

Adult CPR

- Adult patient is any patient from puberty and older. American Heart Association classifies puberty as chest and armpit hair in males and breast development in females.
- Chest compression ratio is 100/ per. Minute.
- One and Two-person CPR is accomplished at a rate of 30 chest compressions to 2 breaths.
- Depth of chest compressions should be 1 ½ - 2 inches.
- Use two hands when giving chest compressions.
- Compressions stopped for breaths should be stopped no longer than 5-10 seconds.
- Keep all interruptions of chest compressions to 10 seconds or less.
- When arrest is witnessed or not-witnessed in adults always call 911 and get AED first, then begin CPR.
- When rescue breathing for an adult breaths should be every 5-6 seconds.
- Do 5 cycles of 30 chest compressions and 2 breaths then reassess the patient, if AED advises deliver shock.