Resuscitation
The First Five Minutes

Danger
Safe to approach the patient? Personal protective equipment
Decontaminate
Chemical restraint

Call for help
Is the patient in the right place?
Is the necessary equipment at hand?
Are the right people present or notified?

Calm
Make the room quiet
Send unnecessary personnel to perimeter
Identify team leader

Cardiac Arrest
Pulse check if unresponsive
Compressions if no certain pulse
Analyze rhythm, defibrillate if indicated

Airway
Does the patient need an airway intervention?
Voice, secretion, stridor, airway posturing
Optimize head and neck position, jaw thrust
Suction, remove foreign body
Place oral/nasal airway, LMA
Prepare to intubate

Breathing
Nasal cannula, then face mask oxygen or NIV
Bag mask or LMA ventilation
Intubation if required
Blood gas, ABG
12-lead ECG
Calcium for hyperkalemia

Circulation
Vascular access
Monitor
HR, BP, pulses, AP, skin & perfusion
IV access
12-lead ECG
Calcium for hyperkalemia

Neurologic Disability
Level of consciousness, mentation, GCS
Pupils
Movement at four extremities
Capillary blood glucose, D50
Head CT

Exposure
Remove all clothing and check pockets/bags
Visualize every inch of skin
Medication patches
ID, alert bracelet, medical history, medications
Rectal temp
Active cooling or warming

Family & Friends
Collateral history (ask EMS)
Advanced directives
Set cautious expectations
Family-witnessed resuscitation

anaGesia
HCG
2 drops of blood on urine beta cassette
Displace uterus to the left
Perimortem C-section

Infection
Isolate
Broad spectrum antibiotics
Source control

Ultrasound Jel
Diagnosis of hypotension
Fluid responsiveness
Venous and arterial access