

# “DIRECT CPR”- Mnemonic to remember 2010 AHA BLS CPR guidelines

Sir,

The 2010 American Heart Association Guidelines (AHA) for cardiopulmonary resuscitation (CPR) and emergency cardiac care, published on the 50<sup>th</sup> anniversary of modern CPR, recommend a change in the Basic Life Support (BLS) sequence of steps from A-B-C to C-A-B.<sup>[1]</sup> This requires all of us to relearn CPR according to the new recommendations. Memory-aids are known to improve our technical abilities and confidence in providing CPR.<sup>[2]</sup> We suggest a mnemonic “DIRECT CPR” to remember the sequence of assessments and actions to be taken by BLS provider in accordance with the Adult Chain of Survival of the 2010 AHA guidelines for CPR. The mnemonic is expanded as follows:

**D - Detection** (Collapsed person, all is not well).

**I - Interrogation** (Are you OK? Can you hear me?).

**R - Respiration** (Assess for 5-10 seconds).

**E - Emergency call** (Get AED and Equipment for resuscitation).

**C - Check Carotid** pulsations (5-10 seconds) → If absent, start **Chest Compressions**.

(rate of at least 100/minute, depth of at least 5 cm, and allow complete chest recoil).

**T - Two Breaths** (Each breath over one second).

**C - Continue Compression and Ventilation** in a ratio of 30:2 for five cycles.

**P - Pulse check** after five cycles (two minutes).

**R - Rotate compressors** after five cycles (two minutes). Deliver shock if indicated, as soon as AED is ready. **Resume CPR** starting with chest compressions. **Rhythm analysis** after five cycles (two minutes).

## Acknowledgement

Dr. Sandhya Yaddanapudi

**Indu M. Sen, Mitali Sen<sup>1</sup>**

Department of Anesthesia and Intensive Care, Post Graduate Institute of Medical Education and Research, 'MBBS, Government Medical College and Hospital, Chandigarh, India

**Correspondence to:**

Dr. Indu Mohini Sen,  
Department of Anaesthesia and Intensive Care, Post box No 1519,  
PGI Campus, Sector 12-A, Chandigarh, India.  
E-mail: indumohini@gmail.com

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