

# 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, secretions, 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  
Room air sat, resp rate, effort, breath sounds  
Needle, tube, or finger thoracostomy  
Albuterol, epinephrine, nitroglycerine  
Portable chest xray

## Circulation

Vascular access  
Monitor  
HR, BP, pulses, JVP, skin & perfusion  
IVF, blood  
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  
Trauma, rash, 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

## analGesia

## 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