
CPR Guidance During the COVID-19 Pandemic

All clinicians should be aware that the efficacy of CPR is generally low in the nursing home population. CPR creates significant additional risk of contracting coronavirus due to viral aerosolization. Therefore, additional precautions are required when performing CPR during this pandemic. Effective immediately, please follow these steps if CPR is necessary for any person who is suspected or diagnosed with COVID-19:

1. **Don PPE including an N95 respirator mask, gown, and face shield BEFORE initiating CPR.** Initiate CPR only after PPE is donned.
2. **Spread a clear plastic sheet over the patient**, including the patient's head.
3. **Ensure that only the minimum number of essential healthcare professionals with appropriate PPE are present in the room while CPR is being administered.**
4. If ventilation is to be conducted, **utilize a bag-valve mask UNDER the plastic sheet, and ensure that everyone in the room is wearing an N95.** If N95 respirator masks are unavailable, perform hands-only CPR without ventilation until EMS arrives.
5. **Close the door to the resident room before performing CPR.** Move other residents away from the area, e.g., hallways and transportation routes out of the facility.

Please also consider each patient's goals of care, long before the need for CPR might arise. Early discussion of advance directives*, as well as code status, can help ensure that residents' goals are met, without creating unnecessary risk and exposure to staff during CPR.

*for example, [AMDA's Advance Care Planning \(ACP\) Series](#).