

Checklist of the practical skill "Basic cardiopulmonary resuscitation"

FULL NAME. student _____ Group, faculty _____ Date _____

№	Act	1*	0.5**	0***
1	<p>Situation assessment</p> <ul style="list-style-type: none"> • Assess the safety of the conditions for rendering assistance (the presence of electric current, a running car engine, the danger of explosion or fire, "road" danger, aggression from others, etc.) and, if possible, the elimination of hazardous factors or removal from them; • Assess anamnesis (interviewing others) 	5.0	2.5	0
2	<p>Diagnosis of cardiac arrest (10 seconds)</p> <ul style="list-style-type: none"> • Assess the presence of consciousness (ask a question); • Assess the presence of breathing ("see", "hear", "feel"); • Determine the pulse on the external carotid artery or femoral artery 	10.0	5.0	0
3	<p>Providing help and support</p> <ul style="list-style-type: none"> • Call the ambulance brigade (MES) (the phone number was dialed correctly, the possible causes of the incident, the condition of the victim (patient), the place of the incident, the name and surname of the caller were reported); • If possible, involve witnesses (others) in the assistance 	5.0	2.5	0
4	<p>Preparation for resuscitation</p> <ul style="list-style-type: none"> • Lay the victim (patient) on his back, on a hard surface; • Unbutton clothes, belt; • If possible - raise the resuscitated's legs 	5.0	2.5	0
5	<p>Sequence of resuscitation measures</p> <ul style="list-style-type: none"> • Complex "massage-IVL" 30: 2; • Without determining the pulse, carrying out 5 complexes (2 minutes) • Heart rate detection (10 seconds) 	20.0	10.0	0
6	<p>Quality assessment of closed heart massage</p> <ul style="list-style-type: none"> • Compression frequency not less than 100 and not more than 120 per minute; • Compression depth - not less than 5 cm and not more than 6 cm; 	30.0	15.0	0

	<ul style="list-style-type: none"> • Point of pressure: strictly along the midline in the middle third of the sternum (or on the border of the middle and lower third of the sternum); • Hands are straightened, strictly perpendicular to the surface of the chest of the resuscitated person; • Technique of manipulation: do not lose contact between the arms and the chest of the resuscitated person, allow the chest to fully expand, the compression and decompression times are the same 			
7	<p>Assessment of the quality of artificial ventilation</p> <ul style="list-style-type: none"> • If possible, cleaning the upper respiratory tract (removal of foreign bodies, vomit, blood clots, etc.); • Straightening of the airways (in the absence of contraindications); • Sealing of the upper respiratory tract; • Duration of ventilation - 1 second; • If possible - control of the chest excursion of the resuscitated person; • The total duration of 2 ventilation no more than 5 seconds 	20.0	10.0	0
8	<p>Monitoring the effectiveness of resuscitation measures</p> <ul style="list-style-type: none"> • Assessment of the pulse on the external carotid or femoral artery; • When a pulse appears - assessment of the heart rate, blood pressure control; • Organization of transfer to the intensive care unit; • Timely termination of resuscitation measures if they are unsuccessful (carried out 30 minutes after the start of the last episode of cardiac arrest if there were several of them) 	5.0	2.5	0
	Total			

* completed completely; ** incompletely executed (with errors); *** did not comply

