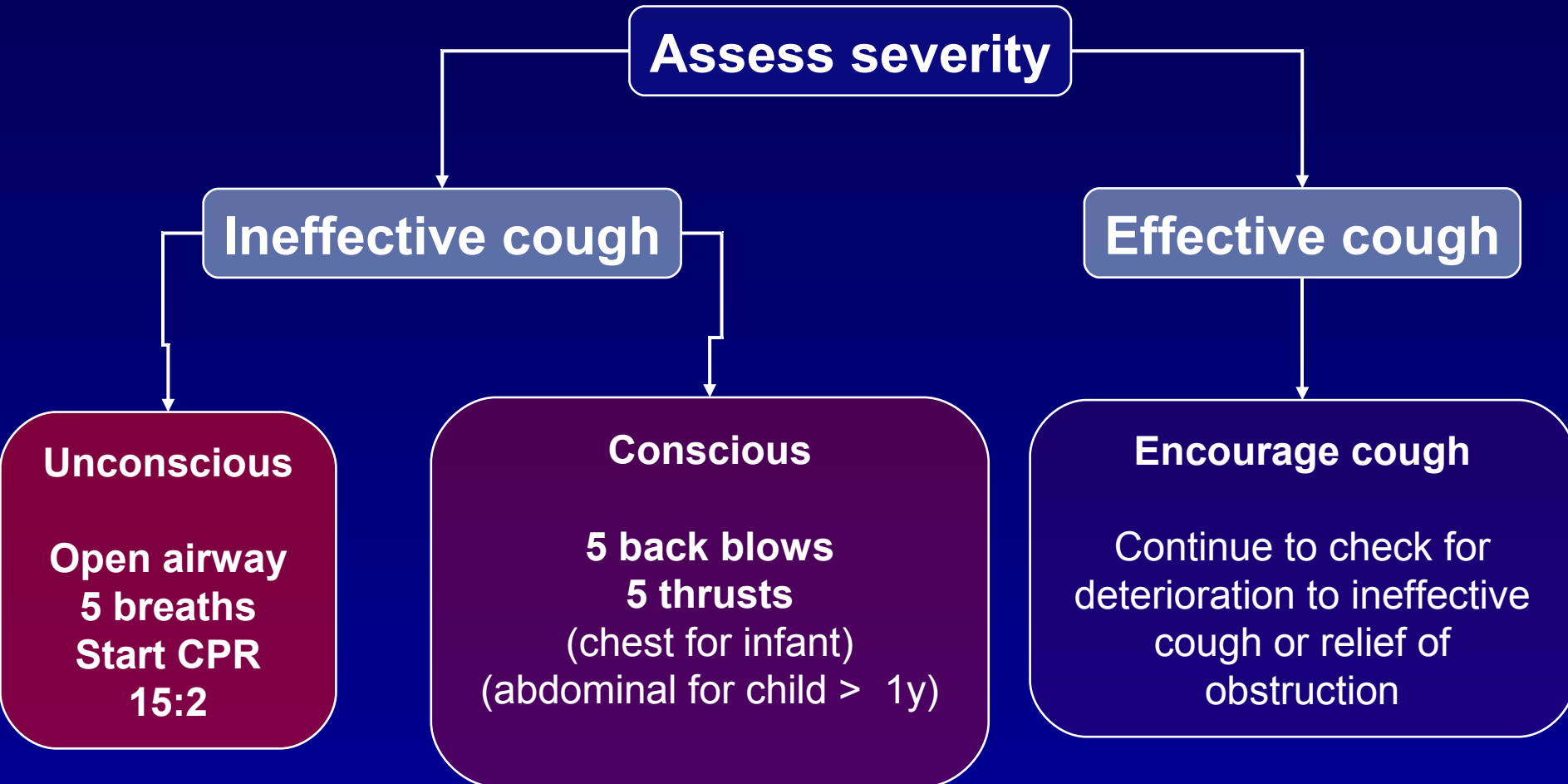
Unable to vocalize  
Quiet or silent cough  
Unable to breathe  
Cyanosis  
Decreasing level of  
consciousness

## **Effective cough**

Crying or verbal response  
to questions  
Loud cough  
Able to take a breath  
before coughing  
Fully responsive



# Paediatric FBAO algorithm



# AED in children

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- ✓ Attach AED after 1 min CPR
- ✓ Paediatric attenuator if available
- ✓ Not in children < 1 year of age





# Summary

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- ✓ Paediatric BLS
  - Age definitions
  - Landmarks
  - New ratio 15:2
  - FBAO relief only in conscious child
  - AED with paediatric attenuator

