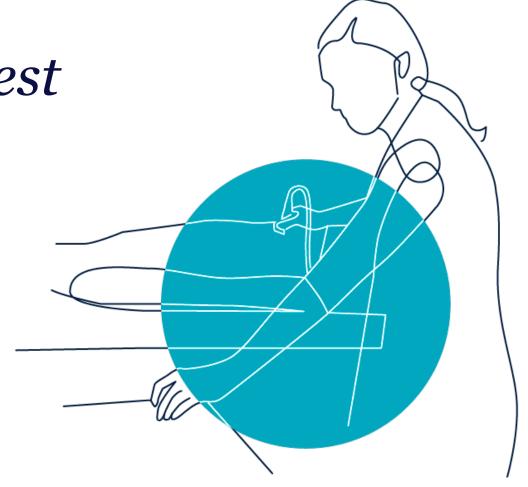
PoCUS in

Cardiac Arrest

Kevin Fairbairn January 31st, 2025 | 12:00

Intended for intermediate PoCUS users





LAND ACKNOWLEDGMENT

We acknowledge that we work on the traditional, ancestral and unceded territory of the Ktunaxa, Syilx, and Sinixt Nations.









PRESENTER DISCLOSURES

Relationships with commercial interests:

Medical Lead HOUSE program UBC CPD







MITIGATION OF BIAS

- All content developed as part of this program was reviewed for potential bias by the members of the program planning committee.

- Relationships do not affect my choices in developing content.
- Financial relationships are unrelated to presentation.
- Not speaking about any products or medications.





LEARNING OBJECTIVES

- Develop an approach to using PoCUS in cardiac arrest
- Identify what makes PoCUS in cardiac arrest dangerous
- Describe what a PoCUS pulse is and recognize 2 anatomic locations where this can be assessed







NOT COVERING

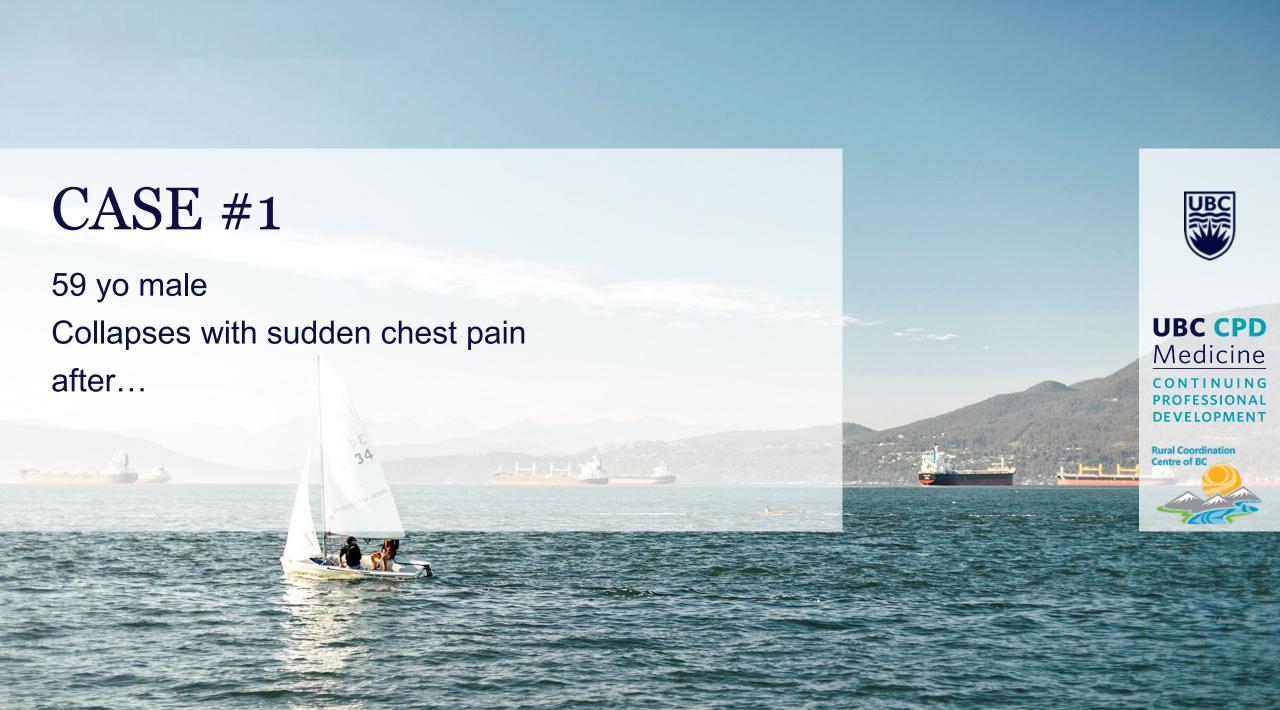
Procedures - pericardiocentesis, central lines, art lines:

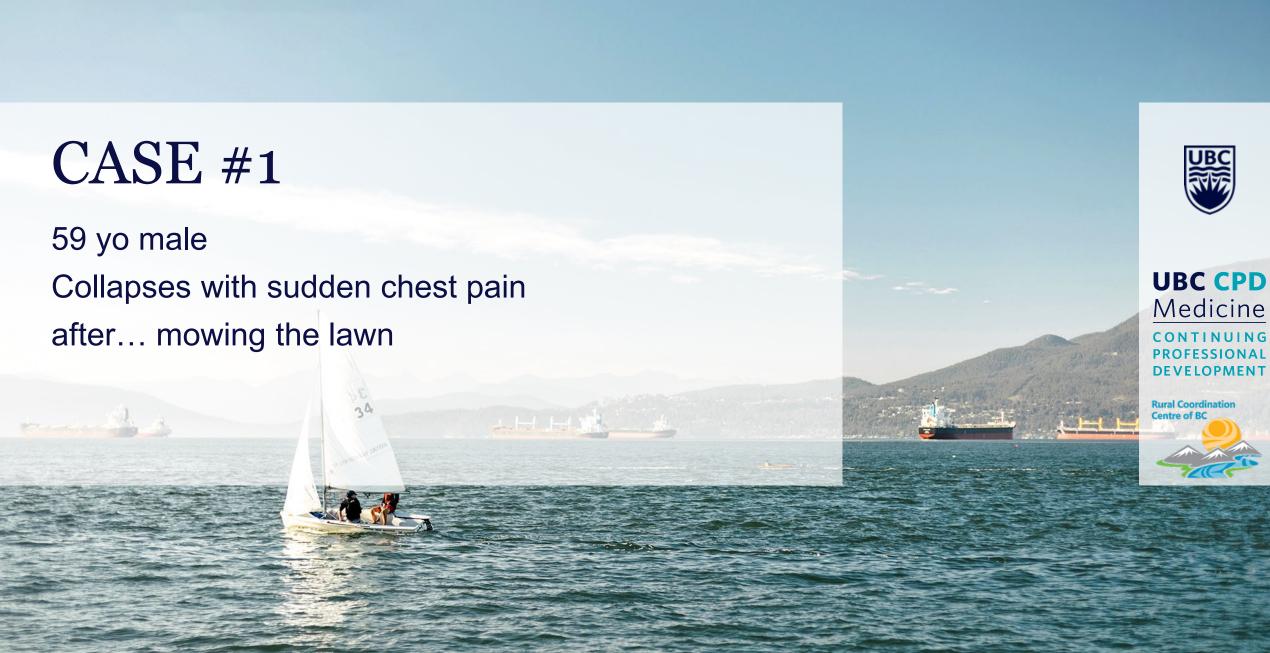
https://ubccpd.ca/oct-28-2022-pocus-assisted-procedures-shock-and-hypotension

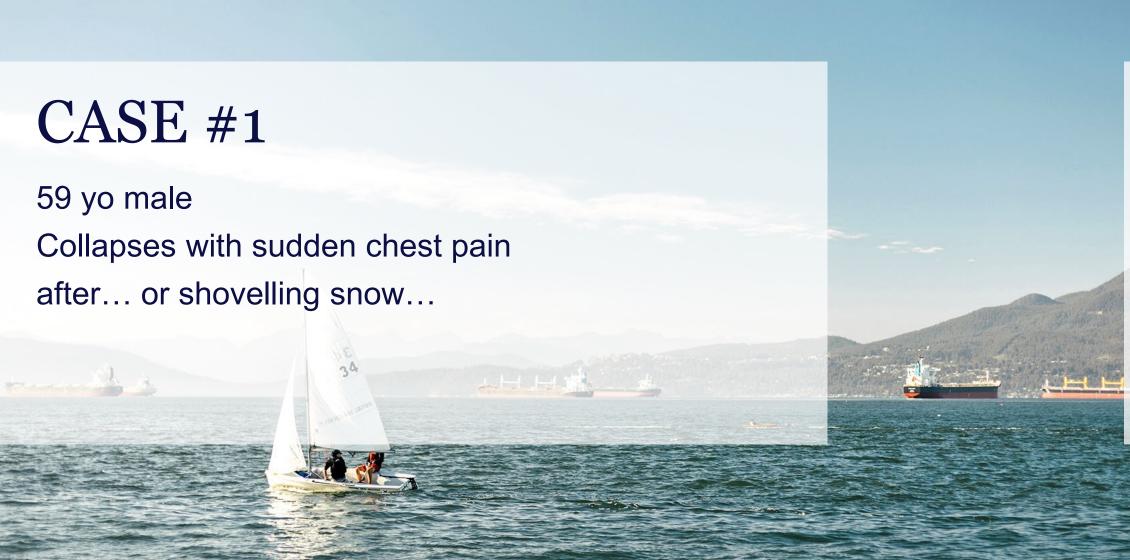








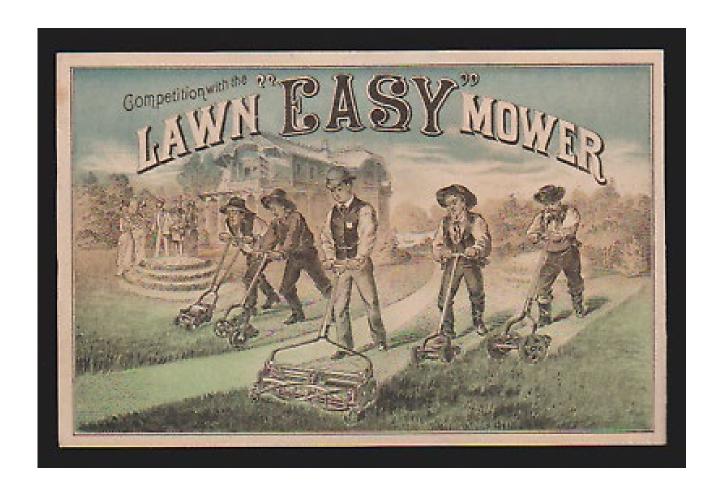
























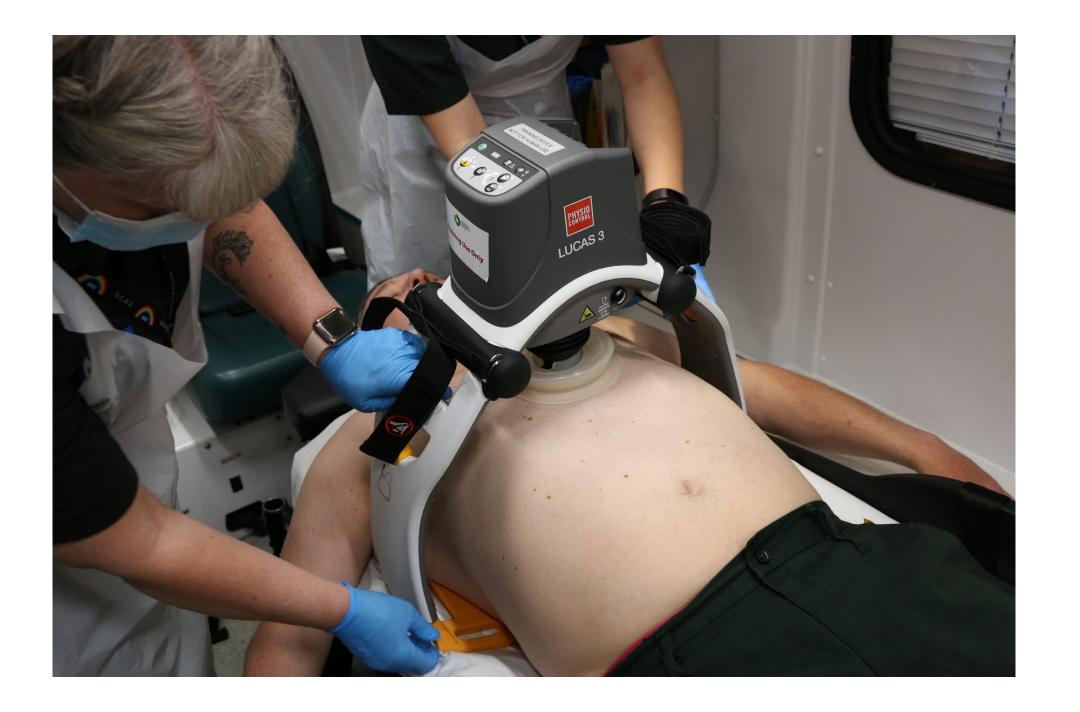


















- 1) Reversible Cases
- 2) PoCUS Pulse / Rhythm check
 - 3) Cardiac Standstill / when to terminate a code
 - 4) Future Directions: TEE and ECMO







CARDIAC ARREST PROTOCOLS

- CASA (Cardiac Arrest Sonographic Assessment)
- CAUSE (Cardiac Arrest Ultra-Sound Exam)
- CURE (Core Ultrasound in Resuscitation)
- PEA (Pulmonary, Epigastric, and Abdominal scans)
- US-CAB (Ultra-Sound Circulation, Airway, Breathing)
- FEER/FEEL (Focused Echocardiographic Evaluation in Life support)
- SESAME (Sequential Echographic Scanning Assessing Mechanism)





















- 1) Reversible Cases
- 2) PoCUS Pulse / Rhythm check
 - 3) Cardiac Standstill / when to terminate a code
 - 4) Future Directions: TEE and ECMO







- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)





DO NOT DELAY YOUR PULSE CHECK *<10 sec*







Medicine CONTINUING PROFESSIONAL DEVELOPMENT







Medicine
CONTINUING
PROFESSIONAL
DEVELOPMENT

Rural Coordination Centre of BC

PHASED ARRAY PROBE









CURVILINEAR PROBE



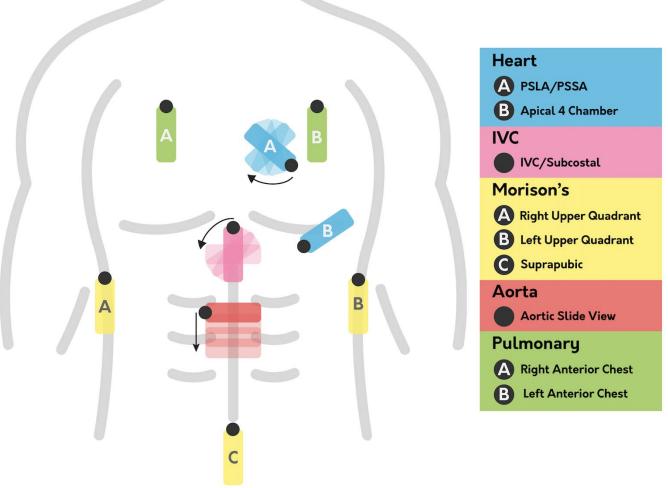






The RUSH Protocol Scan Locations

SHOCK - HIMAP









*Probe orientation is based on a single dot location set to the left-upper screen. For this reason, for cardiac imaging probe orientation is based on emergency medicine preference.

HS AND TS

- Hypoxia
- Hypokalemia/hyperkalemia
- Hypothermia/hyperthermia
- Hypovolemia
- Hydrogen ions

- Tension pneumothorax
- Tamponade
- Thrombosis x2
- Toxins







HS AND TS

- Hypoxia *POCUS
- Hypokalemia/hyperkalemia
- Hypothermia/hyperthermia
- Hypovolemia *POCUS
- Hydrogen ions

- Tension pneumothorax *POCUS
- Tamponade *POCUS
- Thrombosis x2 *POCUS (RWMA & PE)
- Toxins







- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)

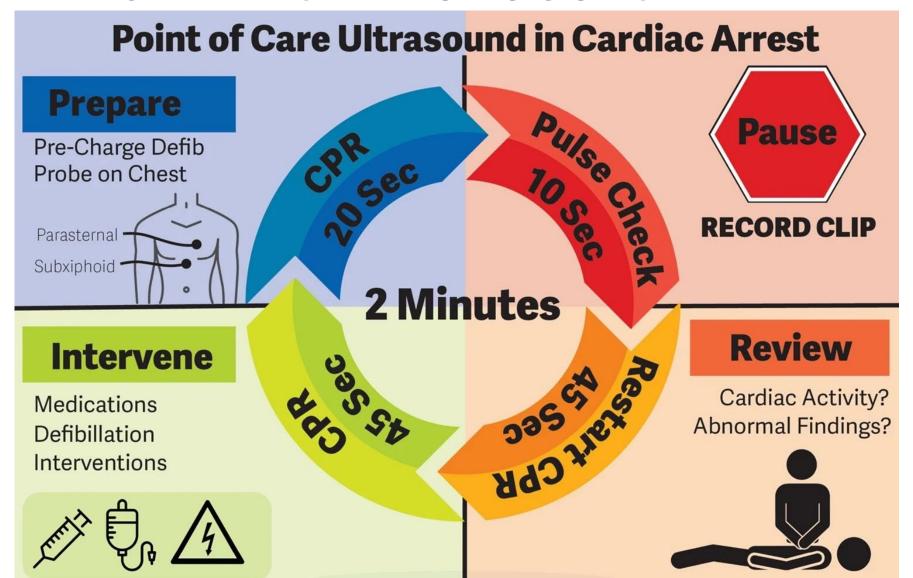




DO NOT DELAY YOUR PULSE CHECK *<10 sec*



CARDIAC ARREST PROTOCOLS

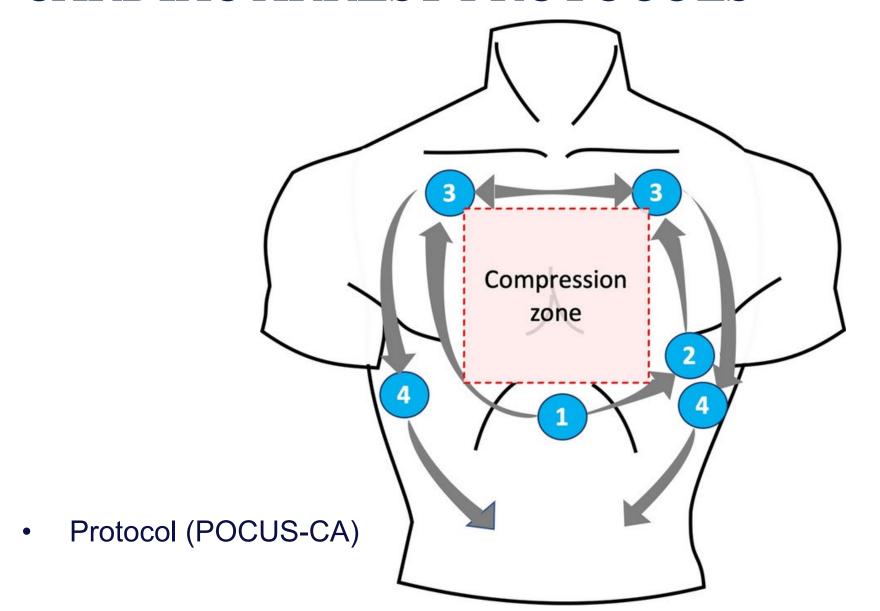








CARDIAC ARREST PROTOCOLS



















BRIEF ECHO: SUBX vs PLAX

Question:

Which window provides the quickest and most accurate brief echo view during cardiac arrest?

Methods:

Multi-center, prospective, convenience RCT of ED patients not in cardiac arrest from 29 adult ED's in North America. Compared parasternal long axis (PLAX) and subxiphoid (SubX): 1° outcome image acquisition time, 2° outcome image quality and visible anatomy.

N = 6,247 images



RESULTS

	SUBX	PLAX
Acquisition Time	9.3s	8.8s
lmage Quality ≥4/5	58%	66%















CARDIAC ARREST - TIPS (EMCRIT)

- Ultrasound is not the primary focus
- Prioritize good care
- Only one piece of information during the arrest
- Do not need every rhythm check!







CARDIAC ARREST - TIPS (EMCRIT)

- Pre-pause imaging (in a pre/post protocol implementation it saved about 15 seconds)
- Adjust clip time to 6 seconds or less, save only 1 clip
- Do not interpret in real time, get back on chest
- Person leading should not be doing ultrasound
- Use a real timer
- Most experienced sonographer if possible
- Protocol (such as <u>CASA</u>)







'CHANGES IN PHSYIOLOGY'

The heart may not be moving

The lung may not be sliding







- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)





DO NOT DELAY YOUR PULSE CHECK *<10 sec*



HS AND TS

- Hypoxia *POCUS
- Hypokalemia/hyperkalemia
- Hypothermia/hyperthermia
- Hypovolemia *POCUS
- Hydrogen ions

- Tension pneumothorax *POCUS
- Tamponade *POCUS
- Thrombosis x2 *POCUS (RWMA & PE)
- Toxins







CARDIAC ARREST PROTOCOLS

- History
- DDX









63 yo female
Collapses with sudden chest pain
after shovelling snow...





63 yo female
Collapses with sudden chest pain
after shovelling snow...

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3 day hx increasing SOB Remote hx DVT x2





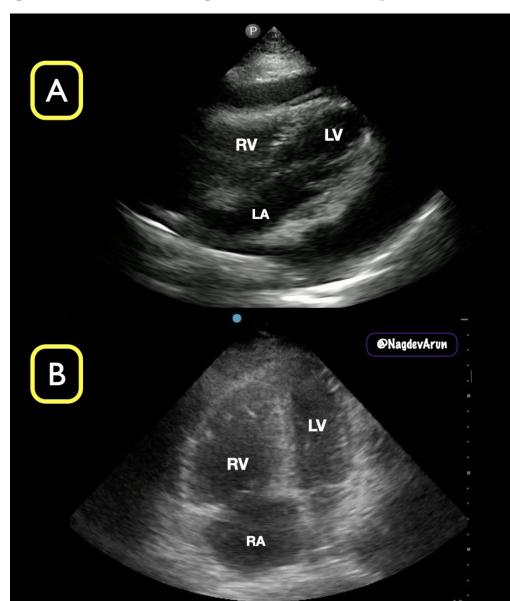
61 yo female
Collapses
after using the snowblower...

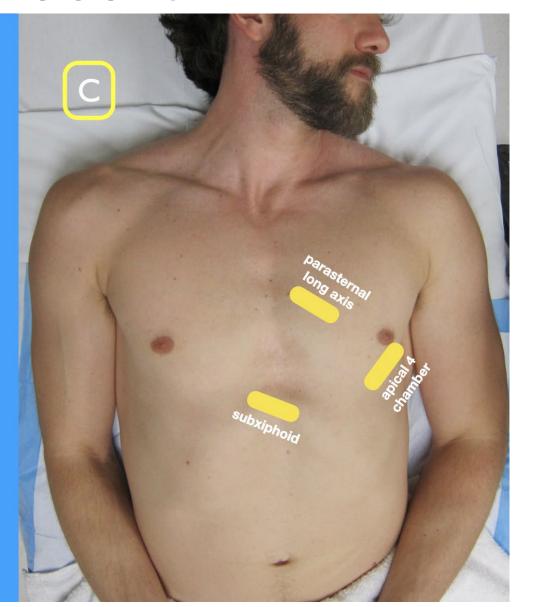
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Hx metastatic breast Ca



CARDIAC ARREST PROTOCOLS













63 yo female
Collapses with sudden chest pain
after shovelling snow...

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3 day hx increasing SOB Remote hx DVT x2



?PE







?PE







DILATED RV

- Pulmonary Embolism
- Pulmonary Hypertension
- Tricuspid Regurg
- Dilated Cardiomypoathy
- ASD
- Hypovolemia
- Hyperkalemia
- Cardiac arrest...









61 yo female
Collapses
after using the snowblower...

上上上

Hx metastatic breast Ca























69 yo female
Collapses with sudden chest pain
after using the snowblower...

上日日謝 #

Hx CAD/PVD, 30 pack year















CARDIAC ARREST PROTOCOLS

- History
- DDX







A POCUS APPROACH TO CARDIAC ARREST

- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)





DO NOT DELAY YOUR PULSE CHECK *<10 sec*





















 We suggest against routine use of POCUS during CPR to diagnose reversible causes of cardiac arrest (weak recommendation, very low–certainty evidence)



We suggest that if POCUS can be performed by experienced personnel
without interrupting CPR, it may be considered as an additional diagnostic tool
when clinical suspicion for a specific reversible cause is present (weak
recommendation, very low–certainty evidence)



 Any deployment of diagnostic POCUS during CPR should be carefully considered and weighed against the risks of interrupting chest compressions and misinterpreting the sonographic findings (good practice statement)



Ultrasound during Advanced Life Support—Help or Harm?

by Adrian Goudie ¹ \square \square , Michael Blaivas ² \square \square , Rudolf Horn ³ \square , Wan-Ching Lien ^{4,5} \square , Guido Michels ⁶ \square , Daniel Wastl ⁷ \square \square and Christoph Frank Dietrich ^{8,*} \square \square

- Department of Emergency Medicine, Fiona Stanley Hospital, Murdoch 6150, Australia
- ² Department of Medicine, University of South Carolina School of Medicine, Columbia, SC 29209, USA
- ³ Center da sandà Val Müstair, Santa Maria, 7537 Val Müstair, Switzerland
- ⁴ Department of Emergency Medicine, College of Medicine, National Taiwan University, Taipei 10617, Taiwan
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- ⁶ Notfallzentrum, Krankenhaus der Barmherzigen Brüder Trier, 54292 Trier, Germany
- 7 Krankenhaus Nordwest, 60488 Frankfurt, Germany
- Bern, Switzerland
 8 Department Allgemeine Innere Medizin (DAIM), Kliniken Hirslanden Beau Site, Salem und Permanence, 3013
 Bern, Switzerland
- * Author to whom correspondence should be addressed.

Diagnostics 2024, 14(6), 593; https://doi.org/10.3390/diagnostics14060593

Submission received: 4 February 2024 / Revised: 4 March 2024 / Accepted: 7 March 2024 /

Published: 11 March 2024







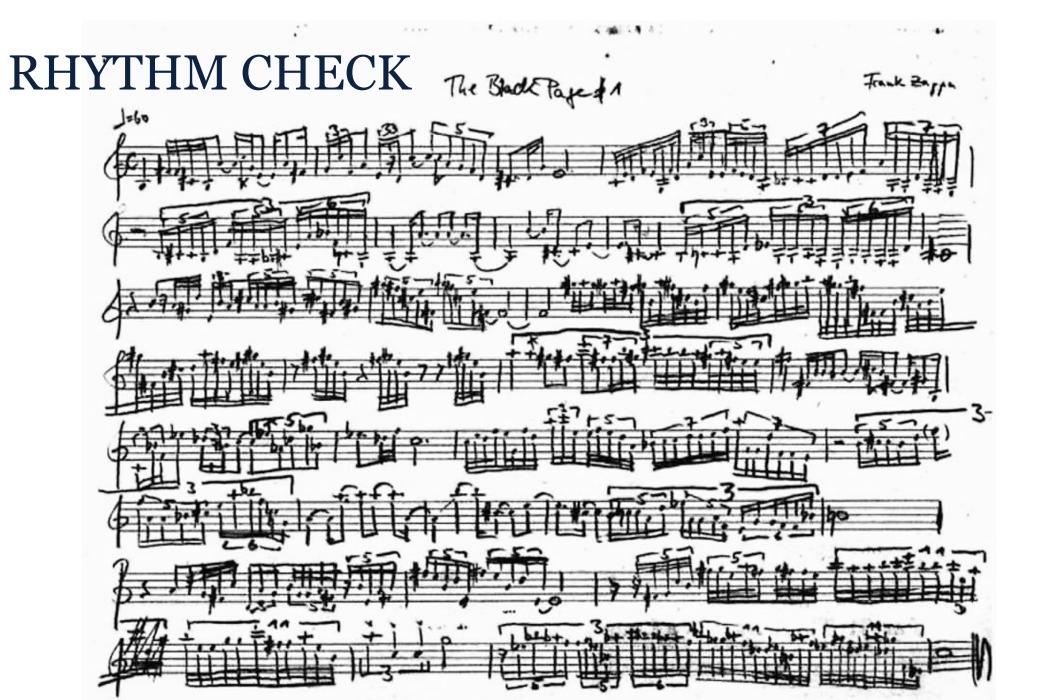
RHYTHM CHECK

























A POCUS APPROACH TO CARDIAC ARREST

- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)





DO NOT DELAY YOUR PULSE CHECK *<10 sec*

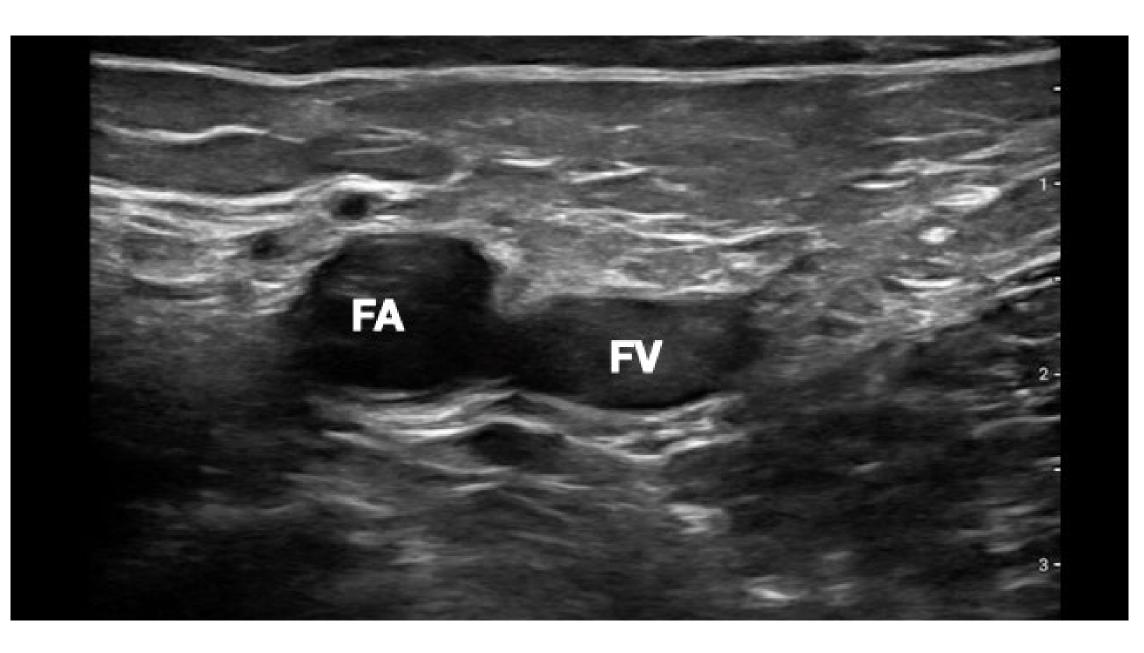




























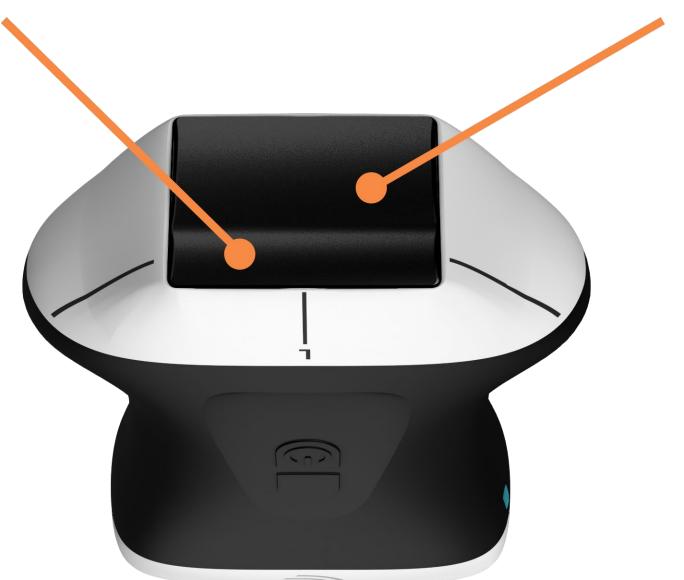






Linear Array

Phased Array









POCUS PULSE

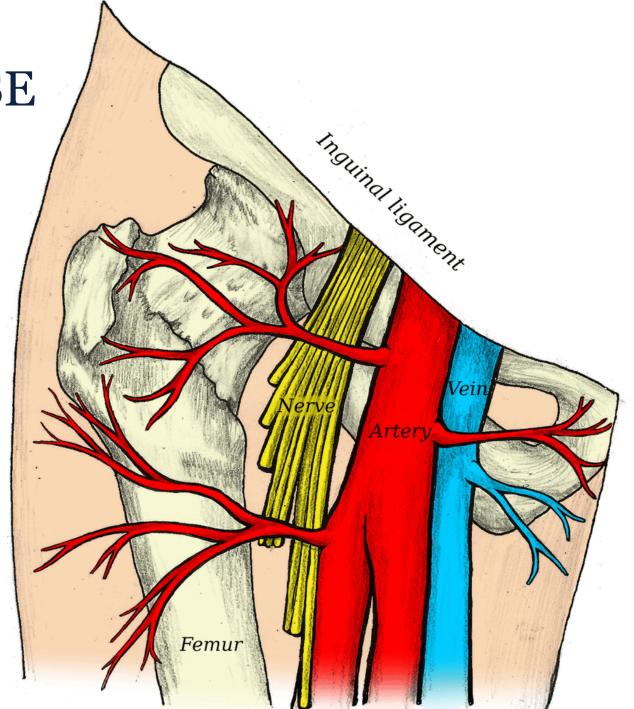








POCUS PULSE









POCUS PULSE

 A pediatric study showed that rescuer pulse palpation was only 78% accurate

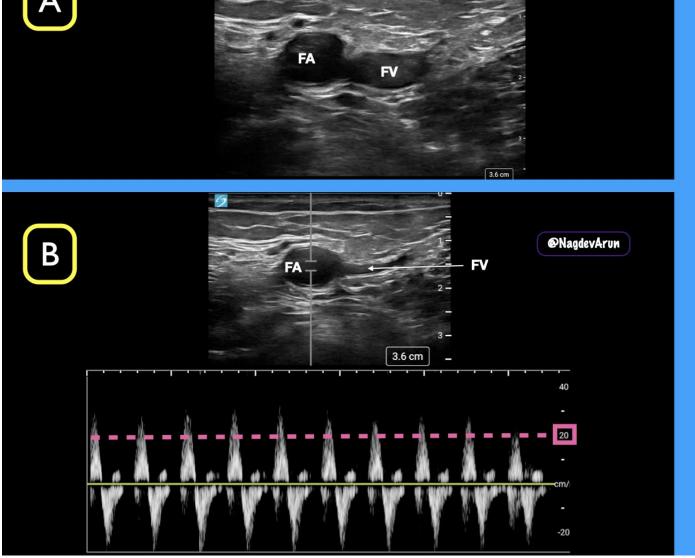


 Even if a pulse is felt, this does not guarantee adequate perfusion to vital organs





POCUS PULSE - FEMORAL











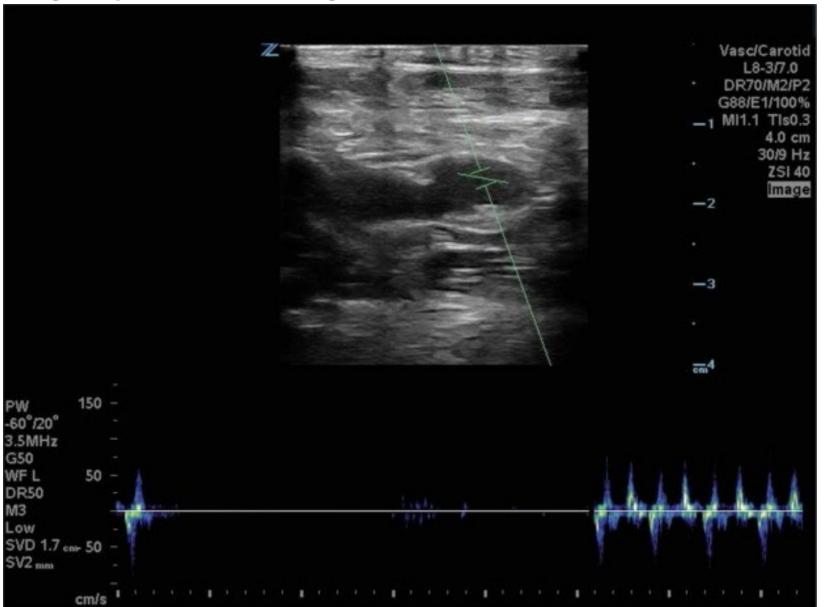
- Femoral artery doppler:
 - More accurate than manual palpation (95.3% vs. 54.0%; p < 0.001)
 - More accurate at detection SBP >60mmHg (ROSC) (91.4% vs. 66.2%; p < 0.001)
- Femoral artery doppler:
 - Peak Systolic Volume (PSV) >20cm/s







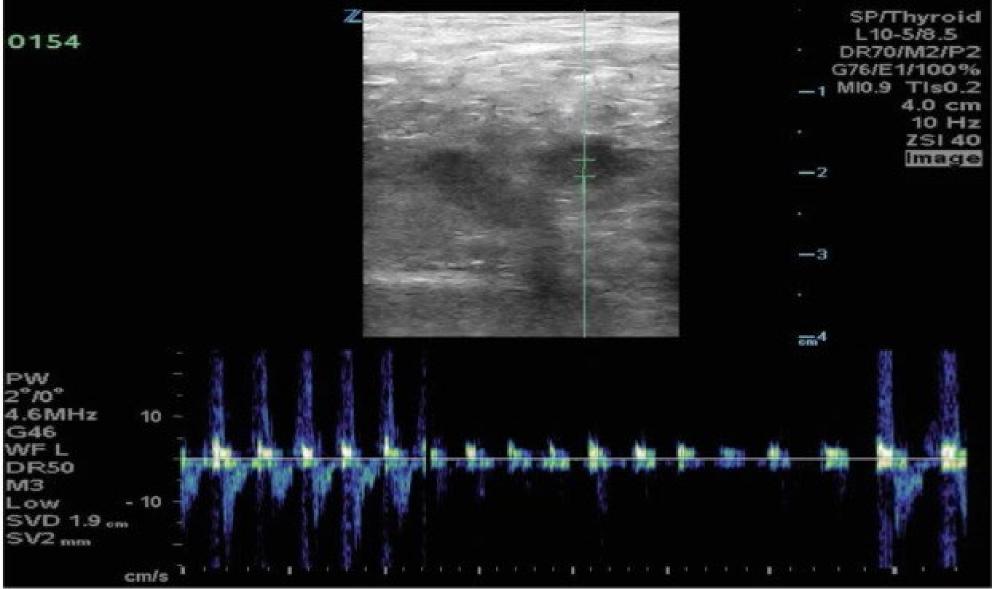
Cohen AL, Li T, Becker LB, Owens C, Singh N, Gold A, Nelson MJ, Jafari D, Haddad G, Nello AV, Rolston DM; Northwell Health Biostatistics Unit. Femoral artery Doppler ultrasound is more accurate than manual palpation for pulse detection in cardiac arrest. Resuscitation. 2022 Apr;173:156-165. doi: 10.1016/j.resuscitation.2022.01.030. Epub 2022 Feb 4. PMID: 35131404.

























POCUS CAROTID ARTERY COMPRESSION

 PoCUS carotid artery compression (PoCUS CAC) was faster compared to manual palpation (1.62 seconds vs 3.5 seconds respectively)



 time to determine ROSC was significantly shortened to 0.44 times vs the manual palpation (P<0.001)

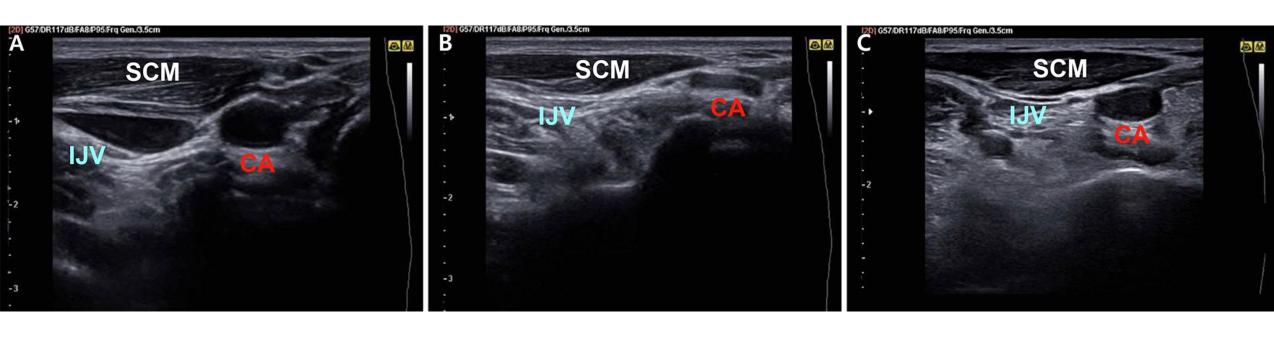


PoCUS CAC: fewer attempts, less variability, NOT slower



?ROSC during CPR

POCUS PULSE - POCUS CAC



- A: Before PoCUS CAC
- B: PoCUS CAC
- C: PoCUS CAC with ROSC



A POCUS APPROACH TO CARDIAC ARREST

- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)





Standard of practice remains pulse by palpation

DO NOT DELAY YOUR PULSE CHECK *<10 sec*



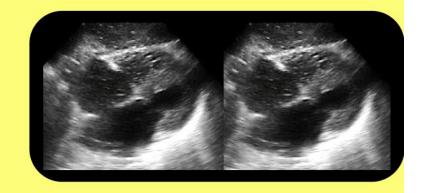


Questions: Do patients with organized cardiac activity on US have change in survival with standard ACLS vs non-ACLS interventions?

Study: 2° analysis of prospective, multicenter trial. Included only PEA arrest with cardiac activity on POCUS. Compared organized vs disorganized activity & ACLS vs continuous adrenergic agents. Primary outcome: survival to admission.

n = 225

PEA ARREST



Results

121	Organized		Disorganized	
Survival	ACLS	Continuous Adrenergics	ACLS	Continuous Adrenergics
ROSC	54.7 % (41.5-67.4)	90.9% (71-98.7)	37.2% (27.3-48.3)	47.1% (26.2-69)
Admission	37.7% (25.9-51.2)	45.5 % (26.9-65.4)	17.9% (10.9-28)	0% (0-21.6)
Discharge	1.9% (0-10.9)	4.5% (0.1-23.5)	1.3% (0-7.6)	0% (0-21.6)



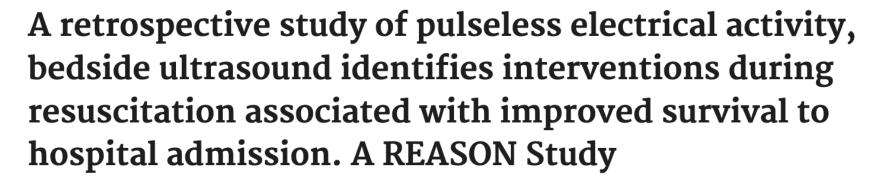




Gaspari R, Weekes A, Adhikari S. A retrospective study of pulseless electrical activity, bedside ultrasound identifies interventions during resuscitation associated with improved survival to hospital admission. A REASON Study. Resuscitation. 2017; 120:103-107.

Observational Study > Resuscitation. 2017 Nov:120:103-107.

doi: 10.1016/j.resuscitation.2017.09.008. Epub 2017 Sep 13.



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Romolo Gaspari <sup>1</sup>, Anthony Weekes <sup>2</sup>, Srikar Adhikari <sup>3</sup>, Vicki Noble <sup>4</sup>, Jason T Nomura <sup>5</sup>, Daniel Theodoro <sup>6</sup>, Michael Woo <sup>7</sup>, Paul Atkinson <sup>8</sup>, David Blehar <sup>9</sup>, Samuel Brown <sup>10</sup>, Terrell Caffery <sup>11</sup>, Emily Douglass <sup>4</sup>, Jacqueline Fraser <sup>12</sup>, Christine Haines <sup>13</sup>, Samuel Lam <sup>14</sup>, Michael Lanspa <sup>10</sup>, Margaret Lewis <sup>2</sup>, Otto Liebmann <sup>15</sup>, Alexander Limkakeng <sup>16</sup>, Fernando Lopez <sup>16</sup>, Elke Platz <sup>17</sup>, Michelle Mendoza <sup>9</sup>, Hal Minnigan <sup>18</sup>, Christopher Moore <sup>19</sup>, Joseph Novik <sup>20</sup>, Louise Rang <sup>21</sup>, Will Scruggs <sup>22</sup>, Christopher Raio <sup>13</sup>
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Affiliations + expand

PMID: 28916478 DOI: 10.1016/j.resuscitation.2017.09.008







121	Organized		Disorganized	
SURVIVAL	ACLS	Continuous Adrenergics	ACLS	Continuous Adrenergics
ROSC	54.7 % (41.5-67.4)	90.9% (71-98.7)	37.2% (27.3-48.3)	47.1% (26.2-69)
Admission	37.7% (25.9-51.2)	45.5 % (26.9-65.4)	17.9% (10.9-28)	0% (0-21.6)
Discharge	1.9% (0-10.9)	4.5 % (0.1-23.5)	1.3% (0-7.6)	0% (0-21.6)







Organized Cardiac Activity:

 movement of the myocardium with change in size of the ventricular cavity and synchronized movement of the ventricular wall

???pseudo PEA...







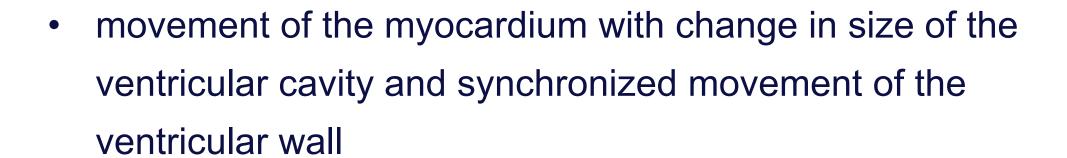
ARREST CLIP







Organized Cardiac Activity:



 pseudo-PEA: the presence of electrical activity and myocardial contractions without a palpable pulse







CALLING THE CODE

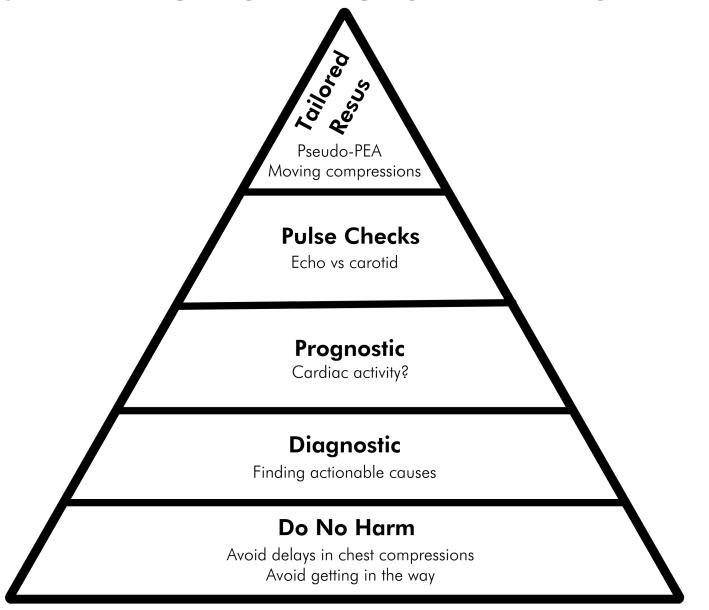
 The absence of cardiac activity on presentation is not 100% sensitive for non-survivors though the rate of survival to discharge was vanishingly low (0.6%)







A POCUS APPROACH TO CARDIAC ARREST









A POCUS APPROACH TO CARDIAC ARREST

- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)

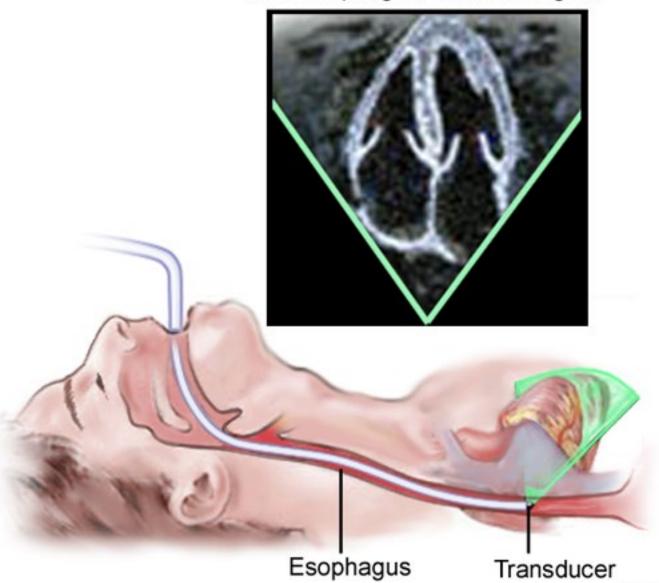




DO NOT DELAY YOUR PULSE CHECK *<10 sec*



Transesophageal echocardiogram









Review

> J Am Coll Cardiol. 2020 Aug 11;76(6):745-754. doi: 10.1016/j.jacc.2020.05.074.

Focused Transesophageal Echocardiography During Cardiac Arrest Resuscitation: JACC Review Topic of the Week

Felipe Teran ¹, Michael I Prats ², Bret P Nelson ³, Ross Kessler ⁴, Michael Blaivas ⁵, Mary Ann Peberdy ⁶, Sasha K Shillcutt ⁷, Robert T Arntfield ⁸, David Bahner ²

Affiliations + expand

PMID: 32762909 DOI: 10.1016/j.jacc.2020.05.074

Free article







- Focused TEE overcomes some of the difficulties of performing surface echocardiography during cardiac arrest resuscitation.
- TEE can provide reliable, high-quality cardiac images regardless of any patient-related or external factors.
- Continuous TEE images during cardiac arrest allow feedback on the quality of CPR.
- Like TTE, TEE allows identification of reversible pathologies and can provide prognostic information.
- Future research should include larger and multicenter studies evaluating the diagnostic value, impact in survival, and neurological outcomes of TEE-guided CPR.







Canadian Journal of Cardiology 39 (2023) 458-473

Review

Transesophageal Echocardiography in Patients in Cardiac Arrest: The Heart and Beyond

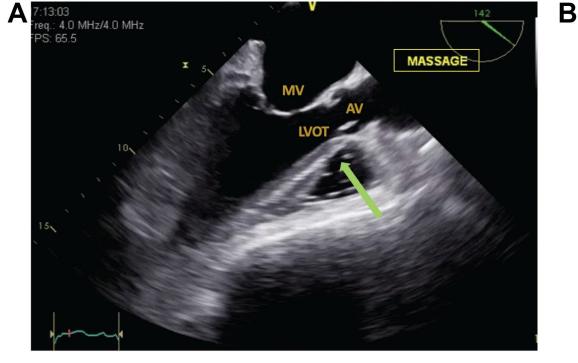
Geneviève Riendeau Beaulac, MD,^a Felipe Teran, MD, MSCE,^b Vincent Lecluyse, MD,^a Adrian Costescu, MD,^a Marc Belliveau, MD,^a Georges Desjardins, MD,^c and André Denault, MD, PhD^c

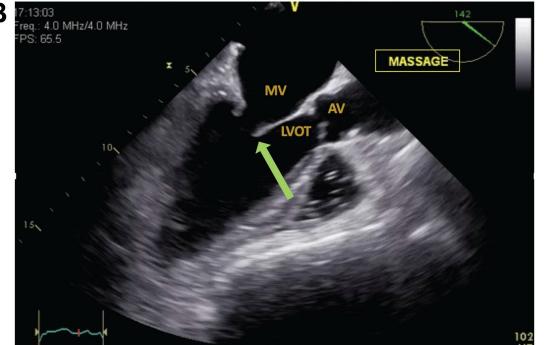
^a Department of Anesthesiology, Hôpital du Sacré-Coeur de Montréal, Université de Montréal, Montreal, Quebec, Canada ^b Department of Emergency Medicine, Weill Cornell Medicine, New York, New York, USA ^c Department of Anesthesiology, Montreal Heart Institute, Université de Montréal, Montreal, Quebec, Canada





















TEE TO & CPR PAUSES



Question:

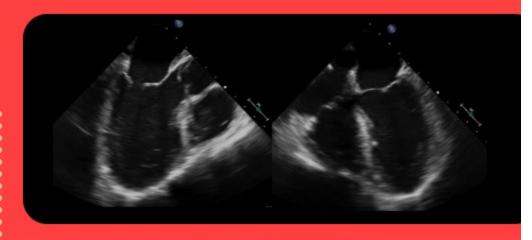
Are TEE guided pulse/ rhythm checks shorter than TTE or manual?

Methods:

Retrospective cohort of recorded cardiac arrests. All pauses in compressions timed and type or absence of US noted. Pauses with other interventions excluded. 25 cardiac arrests analyzed.

n = 139

pauses



RESULTS

	Mean pause duration (s)	95% CI
TEE	9	5-12
TTE	19	16-22
Manual	11	8-14

No significant difference between TEE and Manual but TEE and Manual both shorter than TTE







CASE #5

29 yo male

Collapses after bench pressing a lawnmower for a TikTok video

PMHx: Healthy

<5 min downtime

Arrival at SPH/VGH with ongoing CPR <30min



































A POCUS APPROACH TO CARDIAC ARREST

- 1) Reversible Cases Look at the heart
- 2) PoCUS Pulse Look at the pulse (carotid/femoral artery)





DO NOT DELAY YOUR PULSE CHECK *<10 sec*



Upcoming Rural PoCUS Rounds:

2025 Cardiac Sessions:

Feb 7th - Valves w/ Dr. Claire Heslop March 14th - RV and pericardium w/ Dr. Virginia Robinson April 25th - Diastology w/ Dr. Irina Sainchuck June 20th - LV w/ Dr. Tracy Morton









QUESTIONS









- https://www.bcpocus.ca/
- https://www.ultrasoundgel.org/
- https://www.thepocusatlas.com/
- https://coreultrasound.com/
- https://www.pocus101.com/







- https://emergencymedicinecases.com/cardiac-arrest-pocusintegration-communication-strategies-e-cpr/
- https://www.tamingthesru.com/blog/ultrasound-of-themonth/october-2022/pocus-in-cardiac-arrest
- https://www.acep.org/emultrasound/newsroom/january-2022/use-of-ultrasound-in-cardiac-arrest2
- https://www.acepnow.com/article/how-to-safely-incorporateultrasound-into-cardiac-arrest-resuscitation/
- https://emcrit.org/emcrit/ultrasound-cardiac-arrest/







- https://recapem.com/pulseless-electrical-activity-in-theemergency-department/







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 https://doi.org/10.1186/s13089-023-00346-1
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- Goudie A, Blaivas M, Horn R, Lien W-C, Michels G, Wastl D, Dietrich CF. Ultrasound during Advanced Life Support—Help or Harm? *Diagnostics*. 2024; 14(6):593. https://doi.org/10.3390/diagnostics14060593







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- Gaspari R, Harvey J, DiCroce C, Nalbandian A, Hill M, Lindsay R, Nordberg A, Graham P, Kamilaris A, Gleeson T. Echocardiographic pre-pause imaging and identifying the acoustic window during CPR reduces CPR pause time during ACLS A prospective Cohort Study. Resusc Plus. 2021 Mar 6;6:100094. doi: 10.1016/j.resplu.2021.100094. PMID: 34223359; PMCID: PMC8244425.
- Kang SY, Jo IJ, Lee G, Park JE, Kim T, Lee SU, Hwang SY, Shin TG, Kim K, Shim JS, Yoon H.
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NOTES





NOTES



Question:

Does teaching a sequential sonographic assessment during cardiac arrest reduce CPR pause durations with ultrasound?

Methods:

Pre and post design.
Pulse checks timed
from video recorded
cardiac arrests before
and after teaching
Cardiac Arrest
Sonographic
Assessment (CASA)
protocol.

n = 210 POCUS pulse checks

CASA PULSE CHECKS



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Duration of Pulse	Pre	Post
Checks with POCUS (sec)	19.8	15.8

Multivariable Regression	Time Savings (sec)
Post Group	3.3
US Fellowship Trained Attending	3.1
Placing US prior to stopping CPR	3.1

19% POCUS pulse checks ≤10 sec in Post group





NOTES - CASA PROTOCOL

During First Three Pauses

- 1) First pause → Evaluate for tamponade
- 2) Second pause → Evaluate for pulmonary embolism
- 3) Third Pause → Evaluate for cardiac activity





During CPR

- Evaluate for pneumothorax
- Check IVC and FAST scan

NOTES - POCUS-CA

On going CPR

Non-shockable rhythm detected PEA/Asytole

	Point-of-care Ultrasound in cardiac arrest Swich on ultrasound Set up Locate subcostal window	2' CPR	Cardio-Pulmonary Resuscitation Follow PEA/Asytole algorithm 2' CPR/ 5 cycles Apply high cualitive CPR	
Record	cardiac chambers view Inferior cava vein view	10"	2 Ventilations Rhythm/Pulse check	
•.	Image Interpretation Comunicate conclutions Locate Apical cardiac window or Locate anterior lung window		2' CPR/ 5 cycles Apply high cualitive CPR	
Record	Apical 4 chambers view Lung sliding view	10"	2 Ventilations Rhythm/Pulse check	
Image Interpretation Comunicate conclutions Prepare for interventions*			2' CPR/ 5 cycles	
• Record	Locate other windows, interpret and comunicate. Pleural view Abdominal views Femoral views		Apply high cualitive CPR	
			2 Ventilations Rhythm/Pulse check	

Rhythm/Pulse check





Protocol (POCUS-CA)

ARREST CLIP X3