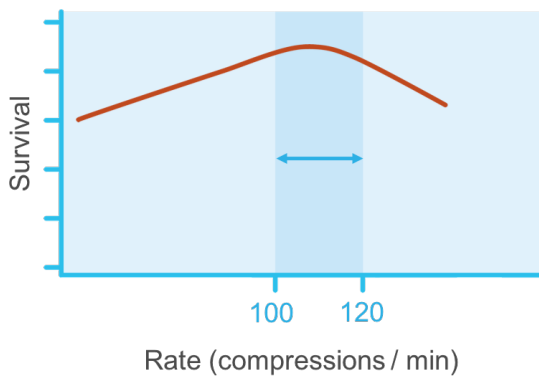


Chest compressions

PERFORMING THE APPROPRIATE RATE OF COMPRESSIONS

The goal of chest compressions is to create a cardiac output to support perfusion.

Compression rate



Remember

*Cardiac output =
heart rate x stroke volume*

The ideal compression rate is 100–120 compressions per minute.

Compressions performed faster than this are likely to generate an inadequate stroke volume. If compressions are too slow, cardiac output is decreased.

It is important to ensure full chest recoil at any compression rate. Incomplete chest recoil will limit ventricular filling and decrease stroke volume and cardiac output.