



# Bend Fire & Rescue EMS Performance Standards

## Defibrillation – 3.4.4

### Performance Objective

- To initiate return of spontaneous circulation through the termination of non-perfusing rhythms.

### Equipment Needed

- PPE
- Cardiac Monitor / Defibrillator (E Series)
- EKG Electrodes
- Defibrillation Pads (adult / peds)

### Procedure

- Take or verbalize appropriate body substance isolation precautions.
  - Examples: gloves, goggles, mask, gown, etc.
- Evaluate airway / breathing / circulation and verify cardiac arrest.
  - \*Note: May defibrillate a witnessed arrest if pads are already in place.
  - \*Note: Reference cardiac arrest protocols for full treatment plan.
- Begin high performance (HP) CPR and continue throughout resuscitation efforts, only to pause for defibrillation.
- Locate appropriate anatomical location and apply defibrillator pads firmly on patient's skin.
- Place cardiac monitor / defibrillator in "DEFIB" mode.
- Select appropriate energy setting.
  - Adults**
    - 200J – monophasic
    - 120J - 200J – biphasic (device specific)
  - Pediatrics**
    - 2 J/kg, 4 J/kg
- After 2 minutes of HP CPR, pre-charge defibrillator to desired energy setting.
- When defibrillator has charged, pause HP CPR and analyze rhythm.
- If defibrillation is indicated, **CLEAR** patient, press "SHOCK" button to deliver shock and resume HP CPR.
  - Pauses in HP CPR should be kept to less than 10 seconds.
  - If defibrillation is NOT indicated, press the down arrow on "ENERGY SELECT" button to cancel energy charge and resume HP CPR.
- Repeat steps 6 through 9 each time defibrillation is indicated during resuscitation efforts.