

Amber Hamlin:

Hi, I'm Amber Hamlin. I'm the Trauma Program Manager for Ephraim McDowell Regional Medical Center and Ephraim McDowell James B. Haggin Hospital. With me today is...

Michael Mattingly:

I'm Michael Mattingly, a paramedic with Lincoln County EMS.

Amber Hamlin:

We're going to present a video to you today of basic CPR skills outside of a hospital setting.

So when you find a person down, you're going to check to make sure that the area is safe first. You're going to make sure there's no standing water or no open needles around the person. Then you're going to check for responsiveness. You're going to make sure that they are unresponsive. You're going to check for breathing and listen to see if the person is breathing. If they are not breathing, then you're going to start CPR. And have someone, if there's anybody nearby, call 911 and grab an AED if it's nearby as well.

To perform CPR, you're going to lock your hands in place, lock your elbows, and you're going to put it in the medial chest. You're going to go as fast as you can, and our goal is 120 beats per minute. While you're performing CPR, we recommend counting because this keeps you on track. This keeps you making sure that you're going as fast as you can.

One, two, three, four five-

Michael Mattingly:

So at this point in time, as you can see, Amber had started hands-on CPR.

At this point in time, in order to keep Amber concentrated on providing the best high-quality CPR she's able to do, I am going to pull out my phone, dial 911, place the phone on speaker, and place it next to Amber so we can talk to the 911 dispatch.

At this point in time, Amber is pushing as fast and as hard as she can in order to replicate the 120 beats per minute, and I'm going to go get the AED.

So at this time, I have retrieved the AED, and we're going to apply the AED while Amber is continuing CPR. The AED itself will walk you through the process as it delivers verbal instructions in order to tell you what to do with the pads on the patient, as well as operating the AED.

At this point in time, we're going to turn the AED on.

Automated:

Apply pads to patient's bare chest.

Michael Mattingly:

Pads that are labeled on both sides to where to place them on the patient.

Automated:

If necessary, [crosstalk 00:02:19]. Apply pads. Plug in connector.

Michael Mattingly:

There's your plug. Plug in the connector.

Automated:

Analyzing heart rhythm.

Michael Mattingly:

Okay. Everybody clear?

Automated:

Do not touch the patient.

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Michael Mattingly:

At this point in time the AED is analyzing the heart rhythm that the patient is inside and determining whether we need to deliver a shock.

Automated:

Shock advised.

Michael Mattingly:

A shock is advised.

Automated:

Charge machine.

Michael Mattingly:

Go ahead and start CPR while I'm charging.

Automated:

Stay clear of patient. Deliver shock now.

Michael Mattingly:

The AED is now charged. Everybody is clear. She's clear. I'm clear. Everbody's clear.

Automated:

Shock delivered.

Michael Mattingly:

The shock is delivered. At this point in time, we're going to switch places, and I'm going to start CPR.

Automated:

Begin CPR.

Michael Mattingly:

So as you can see, myself and Amber just demonstrated how a layperson such as yourself is going to be able to perform CPR as well as locate an AED, use the AED, and call 911. That way emergency responders such as myself will be able to respond to you and assist the patient.