



SKILL SHEET

AED Use for Adults

Step 1 Turn on the AED and follow the prompts

- Because AED models function differently, follow your facility's protocols and the manufacturer's instructions for the AED you have.

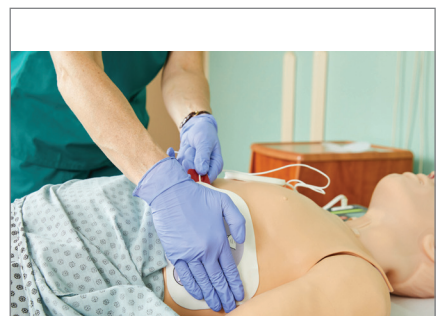
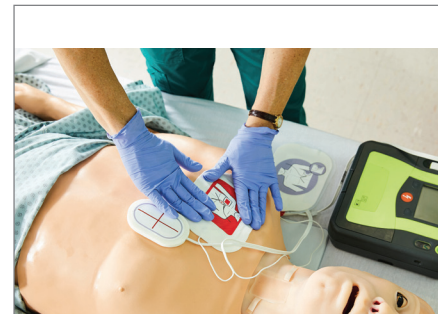


Step 2 Expose the chest

- Expose the chest and wipe it dry, if necessary.

Step 3 Attach the pads

- Use an anterior/lateral pad placement, according to the manufacturer instructions:
 - Place one pad on the upper right chest, below the right clavicle to the right of the sternum.
 - Place the other pad on the left side of the chest along the midaxillary line a few inches below the armpit.
- Or, use an anterior/posterior placement, according to the manufacturer instructions:
 - Place one pad to the center of the patient's chest—on the sternum.
 - Place one pad to the patient's back between the scapulae.



Alert

Do not use pediatric AED pads or pediatric levels of energy on an adult or on a child older than 8 years or weighing more than 55 pounds.

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AED Use for Adults *(continued)*



Practice Note

It is safe to use an AED on a pregnant patient. However, AED pads should not incorporate any breast tissue.

Step 4

Prepare to let the AED analyze the heart's rhythm

- If necessary, plug in the connector and push the analyze button.
- Instruct everyone to stand clear while the AED analyzes. No one, including you, should be touching the patient.
- If you are working as a team, prepare to smoothly switch positions to prevent fatigue. The provider giving compressions should hover their hands above the patient's chest.



Practice Note

When the AED is analyzing the rhythm, pause compressions and ventilations, even when using devices with artifact-filtering algorithms.



Step 5

Deliver a shock, if the AED determines one is needed

- If the AED advises a shock, again instruct everyone to stand clear. The compressor should continue to hover their hands over the patient's chest in preparation for CPR.
- Press the shock button to deliver the shock.



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AED Use for Adults *(continued)*

Step 6 After the AED delivers the shock, or if no shock is needed —

- Immediately begin CPR.
- Continue for about 2 minutes until:
 - The AED prompts that it is reanalyzing.
 - The patient shows signs of return of spontaneous circulation.
 - The team leader or other trained providers instruct you to stop.
- If you are working as a team, smoothly switch positions approximately every 2 minutes (which usually occurs at the time of AED analysis) to prevent fatigue.



Practice Note

After a shock is delivered, immediately resume CPR for 2 minutes before pausing compressions for the AED to analyze the heart rhythm. However, based on the clinical situation, you may consider performing rhythm analysis after defibrillation, recognizing that this may not be possible on all AEDs.