**上海市奉贤区中心医院住院医师规范化培训**

**徒手心肺复苏操作技能考核评分表**

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 考核住院医师：${studentName} | | | | |  | 考核科室：${deptName} | | | | | | |  |
| 日期：${date} | | | | | | 得分：${skillScore} | | | | | |  |  |
|  |  |  | |  |  | |  | |  |  | |  |  |
|  | 项目 | | | 操作要点 | | | | | 满分 | 扣分 | | |  |
|  |  | | |  | | | | |  |  |  |  |  |
| 判 | 意识 | | | 拍打肩头，呼唤病人 | | | | | 5 分 | ${part00} | | |  |
| 断 |  | | |  | | | | |  |  |
| 呼吸 | | | 观察患者胸廓是否有起伏，用时至少 5 秒，但不 | | | | | 5 分 | ${part01} | | |  |
|  |  |  |  | 超过 10 秒 | | | | |  |  |
|  |  | | |  | | | | |  |  |
|  | 呼叫 | | | 喊人来帮忙抢救，院外打 120 或拿 AED，院内推抢 | | | | | 5 分 | ${part02} | | |  |
|  |  |  |  | 救车和除颤仪 | | | | |  |  |
|  |  | | |  | | | | |  |  |
|  | 检查劲动脉搏 | | | 检查同侧颈动脉搏动，用时至少 5 秒，但不超过 | | | | | 5 分 | ${part03} | | |  |
|  | 动 | | | 10 秒 | | | | |  |  |
|  |  | | |  | | | | |  |  |
| C | 胸外按压 | | | 1.用手掌掌根部按压，肘关节伸直，借助身体的 | | | | | 40 分 | ${part04} | | |  |
|  |  |  |  | 重力垂直向下按压 | | | | |  |  |
|  |  |  |  | 2.按压部位：胸部中央，胸骨中下段 | | | | |  |  |
|  |  |  |  | 3.按压速率：至少每分钟 100 次（18 秒或更短时 | | | | |  |  |
|  |  |  |  | 间内进行一组 30 次胸外按压） | | | | |  |  |
|  |  |  |  | 4、按压深度:至少 5 厘米(30 次按压中至少有 23 | | | | |  |  |
|  |  |  |  | 次符合此标准) | | | | |  |  |
|  |  |  |  | 5．每次按压后让胸廓充分回弹(30 次按压中至少 | | | | |  |  |
|  |  |  |  | 有 23 次符合此标准) | | | | |  |  |
|  |  |  |  | 6.按压和放松时间一致，按压放松时手掌不要离 | | | | |  |  |
|  |  |  |  | 开原部位 | | | | |  |  |
|  |  |  |  | 7.按压时同时报次数 | | | | |  |  |
|  |  |  |  | 8.尽量减少按压中断时间:在 10 秒或更短时问内 | | | | |  |  |
|  |  |  |  | 给予 2 次呼吸 | | | | |  |  |
|  |  | | |  | | | | |  |  |
| A | 开放气道 | | | 使用仰头提骸法开放气道 | | | | | 7 分 | ${part05} | | |  |
|  |  | | |  | | | | |  |  |
| B | 人工呼吸 | | | 1.使用 E-C 手法压紧球囊面罩 | | | | | 20 分 | ${part06} | | |  |
|  |  |  |  | 2.2 次人工呼吸，每次持续 1 秒并看到胸廓起伏 | | | | |  |  |
|  |  |  |  | 3．2 次人工呼吸时间小于 10 秒 | | | | |  |  |
|  |  |  |  | 4.按压通气比例（30:2） | | | | |  |  |
|  |  | | |  |  |  |  |  |  |  |
|  | 提问 | | |  |  |  |  |  | 10 分 | ${part07} | | |  |
|  |  | | |  |  |  |  |  |  |  |
|  | 人文关怀 | | |  |  |  |  |  | 3 分 | ${part08} | | |  |
|  |  |  |  |  |  |  |  |  |  |  |