

Basic Life Support (CPR) Competency Assessment Tool

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Date: 30/08/12 *A. J. A. Alvarez*

		Performance Criteria	C	NC
D	Check for danger	Identifies danger to self/patient Dons gloves/safety precautions	C	
R	Check for response	Touch/talk	C	
S	Send for help	Send s for help When help arrives phones Notes time	C	
A	Airway	Checks patency Check for obstruction Suction if available 2 finger sweep/turns to side Removes loose fitting dentures	C	
B	Breathing	Head tilt/jaw thrust Look, listen, feel <ul style="list-style-type: none"> ◦ Administers 2 quick breaths via air viva ◦ Obtains good seal ◦ Effective ventilation assessed 	C	
C	Circulation	Assess pulse <ul style="list-style-type: none"> ◦ Commence compressions @ 100/min ◦ Correct hand position ◦ Maintains contact with chest wall ◦ Depresses 4-5 cm ◦ Arms locked at elbows Rhythmical CPR at ratio of 30:2 – 5 cycles in 2 mins Checks pulse after 2 mins	C	
D	Documentation Delegation Details (handover) Defibrillation Drugs	Think about documentation Thing about delegation – one person in charge Think about need for handover Aware of safety aspects – stay clear Know where to find drugs document	C	
	Post arrest management	Documentation Notify – relatives, treating Dr ?transfer to ICU/CCU ECG, CXR, blood tests Debrief Restock	C	
	States 3 complications	#ribs #sternum Pneumothorax Lacerated liver Gastric distension, aspiration, regurgitation, vomiting Cross infection Cervical spine injury Ineffective CP	C	