Effective CPR is now recognized as the single most important action in successful resuscitation of cardiac arrest victims. The Res-Q-Pod creates a slight negative pressure in the thoracic cavity during exhalation that encourages blood return to the heart and increases circulation during CPR.

Indications

1. Use only in confirmed cardiac arrest rhythms.
    a. Asystole
    b. Ventricular tachycardia
    c. Ventricular fibrillation
    d. Pulseless electrical activity

Precautions

1. The Res-Q-Pod is contraindicated in the following cases:
    a. Dilated cardiomyopathy
    b. Congestive heart failure
    c. Pulmonary hypertension
    d. Flail chest
    e. Chest pain
    f. Shortness of breath
2. Avoid hyperventilation and deliver ventilations over one second.

Technique

1. The Res-Q-Pod may be used with a variety of ventilation devices:
    a. Demand valve resuscitator
    b. Bag valve mask
    c. Automatic ventilator
    d. Mouth-to-mask
2. The Res-Q-Pod can be used with a variety of adjucts:
    a. Face mask
    b. Endotracheal tube
    c. King tube

Impedance Threshold Device (Res-Q-Pod)

3. To use:
    a. Place the Res-Q-Pod between the ventilation device and the airway adjunct.
    b. Provide ventilations at an appropriate rate (30:2 for BVM and mouth to mask, 10-12 per minute with an ET or King tube in place).
    c. If ETCO2 monitoring is used, place the CO2 pickup between the ventilation device and the Res-Q-Pod.

La Plata County EMS Protocols Version 2010.1.0