

Module IV: Adult AED (for AED use an adult is age 8 and over)

What is an AED: An AED is an Automatic External Defibrillator. It is a device that analyzes the heart's electrical rhythm and if necessary prompts you to deliver a shock to the victims of sudden cardiac arrest.

Why AED are important: An AED doesn't just know if the heart is beating, but if it is beating in an abnormal, possibly life-threatening manner. *With an electrical shock the AED may help the heart resume an effective heart rhythm to a person in sudden cardiac arrest.* Approximately 250,000 people die each year from sudden cardiac arrest in the United States. *For each minute defibrillation is delayed survival rates decrease by 10%. Thus early defibrillation can save the lives of more people experiencing cardiac arrest.*

Using the AED

Check Call Care

1. If there are no signs of life the *first thing you should do is turn on the AED*
2. Listen to the voice prompts and follow directions
3. *Apply Pads, one in the right upper chest and one on the left lower. Once the pads are on you should allow the AED to analyze the heart rhythm.*
4. Plug in cable if not already in place
5. AED will start
6. Heart rhythm will analyze, during this time *state "analyzing, do not touch the person, stand back". NO one should touch during the analyzing or shocking, remember this includes you.*
7. The machine will tell you either "Shock Advised" and you will direct everyone to "stand clear" or the machine will state "No shock advised" and *you continue CPR for 5 cycles or about 2 minutes and reassess.*
8. If shock was advised the machine will tell you to stand clear, do so! It will then state delivering shock, push the button to deliver the shock.
9. Begin CPR for 2 min again, repeating cycle. Shock if AED calls for it, resume CPR if no shock is called for.

Important Things to Know”

It is important to not touch the individual during analyzing or shocking as *You are someone could be injured by the shock, the AED may not deliver enough of the shock to the victim, the AED may not analyze the heart rhythm properly.*

Medication patches on the chest, these need to be removed with a gloved hand. Often they are nitroglycerin patches and you do not want to get the medication on your hand.

Do not use on victims laying in water.