

# resuscitation: the first five minutes



reuben j strayer  
[emupdates.com](http://emupdates.com)

DC3, A through J

Danger

is it safe to approach the patient?  
personal protective equipment  
decontaminate  
chemical restraint



is the patient in the right place?


is the necessary equipment at bedside?

are the right people here or notified?

all for help

make the room quiet  
unnecessary personnel to perimeter  
identify team leader

alm



pulse check if unresponsive  
compressions if no certain pulse  
analyze rhythm, defibrillate if indicated

cardiac arrest

# Airway

does the patient need an airway intervention?  
voice, secretions, stridor, posturing  
head & neck position, jaw thrust  
suction, foreign body  
oral/nasal airway, LMA  
prepare to intubate

A large, bold, orange letter 'B' that serves as a graphic element for the 'B' in 'Breathing'.

oxygenate: NC, face mask, NIV

ventilate: bag mask, LMA

SpO<sub>2</sub>, RR, resp effort, auscultate lungs

thoracostomy

albuterol, epinephrine, nitroglycerine

portable chest xray

reathing





vascular access  
monitor

HR, BP, pulses, JVP, skin & perfusion

IVF, blood

12-lead ECG

Ca for hyperK

irculation



level of consciousness / mentation  
pupils

movement at 4 extremities

capillary blood glucose / D50

STAT head CT

isability



remove all clothing & check pockets  
visualize every inch of skin

trauma

rash

alert bracelet

medication patches

ID, medical history, medications

rectal temp

initiate active cooling or warming

xposure



collateral history (ask EMS)

advanced directives

set expectations

family-witnessed resuscitation

family & friends

D

C3

A

B

C

D

E

F

G

H

I

J

# Gesia

IV/IM morphine 0.1 mg/kg

IV fentanyl 1 mcg/kg

IN fentanyl 2 mcg/kg

IV ketamine 0.15 mg/kg

D

C3

A

B

C

D

E

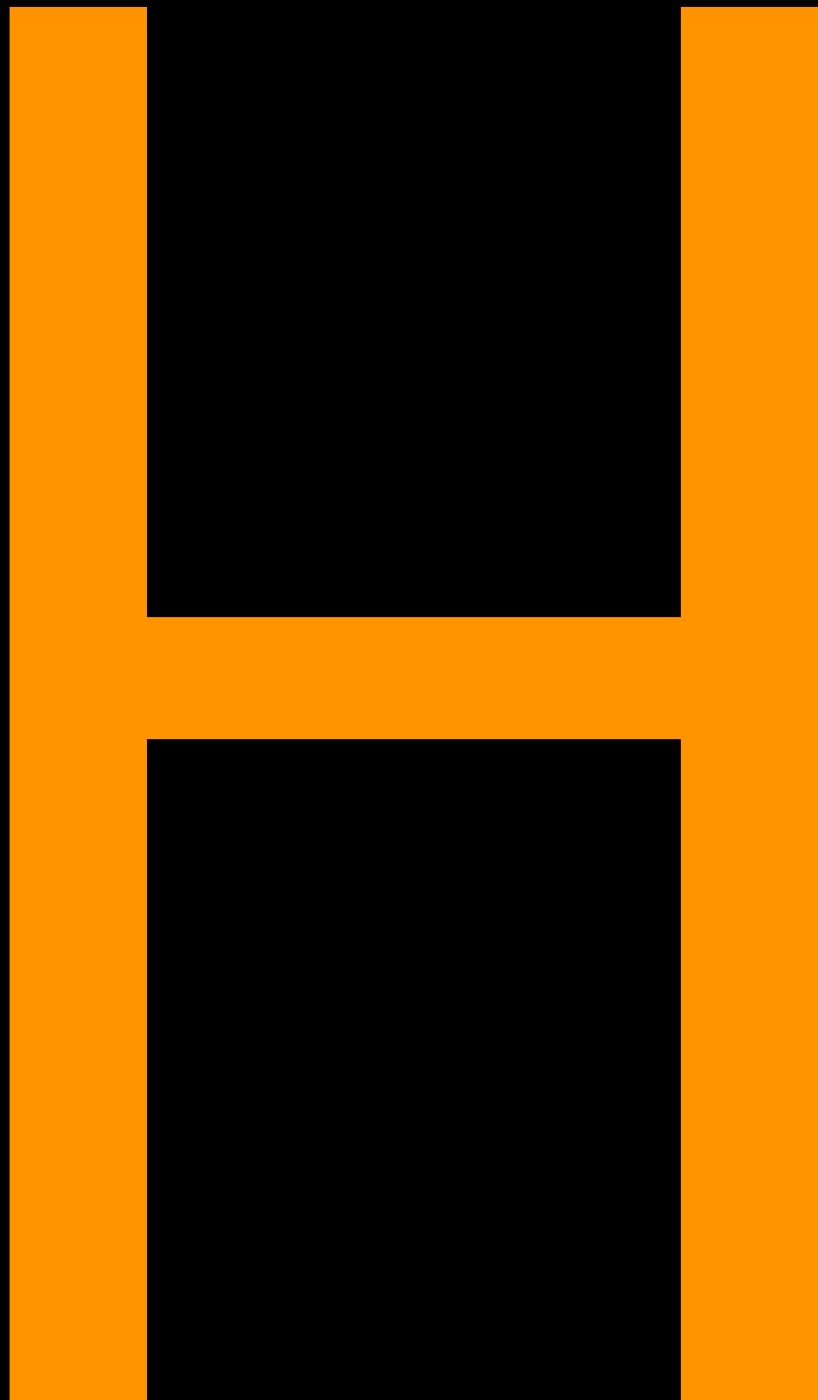
F

G

H

I

J



2 drops whole blood on bedside  
pregnancy test cassette

displace uterus to left

perimortem C section

CG



isolate

broad spectrum antibiotics

source control

nfection

pericardial effusion, ejection fraction

RV strain, regional wall motion

IVC collapsibility

intraperitoneal fluid, aorta, IUP

PTX, pulmonary edema, pleural effusion

intracranial pressure

DVT

venous & arterial access

el (ultrasound)



D

C4

A

B

C

D

E

F

G

H

I

J

\*

spine

\* for oral boards

Danger

Call for help

Calm

Cardiac arrest

Airway

Breathing

Circulation

Disability

Exposure

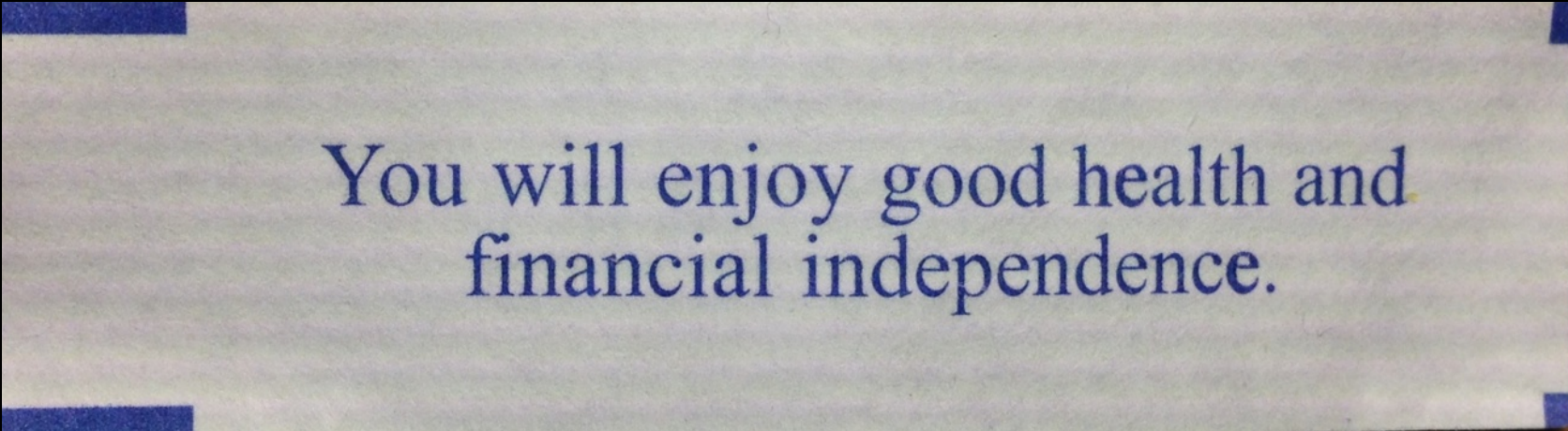
Family/friends

analgesia

HCG

Infection

Jel (ultrasound)



You will enjoy good health and  
financial independence.