**Appendix 1: CPR PHONE ASSISTANCE SCALE**

*Circle the right number for each item.*

**1. Dispatcher’s assessment:**

*Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date and time of simulation: dd/mm/yyyy - \_\_\_/\_\_\_/\_\_\_\_\_\_*

1. **Identification and location:**

|  |  |  |  |
| --- | --- | --- | --- |
| Victim’s age | **1** Done |  | **0** Not done |
| Location  | **1** Done |  | **0** Not done |
| Ensuring accessibility of the victim | **1** Done |  | **0** Not done |
| Ensure the ability to recall the bystander if necessary | **1** Done |  | **0** Not done |

1. **Recognition of cardiac arrest:**

|  |  |  |  |
| --- | --- | --- | --- |
| Assessment of consciousness:*« Does he/she react when you call AND stimulate? »*  | **2** Done | **1** Partially done | **0** Not done |
| « Is he/she breathing? »- NO 🡪 next step- YES or DOUBT by bystander: research gasps for 10 sec (laying hand on the stomach or feel the air from the victim’s mouth: Gasp = interval between 2 breaths > 7sec or if < 2 breaths in 10sec) | **2** Done | **1** Partially done | **0** Not done or misjudgment |

**C- Release of rescuers:**

|  |  |  |  |
| --- | --- | --- | --- |
| Dispatch of rescuers | **2** Immediatedeparture | **1** Late dispatch | **0** Not done |

1. **Dispatcher assisted telephone-CPR:**

|  |  |  |  |
| --- | --- | --- | --- |
| Diagnosis: «He/she is in cardiac arrest» | **1** Done |  | **0** Not done |
| «You must start cardiopulmonary resuscitation»  | **1** Done |  | **0** Not done |
| Trained bystander? | **1** Done |  | **0** Not done |
| «Can you do it?» | **1** Done |  | **0** Not done |
| Looking for other bystanders to help | **2** Done | **1** Partially done | **0** Not done |
| If multiple bystanders: send someone to find and bring an AED (dedicated application for location of AED)  | **1** Done |  | **0** Not done |
| Reassurance: ex: «I’ll help you, I’ll stay on the phone» | **1** Done |  | **0** Not done |
| «The rescuers have been sent»  | **1** Done |  | **0** Not done |
| «Put the loudspeaker on and lay the phone on the floor» If loudspeaker unavailable : give instructions then ask bystander to lay the phone on the floor | **1** Done |  | **0** Not done |

|  |
| --- |
| Positioning: |
| «Turn the victim onto his/her back on a firm surface» | **2** Done | **1** Partially done | **0** Not done  |
| «Bare the chest» | **1** Done |  | **0** Not done |
| «Kneel by the side of the victim» | **1** Done |  | **0** Not done |
| «Place in the center of the chest the heel of your hand with the other hand on top of the first»/«two fingers» if it’s a child | **2** Done | **1** Partiallydone  | **0** Not done |
| « Keep your arms straight» | **1** Done |  | **0** Not done |
| Compressions: |
| Depth  | **2** « Press down at least 5 cm ( 4 cm if infant)» and « Push as hard as you can » | **1**  Late | **0** Other instructions |
| *«Then release»* | **1** Done |  | **0** Not done |
| Rate | **2** Metronome at a rate from 100 to 120 compressions per min | **1** Gives only the instructions  OR Late instruction | **0** No instruction OR Wrong rate |

|  |  |  |  |
| --- | --- | --- | --- |
| Choice of protocol adapted to the guidelines (only compressions, 30/2, 15/2) | **1** Yes |  | **0** No |

|  |
| --- |
| Use of an AED:  |
| Switch on the AED and attach the electrode pads on the victim’s bare chest, and follow the instructions | **2**  Done | **1** Partially done | **0** Not done |
| Deliver a shock after ensuring that nobody is touching the victim | **1** Done |  | **0** Not done |
| Immediately restart CPR (Interrupt at least the compressions between each delivered shock) | **2**  Done | **1** Partially done | **0** Not done |

|  |
| --- |
| Fill up if rescue breaths are performed as recommended in the guidelines:  |
| 🡪 Asphyxial arrest or child: 5 rescue breaths first🡪 Or start with compressions | **1** Done |  | **0** Not done |
| Open the airway: «head tilt, chin lift and open the mouth» | **2**  Done | **1** Partially done | **0** Not done |
| «Pinch the nose closed» | **1** Done |  | **0** Not done |
| «Place your lips around the mouth» (or the nose if the mouth is inaccessible) | **1** Done |  | **0** Not done |
| «Blow steadily while watching for the chest to rise» | **2**  Done | **1** Partially done | **0** Not done |
| «Once more» | **1** Done |  | **0** Not done OR  > 2 times |
| «Then start the compressions again» | **1** Done |  | **0** Not done |

|  |  |  |  |
| --- | --- | --- | --- |
| Ensure the continuity of the resuscitation:🡪 If only one bystander: *«Don’t stop until rescuers arrive or when you are exhausted »* 🡪 If multiple bystanders: *« When you are exhausted or every 2 minutes, take turns doing CPR until rescuers arrive»* | **1** Done |  | **0** Not done |
| Repeat encouragement | **1** Done |  | **0** Not done |

**E- Search for circumstances:**

|  |  |  |  |
| --- | --- | --- | --- |
| Cardiac arrest in front of bystanders? | **1** Done |  | **0** Not done |
| Accident?History of heart trouble, previous chest pain?If convulsions: history of epilepsy? | **2**  Done | **1** Partially done | **0** Not done |

***Score: \_\_\_/52***

**F- *Time measurements:***

|  |  |  |
| --- | --- | --- |
| **T0: Beginning of phone call** | **T1: Recognize cardiac arrest** | **T2: Dispatch of rescuers** |
|  |  |  |

**2. Assessment of CPR performance:**

*Observer: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date and time of simulation: dd/mm/yyyy - \_\_\_/\_\_\_/\_\_\_\_*

***A-* Recognition of cardiac arrest*:***

|  |  |  |  |
| --- | --- | --- | --- |
| Assessment of consciousness | **2** Done as asked  | **1** Not done as asked | **0** Not done |
| Assessment of breathing | **2** Done as asked  | **1** Not done as asked | **0** Not done |

**B- *CPR processing:***

|  |
| --- |
| Positioning: |
| Victim onto his/her back on a hard surface  | **2**  Done | **1** Partially done | **0** Not done |
| Straight arms | **2**  Done | **1** Partially done | **0** Not done  |

|  |
| --- |
| Fill up if rescue breaths are performed as recommended in the guidelines: |
| Open the airway: «head tilt, chin lift and open the mouth» | **2** Successfully done  | **1** Partially done | **0** Not done |
| Average inflation volume (ml) | \_\_\_ |
| Compression to breath ratio as asked | **2**  Done | **1** Partially done | **0** Not done  |

|  |
| --- |
| Use of an AED  |
| Switch on the AED and attach the electrode pads on the victim’s bare chest | **2** the electrode pads are well-placed | **1** the electrode pads are improperly placed | **0** Not done  |
| Follow the instructions and deliver a shock if it is indicated | **2**  Done | **1** Partially done | **0** Not done  |
| Bystander and first responders safety | **2**  Done | **1** Partially done | **0** Not done  |

|  |
| --- |
| CPR metrics if available (SkillReporterTM or other software) |
| Percentage of compressions with correct hand position | \_\_\_\_ % |
| Average compression depth  | \_\_\_ mm |
| Percentage of compressions done with the right depth | \_\_\_ % |
| Average compression rate (100-120 per min) | \_\_\_ /min |
| Percentage of compressions done with the right rate | \_\_\_\_ % |
| Total number of compressions delivered | \_\_\_ |
| Total hands-off chest time  | \_\_\_ seconds |
| Percentage of compressions with full release (%) | \_\_\_ |
| Global performance  | \_\_\_\_ % |

***Score: \_\_\_ /18***

**C- *Time measurements:***

|  |  |  |  |
| --- | --- | --- | --- |
| **T0: Beginning of phone call** | **T1: Recognize cardiac arrest** | **T3: Beginning of CPR** | **T4: Begin to use AED** |
|  |  |  |  |