PROCEDURE CHECKLIST
Chapter 35: Performing Cardiopulmonary Resuscitation, One- and Two-Person

We have intentionally not provided a checklist for this procedure because students should be certified in CPR, using official tests and materials. As a quick review, but not as a “check-off,” you can use the critical aspects, that follow:

**Critical Aspects**

- Establish whether the patient is unresponsive (shake and shout, “Are you OK?”)
- Activate the emergency response system immediately if the patient is an adult. If you are alone and the patient is an infant or child, perform CPR for 1 minute then activate the emergency response system.
- Carefully place the patient on a hard surface. Logroll the patient if a cervical spine injury is suspected. If the patient is in a hospital bed, place a CPR board under the patient’s back.
- Properly position yourself.

**A—Airway.** Open the patient’s airway. Use either the head tilt-chin lift maneuver or the jaw thrust maneuver.

**B—Breathing.** Check for breathing. (Place your ear over the patient’s mouth and nose. Look, listen, and feel for breathing for no longer than 10 seconds.) If the patient is breathing, continue to hold the airway open. If the patient is not breathing, administer 2 slow breaths.

**C—Circulation.** Check for signs of circulation. Use the carotid pulse in adults and children, and the brachial or femoral pulse in infants. Assess for a pulse for 5 to 10 seconds. Also check for other signs of circulation, such as movement.

- If signs of circulation are absent, correctly position your hands and begin chest compressions.
- Continue CPR for 4 cycles then reassess pulse.

Stop CPR if the patient responds, regains an adequate pulse and begins to breathe, you are too exhausted to continue; or signs of death are obvious.

**Recommendation:** Pass ______ Needs more practice ______

Student: ___________________________ Date: ___________________________

Instructor: ___________________________ Date: ___________________________

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