

# Acls case scenarios answers

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### 9 ACLS Cases\*\*

- Cardiac arrest due to acute coronary syndrome (ACS)
- Cardiac arrest due to arrhythmia
- Cardiac arrest due to respiratory failure
- Cardiac arrest due to hypovolemia
- Cardiac arrest due to hypoxia
- Cardiac arrest due to hyperthermia
- Cardiac arrest due to hypothermia
- Cardiac arrest due to drugs or toxins
- Cardiac arrest due to traumatic injury

### 10 Core ACLS Cases

- **Cardiac arrest due to ACS** (includes STEMI, NSTEMI, unstable angina, and ACS with cardiogenic shock)
- **Cardiac arrest due to arrhythmia** (includes ventricular fibrillation (VF), ventricular tachycardia (VT), pulseless electrical activity (PEA), and asystole)
- **Cardiac arrest due to respiratory failure** (includes COPD, asthma, pneumonia, and aspiration)
- **Cardiac arrest due to hypovolemia** (includes hemorrhage, dehydration, and hypovolemic shock)

- **Cardiac arrest due to hypoxia** (includes apnea, airway obstruction, and respiratory failure)
- **Cardiac arrest due to hyperthermia** (includes heat stroke and malignant hyperthermia)
- **Cardiac arrest due to hypothermia** (includes accidental hypothermia and therapeutic hypothermia)
- **Cardiac arrest due to drugs or toxins** (includes opioids, cocaine, and alcohol)
- **Cardiac arrest due to traumatic injury** (includes blunt chest trauma, penetrating chest trauma, and head injury)
- **Cardiac arrest due to other causes** (includes sepsis, metabolic abnormalities, and endocrine disorders)

### **How to Pass the ACLS Test**

- Study the material thoroughly.
- Practice the algorithms and skills regularly.
- Take a practice test to identify areas for improvement.
- Get feedback from an experienced instructor.
- Stay calm and focused during the test.

### **How to Remember ACLS Algorithms**

- Use visual aids, such as flowcharts or diagrams.
- Break the algorithms into smaller steps.
- Use mnemonic devices or acronyms.
- Practice the algorithms repeatedly.

### **4 T's in ACLS**

- Tension pneumothorax
- Tamponade
- Toxins

- Thrombosis

### **5 T's in ACLS**

- Tension pneumothorax
- Tamponade
- Toxins
- Thrombosis
- Traumatic arrest

### **ABCS of ACLS**

- **A**irway
- **B**reathing
- **C**irculation
- **D**isability
- **E**xposure

### **ACLS Algorithm**

- Perform CPR
- Check rhythm
- Defibrillate if indicated
- Give medications
- Provide advanced airway management

### **Drug No Longer Used in ACLS**

- Lidocaine

### **Is ACLS Harder Than BLS?**

Yes, ACLS is more complex and requires more advanced skills than BLS.

### **Is ACLS Hard to Pass?**

With proper preparation and practice, most people can pass the ACLS test. However, it is not an easy test.

### **Is It Possible to Fail ACLS?**

Yes, it is possible to fail the ACLS test.

### **How to Get Better at ACLS**

- Take an ACLS course.
- Practice the algorithms and skills regularly.
- Get feedback from an experienced instructor.
- Attend refresher courses.

### **Breath Ratio in ACLS**

- 30 compressions to 2 breaths

### **Most Important in ACLS**

- Maintaining effective CPR
- Defibrillating promptly when indicated
- Giving medications appropriately

### **H's and T's in ACLS**

- **H's:** Hypovolemia, Hypoxia, Hydrogen ion (acidosis), Hyperkalemia, Hypoglycemia
- **T's:** Tension pneumothorax, Tamponade, Toxins, Thrombosis, Traumatic arrest

### **Shockable ACLS Rhythms**

- Ventricular fibrillation (VF)
- Pulseless ventricular tachycardia (VT)

### **When to Check Pulse During ACLS**

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- After every 2 minutes of CPR
- After each defibrillation attempt

### **5 H's in Full**

- History of present illness
- History of past medical problems
- Home medications
- Hospitalization history
- Habits (e.g., smoking, alcohol use)

### **Newest Version of ACLS**

- ACLS 2020

### **ACLS Update for 2024**

- The next ACLS update is scheduled for 2024.

### **ABCD in BLS**

- Airway
- Breathing
- Circulation
- Disability

### **AED in ACLS**

- Automated external defibrillator

### **Heart Code ACLS**

- A training program for ACLS providers offered by the American Heart Association

### **Joules to Shock VFib**

- 200 joules

### **Is Vtach Shockable?**

- Yes, pulseless VT (ventricular tachycardia) is shockable.

### **Epinephrine in ACLS**

- 1 mg IV or IO every 3-5 minutes

### **Why Is Atropine Not Used in ACLS?**

- Studies have shown that atropine is not effective in improving survival in cardiac arrest.

### **5 H's and 5 T's**

- **5 H's:** Hypovolemia, Hypoxia, Hydrogen ion (acidosis), Hyperkalemia, Hypoglycemia
- **5 T's:** Tension pneumothorax, Tamponade, Toxins, Thrombosis, Traumatic arrest

### **2 Main Drugs Used in Resuscitation**

- Epinephrine
- Amiodarone

### **Types of ACLS**

- Initial ACLS (for providers who are not already trained in ACLS)
- Renewal ACLS (for providers who are already trained in ACLS)
- Pediatric ACLS (for providers who care for children)

### **Number of ACLS**

- 10 core ACLS cases

### **ABCS of ACLS**

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- Airway
- Breathing
- Circulation
- Disability
- Exposure

### **ACLS Protocols**

- Step-by-step instructions for managing cardiac arrest and other emergencies

### **Number of ACLs Can You Tear?**

- 3 ACLs

### **Difference Between ACL and ACLs**

- ACL (anterior cruciate ligament) is a single ligament in the knee.
- ACLs (access control lists) are a security feature in computer systems.

### **Number of ACLs Can a User Set at One Time?**

- Varies depending on the system and user permissions

### **Walking with 2 Torn ACLS**

- Not recommended. It can cause further damage to the knee.

### **Number of Breaths in ACLS**

- 2 breaths after every 30 compressions

### **Can Someone Have 2 ACLS?**

- Yes, it is possible to have tears in both ACLs.

### **H and T in ACLS**

- **H's:** Hypovolemia, Hypoxia, Hydrogen ion (acidosis), Hyperkalemia, Hypoglycemia
- **T's:** Tension pneumothorax, Tamponade, Toxins, Thrombosis, Traumatic arrest

## **AED in ACLS**

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## **Joules to Shock VFib**

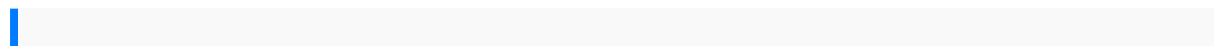
- 200 joules

## **Four Shockable Rhythms**

- Ventricular fibrillation (VF)
- Pulseless ventricular tachycardia (VT)
- Pulseless electrical activity (PEA)
- Asystole

## **How Often to Shock in ACLS**

- Every 2-3 minutes after the first shock



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