# Cardiac Arrest – VF/VT

## BLS Procedures

- Initiate Cardiac Arrest Management (CAM) Protocol
- Airway management per VCEMS policy

## ALS Standing Orders

### Defibrillate
- Use the biphasic energy settings that have been approved by service provider medical director
- Repeat every 2 minutes as indicated

### IV or IO access
- PRESTO Blood Draw

### Epinephrine* 0.1 mg/mL
- Administer ASAP goal ≤6 minutes
  - IV/IO – 1 mg (10 mL) q 6min
  - May repeat x 2 for max of 3 doses during initial arrest.
  - If ROSC then re-arrest an additional 3 doses may be administered.

### Amiodarone
  - IV/IO – 300 mg – after second defibrillation
  - If VT/VF persists, 150 mg IV/IO in 3-5 minutes

### Normal Saline
  - IV/IO bolus 1 Liter

### ALS Airway Management
  - If unable to ventilate by BLS measures, initiate appropriate advanced airway procedures in accordance with policy 710.

If VF/VT stops, then recurs, perform defibrillation at the last successful biphasic energy setting

## Base Hospital Orders only

### Tricyclic Antidepressants
- **Sodium Bicarbonate**
  - IV/IO – 1 mEq/kg
  - Repeat 0.5 mEq/kg q 5 min

### Torsades de Pointes
- **Magnesium Sulfate**
  - IV/IO – 2 g over 2 min
  - May repeat x 1 in 5 min

### ED Physician Order Only

1. History of Renal Failure/Dialysis
- **Calcium Chloride**
  - IV/IO – 1g
  - Repeat x 1 in 10 min
- **Sodium Bicarbonate**
  - IV/IO – 1 mEq/kg
  - Repeat 0.5 mEq/kg q 5 min x 2

### Additional Information:
- If sustained ROSC (>30 seconds), activate VF/VT alarm and initiate post arrest resuscitation as outlined in Policy 733: Cardiac Arrest management and Post Arrest Resuscitation.
- For termination of resuscitation, transport decisions, and use of base hospital consult reference Policy 733: Cardiac Arrest Management and Post Arrest Resuscitation
- If patient is hypothermic—only ONE round of medication administration and limit defibrillation to 6 times prior to Base Hospital contact. Field determination of death is discouraged in these patients and they should be transported to the most accessible receiving facility
- Ventricular tachycardia (VT) is a rate > 150 bpm

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**Effective Date:** December 1, 2019  **Date Revised:** October 10, 2019  **Next Review Date:** October 31, 2021  **Last Reviewed:** October 10, 2019

VCEMS Medical Director