DO NOT FORGET · THE SHORT CHECKLIST

# Paediatric cardiac arrest

APLS / RCUK 2021 algorithm as a running checklist

EM Orbit

| Patient reference | Date | Time zero | Completed by |
|---|---|---|---|
| | | | |

## The 3 steps that must not be missed

- [ ] START
  **Unresponsive, not breathing normally: 5 rescue breaths, then CPR 15 : 2 at 100–120/min, depth one-third of the chest**
  Two-thumb encircling technique for infants; one or two hands for children.

- [ ] RHYTHM EVERY 2 MINUTES
  **Shockable (VF / pVT): shock 4 J/kg, resume CPR immediately**

- [ ] RHYTHM EVERY 2 MINUTES
  **Non-shockable (PEA / asystole): adrenaline 10 mcg/kg IV/IO as soon as access is obtained, then every 3–5 minutes**

The short list: an aid to memory, not the whole procedure. The full checklist is at the QR code. It does not replace your local protocol or your clinical judgement. Source: Resuscitation Council UK Paediatric ALS 2021 · APLS 7th ed.