



DIAGNOSIS AND MANAGEMENT

EMERGENCY MEDICINE

SIXTH EDITION

Anthony FT Brown
and Michael D Cadogan

EMERGENCY MEDICINE

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EMERGENCY MEDICINE

DIAGNOSIS AND MANAGEMENT

Sixth edition

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DEDICATION

To Regina, my beautiful and understanding wife, for her encouragement and patience. And to Edward and Lucy, who continue to impress and amaze, and bring such joy and happiness whilst reminding me what really matters.

A.F.T.B.

To my wonderful wife Fiona for her tolerance and support. To my enigmatic children William, Hamish and Olivia for their enduring patience and inspiration.

M.D.C.

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CONTENTS

Dedication	v
Preface	xxi
Acknowledgements	xxiii

Section I CRITICAL CARE EMERGENCIES

Cardiopulmonary Resuscitation	2
Initial approach	2
Definitive care	6
Acute Upper Airway Obstruction	13
Shocked Patient	15
General approach	15
Hypovolaemic shock	19
Septic shock	21
Unconscious Patient	24
Anaphylaxis	27
Severe Head Injury	29
Critical-Care Areas Drug Infusion Guideline	34
Further Reading	41

Section II GENERAL MEDICAL EMERGENCIES

Chest Pain	44
Acute coronary syndrome	44
ST elevation myocardial infarction	44
Non-ST elevation myocardial infarction and unstable angina	48
Non-cardiac chest pain	51
Pulmonary embolus	51
Venous thromboembolism with deep vein thrombosis	55
Aortic dissection	57
Pericarditis	58
Pleurisy	59
Abdominal causes of chest pain	59
Musculoskeletal and chest wall pain	60

Cardiac Arrhythmias	60
Breathless Patient	64
Acute asthma	65
Community-acquired pneumonia	67
Chronic obstructive pulmonary disease	71
Pneumothorax	72
Pulmonary embolus	75
Pulmonary oedema	75
Acute upper airway obstruction	76
Upper Gastrointestinal Haemorrhage	76
Diabetic Coma and Pre-coma	78
Diabetic ketoacidosis	78
Hyperglycaemic, hyperosmolar non-ketotic syndrome	80
Altered Conscious Level	80
Confused patient	81
Alcohol-related medical problems	85
Patient with an altered conscious level and smelling of alcohol	85
Alcohol withdrawal	86
Acute Neurological Conditions	87
Syncope	87
Seizure (Fit)	89
Generalized convulsive status epilepticus	91
Transient ischaemic attack	93
Stroke	95
Headache	97
Meningitis	97
Subarachnoid haemorrhage	99
Space-occupying lesion	100
Temporal arteritis	101
Hypertensive encephalopathy	101
Migraine	102
Tension (muscle contraction) headache	104
Post-traumatic headache	104
Disease in other cranial structures	105
Acute Arthropathy	105
Acute monoarthropathy	105
Septic arthritis	105
Gouty arthritis	106
Pseudogout	107
Traumatic arthritis	107
Acute polyarthropathy	108
Rheumatoid arthritis	109

Osteoarthritis	109
Allergic or Immunological Conditions	110
Urticaria (hives)	110
Angioedema	111
Skin Disorders	112
Blistering (vesicobullous) conditions	112
Pruritus (itching conditions)	113
Purpuric conditions	114
Exanthematous diseases	116
Malignant melanoma	117
Elderly Patient	118
Disordered behaviour in the elderly	119
Falls in the elderly	120
Further Reading	121

Section III ACID–BASE, ELECTROLYTE AND RENAL EMERGENCIES

Acid–Base Disturbances	124
Arterial blood gas interpretation	124
Metabolic acidosis	126
Metabolic alkalosis	128
Respiratory acidosis	129
Respiratory alkalosis	130
Electrolyte Disorders	131
Potassium disorders	132
Hyperkalaemia	132
Hypokalaemia	134
Sodium disorders	135
Hypernatraemia	135
Hyponatraemia	136
Calcium disorders	138
Hypercalcaemia	138
Hypocalcaemia	139
Magnesium disorders	139
Hypermagnesaemia	139
Hypomagnesaemia	140
Acute Renal Failure	141
Acute kidney injury	141
Further Reading	144

Section IV INFECTIOUS DISEASE AND FOREIGN TRAVEL EMERGENCIES

Febrile Neutropenic Patient	146
Hepatitis	147
Gastrointestinal Tract Infection	148
Sexually Transmitted Diseases	150
Needlestick and Sharps Incidents	151
Inoculation Incident with HIV Risk	151
Inoculation Incident with Hepatitis Risk	151
Human Immunodeficiency Virus Infection	153
Tuberculosis	155
Bites with Rabies or other Lyssavirus Risk	157
Rabies and Lyssavirus risk	157
Common Imported Diseases of Travellers	158
Malaria	159
Typhoid	160
Dengue	161
Typhus and spotted fevers	161
Helminth infections	162
Pandemic Influenza	163
Further Reading	164

Section V TOXICOLOGY

Acute Poisoning: General Principles	166
Specific Poisons	169
Paracetamol	170
Salicylates	172
Tricyclic antidepressants	174
Benzodiazepines	175
Opioids	176
Iron	177
Digoxin	178
Lithium	179
Theophylline	181
Beta-blockers	182
Calcium-channel blocking drugs	183
Carbon monoxide	184
Cyanide	185
Chloroquine	185
Cocaine	186

Organophosphates	187
Paraquat	188
Chemical Burns	189
Further Reading	190

Section VI TOXINOLOGY EMERGENCIES

Snake Bites	192
Elapid snake bites	192
Viper (adder) snake bites	195
Spider Bites	196
Marine Envenomation	197
Bee and Wasp Stings	199
Further Reading	200

Section VII ENVIRONMENTAL EMERGENCIES

Heat, Cold and Drowning	202
Heat illness	202
Other hyperthermia-related illness	204
Hypothermia	205
Drowning	207
Sports-Diving Accidents	208
Decompression illness	209
Decompression illness with barotrauma	210
Electrical Burns, Electrocution and Lightning Strike	212
Electrical flash burns	212
Low-voltage electrocution	212
High-voltage electrocution	213
Lightning strike	215
Further Reading	216

Section VIII SURGICAL EMERGENCIES

Multiple Injuries	218
Further Diagnosis and Management of Multiple Injuries:	
Definitive Care	223
Head and Facial Injuries	223
Neck Injuries	224
Cervical spine injury	224
Airway injury	229
Vascular injury in the neck	229
Nerve injury in the neck	229

Oesophageal injury	230
Neck sprain	230
Chest Injuries	231
Pneumothorax	231
Haemothorax	231
Rib and sternum fractures	232
Myocardial contusion	233
Aortic rupture	234
Diaphragm rupture	235
Oesophageal rupture	236
Penetrating chest injury	237
Abdominal and Pelvic Trauma	238
Blunt abdominal trauma	238
Penetrating abdominal trauma	240
Pelvic injury	241
Blunt renal injury	242
Penetrating renal injury	243
Bladder and urethral injuries	244
Additional Orthopaedic Injuries in Multiple Trauma	244
Thoracic and lumbosacral spine injury	245
Limb injury	246
Head Injury	247
Conscious head injury	247
Burns	250
Major burns	250
Minor burns and scalds	252
Minor burns of the hand	253
Minor burns of the face	254
Bitumen burns	254
Acute Abdomen	254
Seriously ill patient	254
Stable patient with an acute abdomen	255
Causes of acute abdominal pain	259
Acute appendicitis	260
Intestinal obstruction	260
Intussusception	261
Perforation of a viscus	262
Diverticulitis	262
Inflammatory bowel disease	263
Biliary colic	264
Acute cholecystitis	264
Ruptured abdominal aortic aneurysm	265
Ischaemic colitis	266

Mesenteric infarction	266
Ruptured spleen	267
Acute pancreatitis	267
Renal and ureteric colic	268
Pyelonephritis	269
Acute urinary retention	270
Acute epididymo-orchitis	271
Acute testicular torsion	271
Primary peritonitis	272
Retroperitoneal haemorrhage	272
Gynaecological causes	273
Medical disorders presenting with acute abdominal pain	273
Further Reading	274

Section IX ORTHOPAEDIC EMERGENCIES

Injuries to the Shoulder and Upper Arm	276
Fractures of the clavicle	276
Acromioclavicular dislocation	276
Sternoclavicular dislocation	277
Fractures of the scapula	278
Anterior dislocation of the shoulder	278
Posterior dislocation of the shoulder	280
Fractures of the upper humerus	281
Fractures of the shaft of the humerus	282
Injuries to the Elbow and Forearm	283
Supracondylar fracture of the humerus	283
Condylar and epicondylar fractures of the humerus	284
Dislocation of the elbow	285
Pulled elbow	286
Fractures of the olecranon	286
Fractures of the radial head	287
Fractures of the radial and ulnar shafts	287
Injuries to the Wrist and Hand	288
Colles' fracture	288
Smith's fracture	290
Barton's fracture-dislocation	291
Radial styloid fracture	291
Distal radial fractures in children	292
Fractures of the scaphoid	292
Dislocations of the carpus	294
Fractures of the other carpal bones	294
Fractures of the thumb metacarpal	295
Dislocation of the thumb metacarpal	296

Rupture of the ulnar collateral ligament	296
Fractures of the other metacarpals	297
Fractures of the proximal and middle phalanges	298
Fractures of the distal phalanges	298
Dislocation of the phalanges	299
Flexor tendon injuries in the hand	300
Extensor tendon injuries in the hand	300
Digital nerve injuries	301
Fingertip injuries	301
Cervical Spine Injuries	301
Thoracic and Lumbar Spine Injuries	302
Pelvic Injuries	302
Injuries to the Hip and Upper Femur	302
Dislocation of the hip	302
Fractures of the neck of the femur	303
Fractures of the shaft of the femur	304
Injuries to the Lower Femur, Knee and Upper Tibia	305
Supracondylar and condylar fractures of the femur	305
Fractures of the patella and injury to the quadriceps apparatus	305
Dislocation of the patella	306
Soft-tissue injuries of the knee	306
Dislocation of the knee	308
Fractures of the tibial condyles	308
Injuries to the Lower Tibia, Ankle and Foot	309
Fractures of the shaft of the tibia	309
Isolated fracture of the fibula	310
Inversion ankle injuries	310
Other ankle injuries	312
Dislocation of the ankle	312
Fractures and dislocation of the talus	312
Fractures of the calcaneus	313
Rupture of the tendo Achilles	314
Mid-tarsal dislocations	314
Metatarsal injuries and tarsometatarsal dislocations	314
Fractures of the phalanges of the foot	315
Dislocations of the phalanges of the foot	315
Further Reading	316

Section X MUSCULOSKELETAL AND SOFT-TISSUE EMERGENCIES

Soft-Tissue Injuries	318
Tetanus prophylaxis	321
Crush injury and compartment syndrome	323
Puncture injuries	324
Hand infections	325
Pre-tibial laceration	326
Non-articular Rheumatism	326
Torticollis (wry neck)	327
Frozen shoulder	327
Rotator cuff tear: supraspinatus rupture	328
Supraspinatus tendinitis	328
Subacromial bursitis	329
Tennis and golfer's elbow	329
Olecranon bursitis	329
De Quervain's stenosing tenosynovitis	329
Carpal tunnel syndrome	330
Housemaid's knee	330
Back Pain	330
Direct back trauma	331
Indirect mechanical back trauma	331
Severe or atypical, non-traumatic back pain	332
Mild to moderate, non-traumatic back pain	333
Further Reading	333

Section XI PAEDIATRIC EMERGENCIES

General Assessment	336
Cardiopulmonary Resuscitation	339
Breathless Child	347
Asthma	347
Bronchiolitis	349
Pneumonia	350
Anaphylaxis	351
Stridor	352
Croup (acute laryngotracheobronchitis)	352
Epiglottitis (supraglottitis)	352
Inhaled foreign body	354
Abdominal Pain, Diarrhoea and Vomiting	355
Acute abdominal pain	355
Diarrhoea, vomiting and dehydration	357

Febrile Child	361
Seizures and Febrile Convulsions	364
Seizures	364
Febrile convulsions	365
Acute Poisoning	367
Limping Child	369
Sudden Unexpected Death in Infancy	370
Child Abuse (Non-accidental Injury)	372
Further Reading	374

Section XII OBSTETRIC AND GYNAECOLOGICAL EMERGENCIES

Gynaecological Assessment and Management	376
General principles	376
Prescribing in pregnancy	376
Gynaecological Causes of Acute Abdominal Pain	376
Ruptured ectopic pregnancy	377
Pelvic inflammatory disease (acute salpingitis)	379
Ruptured ovarian cyst	380
Torsion of an ovarian tumour	380
Endometriosis	381
Bleeding in Early Pregnancy	381
Spontaneous miscarriage	381
Induced septic abortion	383
Conditions in Late Pregnancy	383
Terminology	384
Antepartum haemorrhage	384
Pre-eclampsia and eclampsia	385
Emergency delivery	386
Trauma in late pregnancy	387
Cardiopulmonary resuscitation in late pregnancy	388
Women's Medicine Crises	389
Post-coital contraception	389
Missed oral contraceptive pill	390
Domestic violence to females	391
Female rape	391
Further Reading	393

Section XIII ENT EMERGENCIES

Traumatic Conditions of the Ear	396
Subperichondrial haematoma	396
Wounds of the auricle	396
Foreign body in the external ear	396
Perforated eardrum	397
Basal skull fracture	397
Non-traumatic Conditions of the Ear	398
Otitis externa	398
Furunculosis of the external ear	398
Acute otitis media	399
Mastoiditis	399
Vertigo	400
Facial nerve palsy	400
Traumatic Conditions of the Nose	401
Fractured nose	401
Foreign body in the nose	402
Non-traumatic Conditions of the Nose	402
Epistaxis	402
Traumatic Conditions of the Throat	404
Non-traumatic Conditions of the Throat	404
Tonsillitis	404
Quinsy (peritonsillar abscess)	405
Foreign body in the pharynx	405
Swallowed foreign body	406
Stridor	407
Further Reading	407

Section XIV OPHTHALMIC EMERGENCIES

Visual Acuity	410
Topical Ophthalmic Preparations	410
Traumatic Conditions of the Eye	411
Periorbital haematoma ('black eye')	411
Subconjunctival haematoma	411
Eyelid laceration	412
Eyelid burn	412
Chemical burns to the eye	412
Conjunctival foreign body	413
Corneal foreign body	414
Corneal abrasion	414
Flash burn (arc eye)	414

Blunt trauma to the eye	415
Penetrating trauma to the eye	416
Conditions Affecting the Eyelids	417
Blepharitis	417
Stye (external hordeolum)	417
Meibomian abscess (internal hordeolum)	417
Meibomian cyst (chalazion)	417
Dacryocystitis	417
Orbital and periorbital cellulitis	418
Basal cell carcinoma (rodent ulcer)	418
Ophthalmic shingles (herpes zoster ophthalmicus)	418
Painful, Red Eye	419
Acute conjunctivitis	419
Acute keratitis	420
Acute iritis	421
Acute episcleritis and scleritis	421
Acute glaucoma	422
Sudden Loss of Vision in the Uninflamed Eye	422
Central retinal artery occlusion	422
Central retinal vein occlusion	423
Vitreous haemorrhage	424
Retinal detachment	424
Optic neuritis	425
Further Reading	425
 Section XV MAXILLOFACIAL AND DENTAL EMERGENCIES	
Traumatic Conditions of the Face and Mouth	428
Lacerations	428
Tooth injuries	428
Fractured mandible	430
Dislocated mandible	430
Fracture of the zygoma or zygomaticomaxillary (malar) complex	431
'Blow-out' fracture of the orbital floor	432
Le Fort middle-third of face fractures	433
Non-traumatic Conditions of the Mouth	434
Toothache	434
Dental abscess	434
Ludwig's angina	434
Submandibular swellings	435
Further Reading	435

Section XVI PSYCHIATRIC EMERGENCIES

Deliberate Self-harm	438
Violent Patient	439
Alcohol and Drug Dependency and Abuse	441
Alcohol and drug withdrawal	441
Problem drinking	441
Opiate and intravenous drug addiction	442
Benzodiazepine and solvent addiction	443
Involuntary Detention	443
Further Reading	444

Section XVII ADMINISTRATIVE AND LEGAL ISSUES

Desirable Habits of the Good Emergency Department Doctor	446
Excellence in emergency department care	446
Emergency department medical records	446
Communicating with the general practitioner	447
Breaking bad news	448
Risk management and incident reporting	449
Triage	450
Consent, Competence and Refusal of Treatment	451
Consent and competence	451
Refusal of treatment and discharge against medical advice	452
Police, Coroner and Attending Court	453
Police request for patient information	453
Police request to interview a patient	453
Police request for an alcohol breath test or blood sample	453
Request for a police medical statement	454
Coroner	454
Attending an inquest or court	455
Retrieval and Inter-hospital Transfer	456
Major Incident	456
External disaster	456
Specialized responses	459
Chemical incident	460
Biological incident	462
Radiological incident	463
Further Reading	464

Section XVIII PRACTICAL PROCEDURES

Endotracheal Intubation	466
Rapid Sequence Induction (RSI) Intubation	466
Cricothyrotomy	469
Needle Thoracentesis	471
Intercostal Catheter Insertion	473
DC Cardioversion	474
Pericardial Aspiration	475
Central Line Insertion	476
Intraosseous Line Insertion	480
Lumbar Puncture	482
Indwelling Urethral Catheter Insertion	484
Nasogastric Tube Insertion	486
Bier's Intravenous Regional Block	488
Femoral Nerve Block	489
Digital Nerve Ring Block	491
Knee Aspiration	492
Further Reading	492

Glossary	495
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Appendix: Normal Laboratory Values	503
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Index	507
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PREFACE TO THE 6TH EDITION OF *EMERGENCY MEDICINE*

Many changes have been made to this new edition, which incorporates the latest ideas and evidence base underpinning the best emergency medicine care. The whole text has been revised and updated from the latest 2010 international guidelines on cardiopulmonary resuscitation, right through to favourite handy hints and practical tips. Also included are brand new sections on Critical Care Emergencies and Practical Procedures, plus expanded sections on Paediatric Emergencies, Infectious Disease and Foreign Travel Emergencies, and Environmental Emergencies, and the addition of normal laboratory values and precise drug doses.

A standardized approach to every condition has been retained throughout, with the text consistently formatted to maximize ease of use and the practical delivery of patient care. This book is as much designed for the bedside as it is for studying. The text is now supported by a wealth of additional online material at <http://lifeinthefastlane.com/>. This includes high-resolution clinical images, procedural videos, case-based clinical questions, additional reading material and links to online references, all available for *free*.

The emergency department is rightly regarded as the 'front door' to the hospital. No matter how busy it may be, or how much inpatient beds are at a premium, each new patient deserves high-quality care from the moment he or she arrives. We hope this book will help you deliver on this challenge.

Anthony F T Brown
Mike Cadogan
December 2010

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Tony Brown and Mike Cadogan

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CRITICAL CARE EMERGENCIES

CARDIOPULMONARY RESUSCITATION

INITIAL APPROACH

DIAGNOSIS

- 1 Cardiopulmonary resuscitation (CPR) is required if a collapsed person is unconscious or unresponsive, not breathing, and has no pulse in a large artery such as the carotid or femoral.
 - (i) The following may also be seen:
 - (a) occasional, ineffectual (agonal) gasps
 - (b) pallor or cyanosis
 - (c) dilated pupils
 - (d) brief tonic grand mal seizure.
- 2 Sudden cardiac arrest still causes over 60% of deaths from coronary heart disease in adults.

MANAGEMENT

- 1 This is based on the International Liaison Committee on Resuscitation (ILCOR) 2010 International Consensus on CPR Science with Treatment Recommendations (CoSTR).
 - (i) The first person on the scene stays with the patient, checks for danger and commences resuscitation, making a note of the time.
 - (ii) The second person summons help to organize the arrival of equipment, then assists with the resuscitation.
- 2 **Immediate actions**

The aim is to maintain oxygenation of the brain and myocardium until a stable cardiac output is achieved.

 - (i) Lay the patient flat on a hard surface such as a trolley. If the patient is on the floor and enough people are available, lift the patient onto a trolley to facilitate the resuscitation procedure.
 - (ii) Rapidly give a single, sharp precordial thump within the first few seconds of the onset of a witnessed or monitored arrest, where the rhythm is pulseless ventricular tachycardia (VT) or ventricular fibrillation (VF), and a defibrillator is not immediately to hand.
 - (iii) Check the victim for a response, and then open the airway by tilting the head and lifting the chin if there is no response ('head tilt, chin lift'):
 - (a) this prevents the tongue from occluding the larynx
 - (b) look, listen and feel for breathing for no more than 10 s, while keeping the airway open.
 - (iv) If breathing is not normal or absent, check for signs of a circulation:
 - (a) assess a large pulse such as the carotid or femoral, or look for signs of life for no more than 10 s.

- (v) Start CPR immediately if there are no signs of life:
 - (a) commence external cardiac massage
 - (b) commence assisted ventilation.

3 External cardiac massage

- (i) Place the heel of one hand in the centre of the patient's chest. Place the heel of the other hand on top, interlocking the fingers.
- (ii) Keeping the arms straight and applying a vertical compression force, depress the sternum 5–6 cm at a rate of at least 100 compressions/min (but not exceeding 120/min):
 - (a) release all the pressure on the chest without losing contact with the sternum after each compression
 - (b) do not apply pressure over the upper abdomen, lower end of sternum or the ribs, and take equal time for compression and for release.
- (iii) Perform 30 compressions, which should create a palpable femoral pulse.
- (iv) Use a one- or two-hand technique to compress the lower half of the sternum in small children by approximately one-third of its depth, at a rate of at least 100 compressions/min but not greater than 120/min:
 - (a) use the tips of two fingers in infants, also at a rate of at least 100/min (see p. 343).



Warning: avoid using excessive or malpositioned force causing rib fractures, flail chest, liver lacerations, etc.

4 Assisted ventilation

- (i) Open the airway again using head tilt and chin lift.
- (ii) Start mouth-to-mouth/nose or mouth-to-mask respiration without delay if breathing is absent, using a pocket mask such as the Laerdal.
- (iii) Deliver two effective rescue breaths that should be completed within 5 s total time, and immediately resume compressions.
- (iv) Use a bag-valve mask setup such as an Ambu or Laerdal bag with oxygen reservoir attached and face mask instead, if trained in the technique
 - (a) quickly look in the mouth and remove any obstruction with forceps or suction. Leave well-fitting dentures in place
 - (b) or try inserting an oropharyngeal (Guedel) airway if necessary
 - (c) check for leaks around the mask or convert to a two-person technique if the chest fails to inflate
 - (d) consider possible obstruction of the upper airway, if ventilation is still ineffective (see p. 13).



Warning: adequate oxygenation is achieved by the above measures. Endotracheal intubation should *only* be attempted by those who are trained, competent and experienced.

5 **Basic life support: external cardiac massage with assisted ventilation**

- (i) Continue with chest compressions and rescue breaths in a ratio of 30:2.
- (ii) Change the person providing chest compressions every 2 min, but ensure minimum interruption to compressions during the changeover.

6 **Defibrillation**

- (i) As soon as the defibrillator arrives, apply self-adhesive pads or paddles to the patient whilst continuing chest compressions
 - (a) rapidly shave excessive male chest hair, without delay
 - (b) place one self-adhesive defibrillation pad or conventional paddle to the right of the sternum below the clavicle, and the other adhesive pad or paddle in the mid-axillary line level with the V6 electrocardiogram (ECG) electrode or female breast
 - (c) avoid positioning self-adhesive pads or paddles over an ECG electrode, medication patch, or implanted device, e.g. pacemaker or automatic cardioverter defibrillator.
- (ii) Analyse the rhythm with a brief pause, and charge the defibrillator if the rhythm is VF or pulseless VT. Continue chest compressions until fully charged.
- (iii) Quickly ensure that all rescuers are clear, then give the patient an immediate 150–200 J direct current (DC) shock using a biphasic waveform defibrillator (all modern defibrillators are now biphasic)
 - (a) minimize the delay in delivering the shock, which should take less than 5 s
 - (b) ensure good electrical contact is made when applying manual paddles by using gel pads or electrode jelly, and apply firm pressure of 8 kg force in adults
 - (c) give a 360 J shock if an older monophasic defibrillator is used.
- (iv) Immediately resume chest compressions without reassessing the rhythm or feeling for a pulse.
- (v) The *only* exception is when VF is witnessed in a patient already connected to a manual defibrillator, or during cardiac catheterization, and/or early post-cardiac surgery
 - (a) use a stacked, three-shock strategy rapidly delivering three shocks in a row *before* starting chest compressions.
- (vi) Continue external chest compressions and assisted ventilation for 2 min, then pause briefly to assess the rhythm again.

- 7 Observe one of four possible traces (see Fig. 1.1 for a rapid overview of treatment):
- (i) Shockable rhythms such as VF (see p. 7) or pulseless VT (see p. 7).

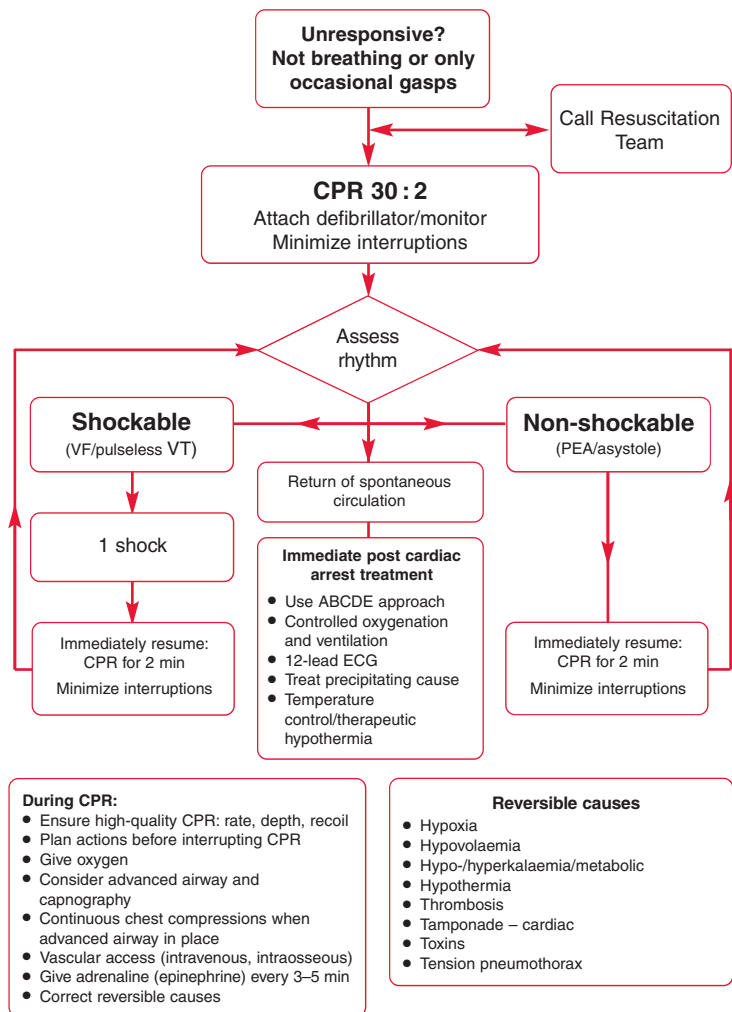


Figure 1.1 Adult advanced life support algorithm. ABCDE, airway/breathing/circulation/disability/exposure; CPR, cardiopulmonary resuscitation; ECG, electrocardiogram; PEA, pulseless electrical activity; VF, ventricular fibrillation; VT, ventricular tachycardia. Reproduced with kind permission from European Resuscitation Council (2010) European Resuscitation Council Guidelines for Resuscitation 2010. Section 1. Executive summary. *Resuscitation* **81**: 1219–76.