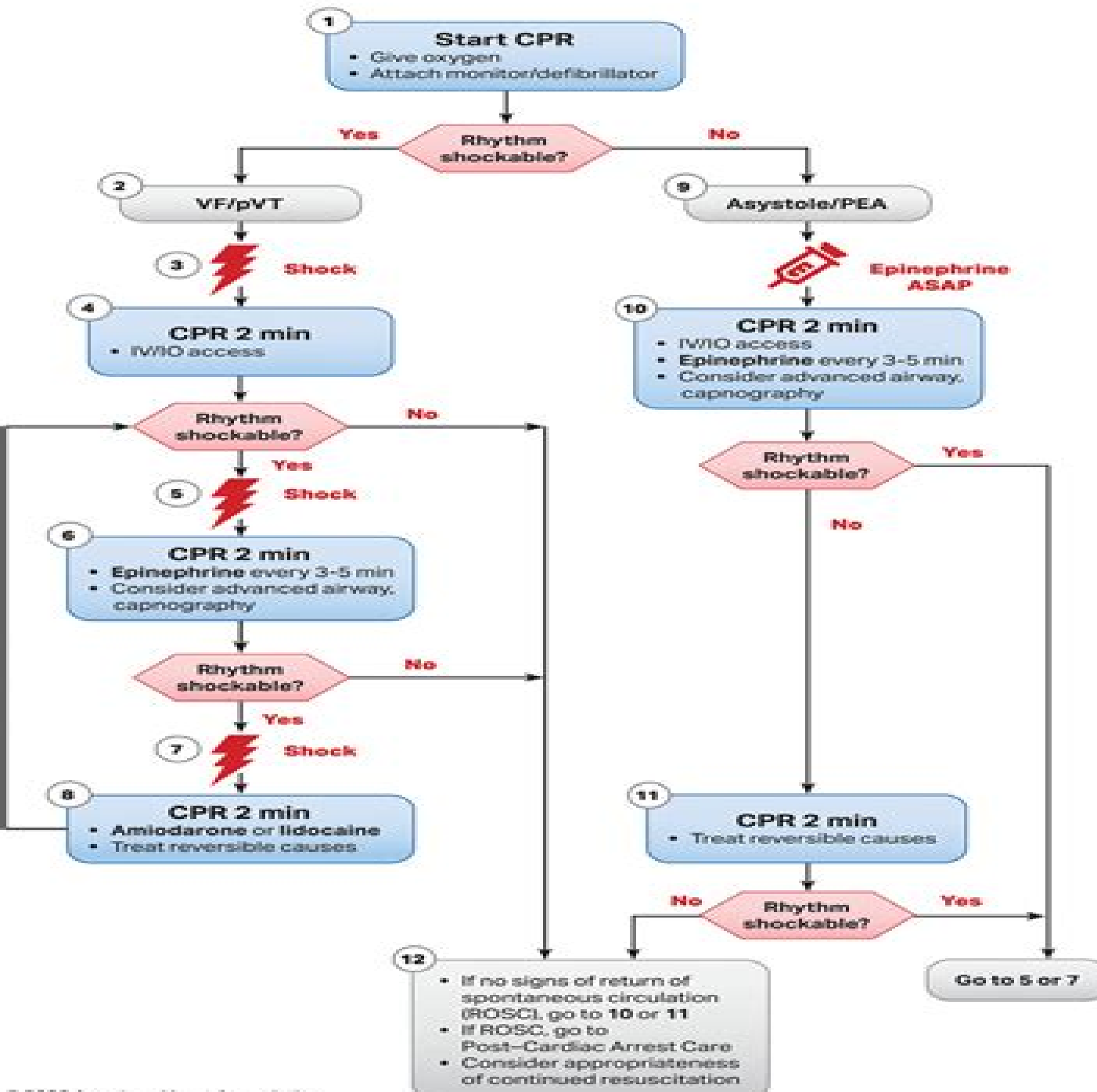




CPR Quality

- Push hard (at least 2 inches [5 cm]) and fast (100-120/min) and allow complete chest recoil.
- Minimize interruptions in compressions.
- Avoid excessive ventilation.
- Change compressor every 2 minutes, or sooner if fatigued.
- If no advanced airway, 30:2 compression-ventilation ratio.
- Quantitative waveform capnography
 - If P_{ETCO_2} is low or decreasing, reassess CPR quality.

Shock Energy for Defibrillation

- Biphasic:** Manufacturer recommendation (eg, initial dose of 120-200 J; if unknown, use maximum available. Second and subsequent doses should be equivalent, and higher doses may be considered.
- Monophasic:** 360 J

Drug Therapy

- Epinephrine IV/IO dose:** 1 mg every 3-5 minutes
- Amiodarone IV/IO dose:** First dose: 300 mg bolus. Second dose: 150 mg, or
- Lidocaine IV/IO dose:** First dose: 1-1.5 mg/kg. Second dose: 0.5-0.75 mg/kg.

Advanced Airway

- Endotracheal intubation or supraglottic advanced airway
- Waveform capnography or capnometry to confirm and monitor ET tube placement
- Once advanced airway in place, give 1 breath every 6 seconds (10 breaths/min) with continuous chest compressions

Return of Spontaneous Circulation (ROSC)

- Pulse and blood pressure
- Abrupt sustained increase in P_{ETCO_2} (typically ≥ 40 mm Hg)
- Spontaneous arterial pressure waves with intra-arterial monitoring

Reversible Causes

- Hypovolemia
- Hypoxia
- Hydrogen ion (acidosis)
- Hypo-/hyperkalemia
- Hypothermia
- Tension pneumothorax
- Tamponade, cardiac
- Toxins
- Thrombosis, pulmonary
- Thrombosis, coronary

Aha Acls Guide

Lynn Fitzgerald Macksey, Macksey

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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Table of Contents Aha Acls Guide

1. Understanding the eBook Aha Acls Guide
 - The Rise of Digital Reading Aha Acls Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Aha Acls Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Aha Acls Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Aha Acls Guide
 - Personalized Recommendations
 - Aha Acls Guide User Reviews and Ratings
 - Aha Acls Guide and Bestseller Lists

5. Accessing Aha Acls Guide Free and Paid eBooks
 - Aha Acls Guide Public Domain eBooks
 - Aha Acls Guide eBook Subscription Services
 - Aha Acls Guide Budget-Friendly Options
6. Navigating Aha Acls Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Aha Acls Guide Compatibility with Devices
 - Aha Acls Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Aha Acls Guide
 - Highlighting and Note-Taking Aha Acls Guide
 - Interactive Elements Aha Acls Guide
8. Staying Engaged with Aha Acls Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Aha Acls Guide
9. Balancing eBooks and Physical Books Aha Acls Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Aha Acls Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Aha Acls Guide
 - Setting Reading Goals Aha Acls Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Aha Acls Guide
 - Fact-Checking eBook Content of Aha Acls Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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