Code Blue – Cardiac Arrest/Medical Emergencies

Purpose:

Code Blue is the designated phrase to alert staff of a Medical Emergency, Respiratory and/or Cardiac Arrest requiring staff experienced in managing these situations. The purpose of Code Blue is to:

- Ensure that all designated staff and the necessary equipment are prepared to assist with an acute cardiac or respiratory crisis.
- Provide guidelines for the initiation of life support measures prior to the arrival of the Emergency Medical Services (EMS) personnel.
- Define the role of each staff member to ensure that all essential measures are carried out with maximum efficiency.

Activation:

Code Blue can be activated by any staff member or physician who witnesses or recognizes a significant deterioration in an individual’s status indicating the immediate need for intervention. Indications for the activation of Code Blue may include:

- **Airway** .......... Blocked Airway, or
- **Breathing** ...... Absence of breathing, actual or impending, or
- **Circulation** .... Absence of pulse, or
- **Defibrillation/Deadly Bleeding/Neurological Deficit**

Cardiopulmonary Resuscitation (CPR) will be initiated as indicated on the resident’s Goals of Care document. In the event a Goals of Care document is not completed CPR will be initiated.

The initiation of CPR and use of an Automatic External Defibrillator (AED) will only be performed by qualified staff.

An AED is located on the Main Level across from the elevators

The term *Chain of Survival* (Heart and Stroke Foundation) provides direction for emergency cardiovascular care:

- Immediate **recognition** of cardiac arrest and **activation** of the emergency response system.
- Early **cardiopulmonary resuscitation (CPR)** with an emphasis on chest compressions.
- Rapid **defibrillation**.
- Effective **advanced life support**.
- Integrated **post-cardiac arrest care**.

Reviewed and Approved by Covenant Health Emergency/Disaster Management Feb 2017
Procedure:

“First Responder”

Upon discovery of an individual who requires immediate medical attention:

1. Establish unresponsiveness and not breathing or not breathing normally (i.e. gasping) and has no pulse and note the time.
2. Call for help and/or press the nearest Nurse Call button
3. Check the resident’s ID bracelet for identification.
4. If indicated, initiate CPR according to the Basic Life Support (BLS) guidelines until EMS arrives and assumes responsibility. BLS sequence of steps (C-A-B):
   - Chest Compressions – Initiate chest compressions
   - Airway – Open the airway
   - Breathing – Deliver 2 breaths
5. Ensure resident is on a hard surface.
6. Use a barrier device (face mask or bag-mask device) when performing CPR.
7. Provide resident’s history to EMS personnel.

“Second Responder”

1. Call 9-911, request an ambulance and provide the Emergency Dispatcher with information as required.
2. Announce via the overhead paging system “Code Blue and Location” (three times).
3. Get the AED or designate someone to bring the AED to the incident location.
4. Assist the First Responder until EMS arrives.
5. Once AED available at the incident location:
   a. Power on the AED.
   b. Attach AED pads to the resident’s bare chest.
   c. Remain calm and follow the prompts.

Lead LPN:

1. Assign a staff member to meet EMS personnel at the main entrance to direct/escort to incident location.
2. Ensure pertinent chart information is made available to responding EMS personnel.
3. Notify resident’s physician and family contact/guardian.
4. Ensure appropriate documentation of Code Blue incident.
5. Announce or designate announcement via overhead page “Code Blue – All Clear” (three times) once the emergency is over.