



# Paediatric Basic Life Support

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According to the Guidelines of the Resuscitation Council  
UK

# DR-ABC

- **D**anger
- **R**esponse
- **A**irway
- **B**reathing
- **C**irculation

DR

- **Unresponsive?**

- Call for **HELP!**

A

- Open **Airway**

B

- Check for **breathing**

B

- **5 Rescue Breaths**

C

- Still unresponsive? Check **Circulation**

- **15 chest compressions**

- **2 breaths**

- Alternate breaths and compressions

- **After 1 minute, call resuscitation team,**
- **then continue CPR**

# 1. Check for Dangers

- Electrocution
- Fire
- Slippery floors
- Busy road
- *Do not put yourself in danger*

## 2. Assess Response

- Shake
- Shout
- “Hello, can you hear me?” “Open your eyes”  
“Squeeze my hand”
- Rub: sternal

# 3. Call for Help

- Before doing anything else
- **Shout!**
  - “This child is unconscious, I need help!”
  - Explain situation **clearly**
  - **Pull the call bell or alarm**

# Airway

- Remove anything obvious
- Open the airway
  - Head tilt chin lift



# Breathing

- **Keep airway open**
- **Look-listen-feel...for normal breathing**
  - **Look:** chest movements
  - **Listen:** mouth and nose
  - **Feel:** air movement on your cheek
- How long for?
  - **No more than 10 seconds!**



# Breaths

- One finger only under chin
- Cover mouth and nose with your mouth if child is less than 1, just mouth if older (pinch nose)
- 5 rescue breaths



# Circulation

- Feel for pulse
- “signs of life”
  - Coughing
  - Movement
  - Breathing
- Don't waste time

# Chest compressions: children

- Hands centre of chest
- Place the heel of **one** hand
- Lift fingers to avoid pressure on ribs.
- Position yourself vertically above chest
- Keep arm straight
  
- **(2 hands in larger children)**
- **(2 fingers in children less than 1)**

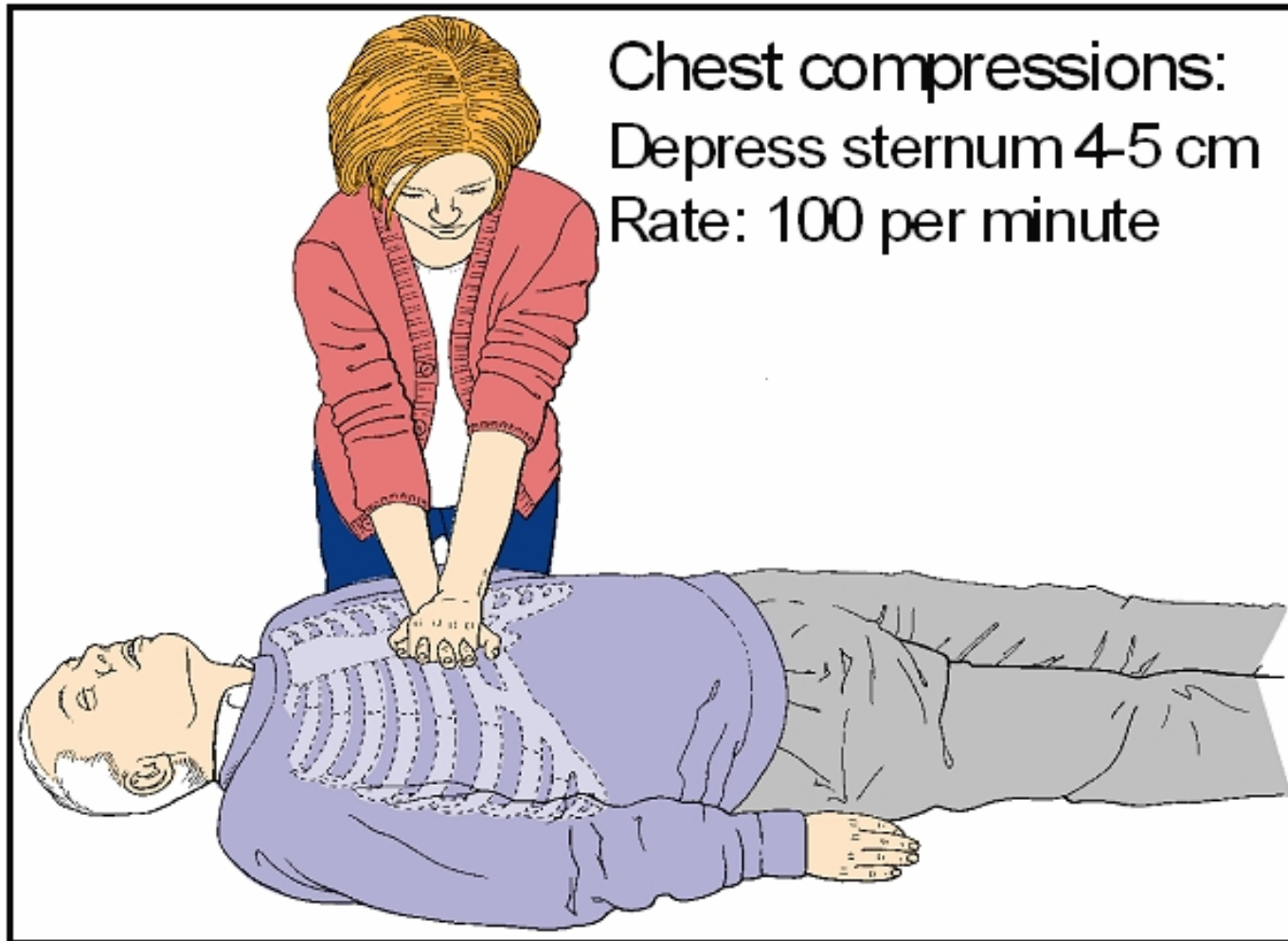
# Chest Compressions: Infant



# Chest compressions: Child



# Chest Compressions



# Put out a formal call for assistance

- If not breathing, call emergency services
- Or put out a “cardiac arrest call” if at work
- Explain clearly
- *“My name is Louisa, I am a doctor. I am with a patient who is unconscious and is not breathing and has no pulse. We are in the surgical ICU ward. I need assistance immediately to resuscitate the patient”*



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# When do I stop?

- **The patient starts breathing,  
*NORMALLY***
- **When assistance comes**
- **When someone can relieve you**
- **For Advanced Life Support /  
Defibrillation**

# Choking

