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).

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- 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