Topic 1.9 part 2 “Diagnosis of signs of life. Transfer to a stable lateral position"

Question 1 Diagnosis of signs of life

Main diagnostic signs of cardiac arrest:

• lack of consciousness

• lack of breathing or abnormal breathing that does not provide adequate ventilation

• absence of pulse in the carotid arteries

Additional diagnostic signs of cardiac arrest:

• dilation of the pupils without their reaction to light

• change in skin color (pallor, cyanosis, acrocyanosis)

• no blood pressure

• absence of heart sounds

Assessing the presence of consciousness

• contact the victim with the question “What’s wrong with you”? / "What's happened"? / "Are you okay"?

• gently shake by the shoulders;

• in the absence of verbal contact, consider that consciousness is absent;

• the use of rough, painful, traumatic methods to determine the patient's reaction is unacceptable.

Assessment of the presence of spontaneous breathing (according to the “see-hear-feel” principle)

• place your ear over the victim’s mouth and nose, place the palm of your hand on the lower part of the victim’s sternum;

• simultaneously evaluate the movements of the chest during inhalation and exhalation (I see), the presence of noise of exhaled air (I hear) and the sensation of air movement and excursions of the chest (I feel);

• if necessary and possible, first ensure airway patency;

• ideally, respiratory assessment and circulatory assessment are performed simultaneously within 10 seconds;

• lack of breathing, severe bradypnea or pathological types of breathing are indications for resuscitation measures.

Assessment of the presence of blood circulation

• determine the pulsation on the external carotid or femoral arteries (preferably on the carotid: the middle and index fingers are placed on the anterior surface of the victim’s thyroid cartilage, then it is necessary to “slide” to the side and apply light pressure with two fingers in the fossa between the lateral surface of the larynx and the muscle roller of the sterno- cleidomastoid muscle on the lateral surface of the neck; in children under 1 year of age, pulsation is determined on the carotid or brachial artery);

• pulse assessment is carried out within 10 seconds and, if possible, simultaneously with determining the presence of spontaneous breathing. If the main signs of

cardiac arrest are detected, cardiopulmonary resuscitation should be started immediately.

Assessment of additional diagnostic signs of cardiac arrest is carried out, if appropriate equipment is available, simultaneously with the assessment of the main signs, and only if more than one person is assisting.

Question 2 Transfer to a stable lateral position

If CPR is successful If the victim begins to breathe on his own, but remains unconscious, it is necessary to transfer him to a stable lateral position, for which it is necessary:

- move the arm closest to the rescuer at a right angle, bend it at the elbow towards the body with the palm up (Fig. 1);
- with the hand that is closer to the victim's head, take his hand, place the victim's palm on his cheek, fixing the victim's head with your fingers (Fig. 2);
- with your other hand, bend the victim's knee farthest from the rescuer, pulling it up (Fig. 3)
- by pressing your hand on your knee, carefully turn the victim towards you, holding his head on your palms so that it turns with the body, and lay the victim on his side (Fig. 4);
- recheck pulse and breathing

ATTENTION

Constantly monitor the victim and be ready to resume resuscitation at any time.

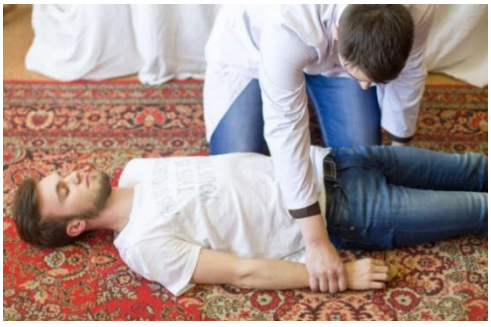

Fig. 1

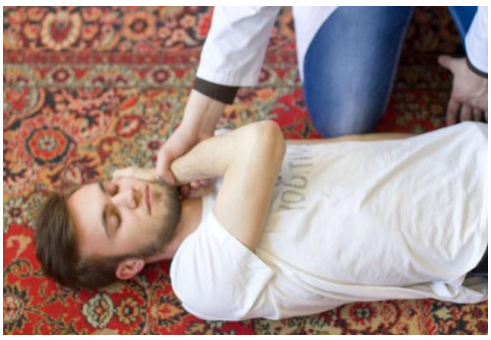

Fig. 2

Fig. 3

Fig. 4