



# **BANTUAN HIDUP DASAR DAN CODE BLUE**





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A stylized illustration of a human heart, rendered in a dark red color against a lighter red background. The heart is shown from a slightly elevated, front-facing perspective, with its major blood vessels (aorta, pulmonary artery, and pulmonary veins) clearly visible. The heart is surrounded by numerous short, dashed lines radiating outwards, creating a sense of energy or movement. The overall aesthetic is clean and modern.

**LET'S GET  
STARTED**



# **BANTUAN HIDUP DASAR**

**Tindakan  
pertolongan dasar  
pada pasien henti  
jantung dan atau  
henti nafas**

# **CODE BLUE**

**Kode Isyarat yang digunakan RS yang menandakan ada seseorang yang mengalami henti jantung atau henti nafas**

**TIM Code  
Blue  
Primer**

**TIM Code  
Blue  
Sekunder**



# 2020 AHA GUIDELINE

D R S C A B

A diagram illustrating the 2020 AHA guideline mnemonic DRS CAB. The letters are arranged in a horizontal sequence within a light blue arrow shape pointing to the right. The letters 'D', 'R', and 'S' are contained in blue rounded rectangular boxes, while 'C', 'A', and 'B' are in red rounded rectangular boxes. The boxes are slightly offset vertically, with the 'C', 'A', and 'B' boxes appearing to sit on top of the 'D', 'R', and 'S' boxes respectively.

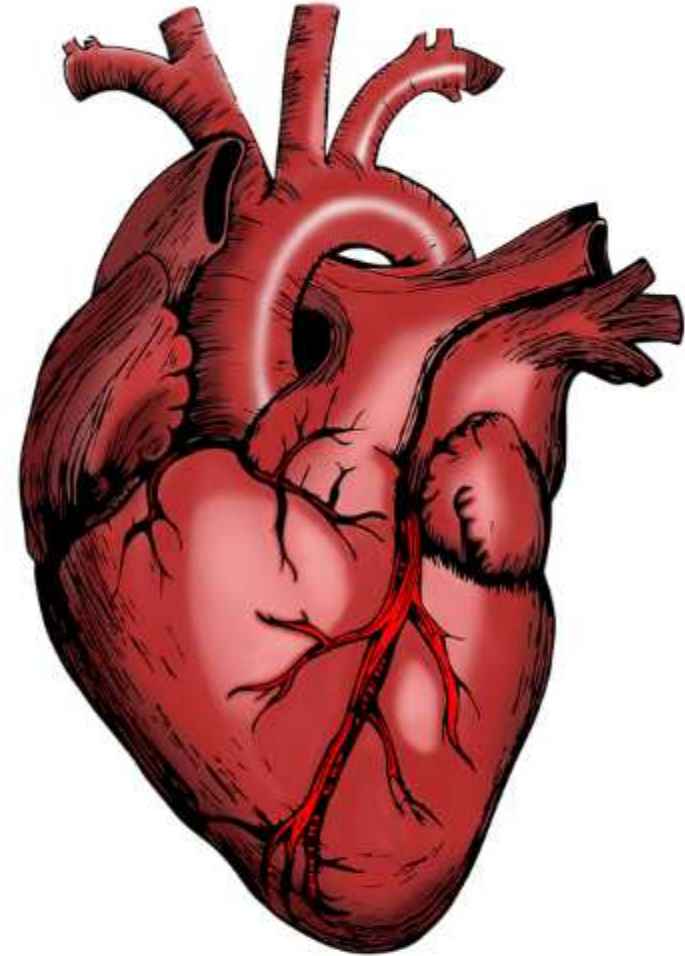
# **[D] DANGER**

- **AMAN PENOLONG**
- **AMAN PASIEN**
- **AMAN LINGKUNGAN**



# [R] RESPONSE

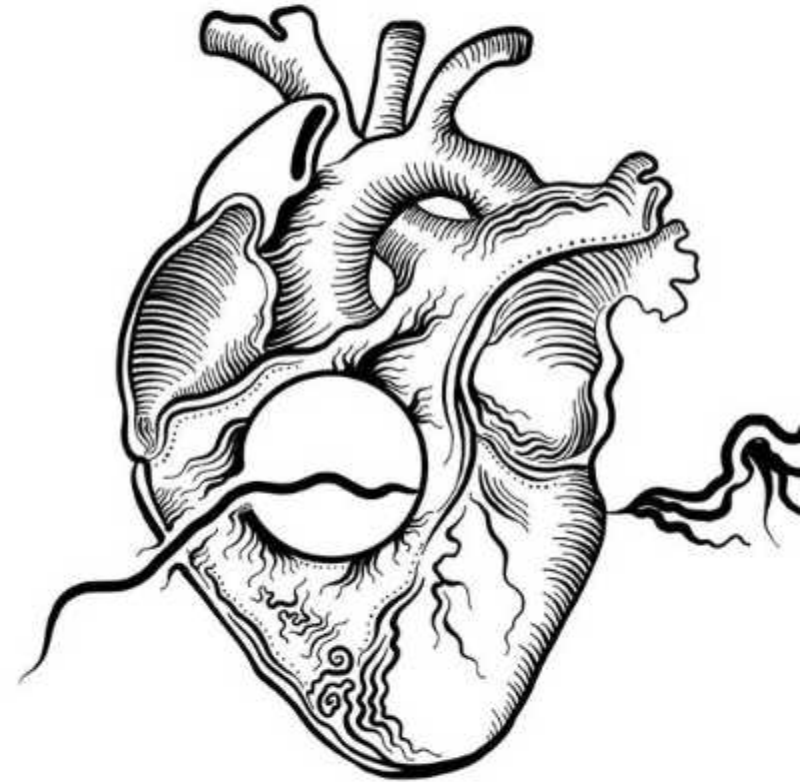
- SHOUT
- SHAKE





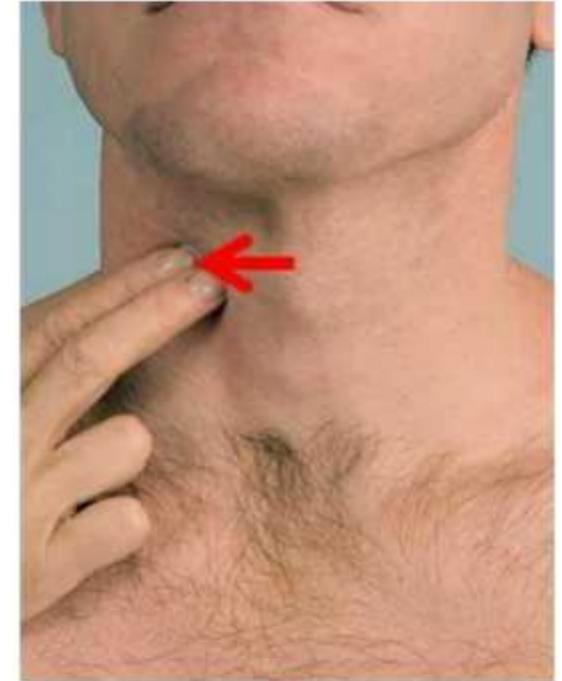
# [S] SHOUT FOR HELP

- **PANGGIL BANTUAN**
- **AKTIFKAN CODE BLUE**
- **HUBUNGI 777**



# [C] CIRCULATION

- CEK NADI, MAKSIMAL 10 DETIK
- BILA TIDAK TERABA, BERIKAN **30 KOMPRESI** DAN **2 VENTILASI**



Meraba nadi karotis, 2-3 cm dari samping trakhea

# [C] CIRCULATION

Mulai siklus kompresi dada dan bantuan pernapasan

4



**RJP: Resusitasi jantung Paru**



# High Quality CPR



**KECEPATAN 100-120X /  
MENIT**



**KEDALAMAN 5-6 CM**



**RECOIL DADA  
SEMPURNA**



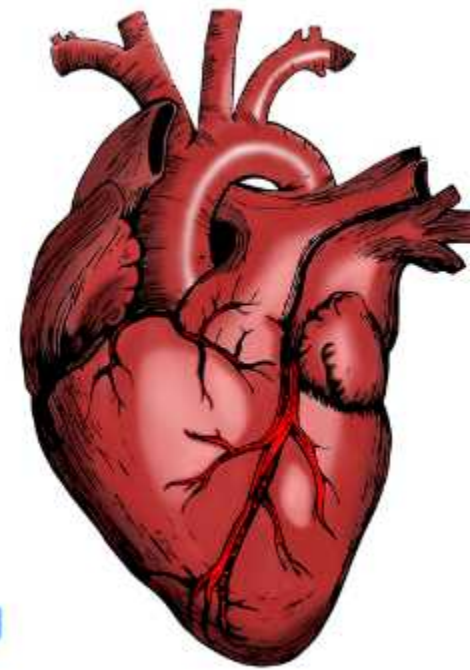
**MINIMAL INTERUPSI**



**TIDAK HIPERVENTILASI**



# [A] AIRWAY



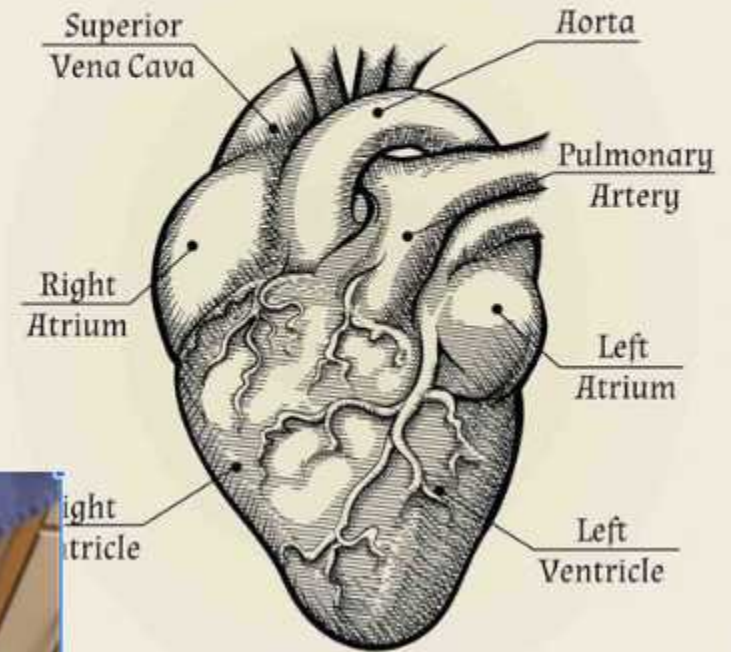
Pada pasien curiga trauma servikal gunakan teknik  
***Jaw Thrust***



# [B] BREATHING

- BERIKAN NAFAS 2X

## HEART ANATOMY





# EVALUASI

Dilakukan setiap 2 menit

1

NADI (-), NAFAS (-)

→ RJP

2

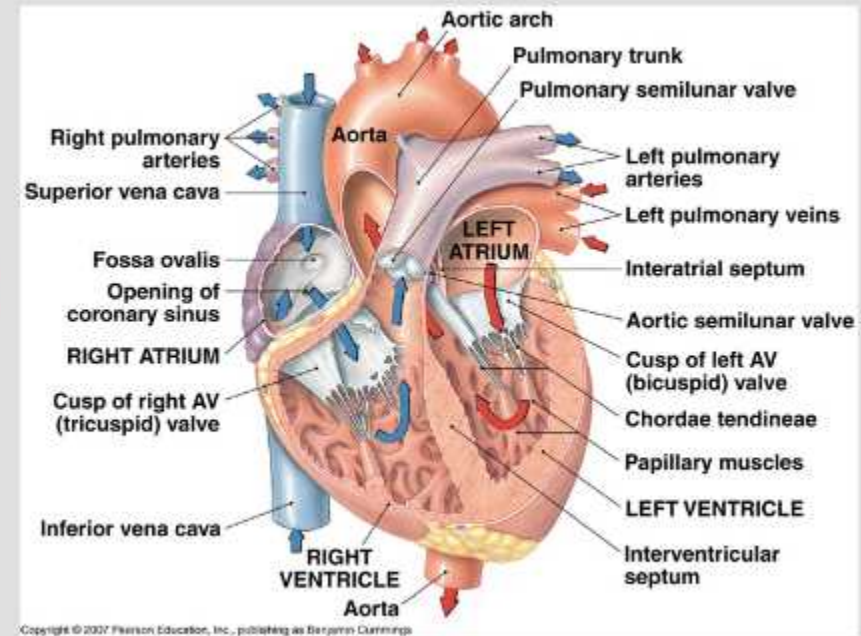
NADI (+), NAFAS (-)

→ Bantuan Nafas tiap 5-6 detik

3

NADI (+), NAFAS (+)

→ Posisi Recovery



# Cara Melakukan Posisi Recovery





**ALLAH SENANTIASA  
MENOLONG SEORANG  
HAMBA SELAMA  
HAMBA TERSEBUT  
MENOLONG  
SAUDARANYA.**

**—H.R. MUSLIM—**





**TERIMA KASIH**

