



2020 Interim Training Materials: BLS Provider Manual Changes

Purpose

These instructions will help update the current *BLS Provider Manual* with science from the *2020 American Heart Association Guidelines for Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care*.

Provider Manual Changes

Print these materials and give to students to help them know where to change the information in their provider manual:

1. Adult and Pediatric Chains of Survival

2020 Changes

- A new in-hospital cardiac arrest Chain of Survival for pediatrics was added, and it has the sixth link, for recovery.
- A sixth link, recovery, was also added to both of the out-of-hospital Chains of Survival (adult and pediatric).
 - The process of recovery from cardiac arrest extends long after the initial hospitalization. Support is needed during recovery to ensure optimal physical, cognitive, and emotional well-being and return to social/role functioning. This process should be initiated during the initial hospitalization and continue for as long as needed.

Apply Here

- **Part 1: General Concepts**
 - **Section:** The Chain of Survival

2. Rescue Breathing: Adult

2020 Change

- Change to 1 breath every 6 seconds (10 breaths per minute).

Apply Here

- **Part 7: Ventilation Techniques**
 - **Section:** Rescue Breathing

3. Compressions

2020 Changes

- Quickly move bulky clothes out of the way. If a person's clothes are difficult to remove, you can still provide compressions over clothing.
- If an AED becomes available, remove all clothing that covers the chest. AED pads must not be placed over any clothing.

Apply Here

- **Part 2: Adult One Rescuer BLS Sequence**
 - **Section:** Begin High-Quality CPR, Starting with Compressions

4. Infant Compressions

2020 Changes

- Single rescuer: use 2 fingers, 2 thumbs, or the heel of 1 hand for infants.



- For infants, single rescuers (whether lay rescuers or healthcare providers) should compress the sternum with 2 fingers or 2 thumbs placed just below the nipple line.
- For infants, if the rescuer is unable to achieve guideline-recommended depths (at least one third the diameter of the chest), it may be reasonable to use the heel of 1 hand.

Apply Here

- Sections:
 - Infant and Child 1-Rescuer BLS sequence
 - Infant/Child Chest Compression
 - Infant and Child 2-Rescuer BLS Sequence

5. Pediatric Ventilation Rates

2020 Change

- For infants and children with a pulse who are receiving rescue breathing or who are receiving CPR with an advanced airway in place, provide 1 breath every 2 to 3 seconds (20-30 breaths per minute).

Apply Here

- **Part 7: Ventilations Techniques**
 - **Section:** CPR and Breaths With an Advanced Airway

6. Opioids

2020 Changes

- For a patient with suspected opioid overdose who has a definite pulse but no normal breathing or only gasping (ie, a respiratory arrest), in addition to providing rescue breathing, *give naloxone*.
- For a patient with suspected opioid overdose who has no pulse and no breathing, *consider* giving naloxone but do not delay CPR.
- For a patient with suspected opioid overdose who has a definite pulse and normal breathing, consider naloxone, and transport to the hospital.

Apply Here

- **Part 7: Rescue Breathing**
 - **Section:** Critical Concepts, Respiratory Arrest
- **Part 8: Opioid-Associated Life-Threatening Emergencies**