

# If The AED Came Equipped With Adult AED Pads Only, Vickie Should Not Use Them. Instead, She Should Call

**If The AED Came Equipped With Adult AED Pads Only, Vickie Should Not Use Them. Instead, She Should Call** emergency services immediately and follow proper protocols. Automated External Defibrillators (AEDs) are critical devices used to restore normal heart rhythm during sudden cardiac arrest. However, the type of AED pads used can significantly impact the safety and effectiveness of the rescue. If an AED is equipped exclusively with adult AED pads, it is essential for rescuers like Vickie to recognize the limitations and act accordingly. Using the wrong pads can be ineffective or even harmful, so understanding when and how to respond is vital to saving a life.

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## Understanding the Role of AED Pads in Emergency Situations

AED pads are the interface between the device and the person's heart. They deliver an electric shock to restore a normal rhythm in individuals experiencing sudden cardiac arrest. The design and placement of these pads are tailored to different age groups and body sizes to maximize safety and efficacy.

### The Difference Between Adult and Pediatric AED Pads

- **Adult AED Pads:** These are designed for individuals aged 8 years and older or weighing more than approximately 55 pounds. They have a standard size and are intended to deliver a shock suitable for adult body mass.
- **Pediatric AED Pads:** These are smaller and tailored for children under 8 years old or weighing less than 55 pounds. They often deliver a lower energy shock to suit the smaller body size and prevent injury.

### Why Using the Correct Pads Matters

- Ensures appropriate energy delivery, reducing risk of injury.
- Maximizes the chances of successful defibrillation.
- Prevents potential harm from inappropriate shocks, such as burns or internal injuries.

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## Risks of Using Adult AED Pads on Children

When Vickie encounters a situation where only adult AED pads are available, she must understand the potential risks involved in using them on a child or an infant.

## Potential Dangers

- **Over-Shocking:** Adult pads deliver higher energy levels, which can cause tissue damage in children or infants.
- **Injury Risk:** The larger pads may not adhere properly to smaller bodies, leading to ineffective shocks or accidental burns.
- **Increased Heart Damage:** Excessive energy can cause internal injuries or damage the child's developing heart.

## When It Might Be Necessary to Use Adult Pads

In some cases, if pediatric pads are unavailable and the only option is to use adult pads, the risk-benefit analysis might favor proceeding with adult pads, especially if the child's condition is critical. However, this decision should be made with caution and as a last resort.

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## What Vickie Should Do if Only Adult AED Pads Are Available

Recognizing the limitations of adult pads is essential for Vickie. If she finds herself in a scenario where the AED only has adult pads, her actions should prioritize safety and prompt emergency response.

### Step 1: Call Emergency Services Immediately

- Dial 911 or the local emergency number without delay.
- Provide clear information about the situation and location.
- Follow the dispatcher's instructions until professionals arrive.

### Step 2: Use the AED with Caution

- Place the adult AED pads firmly on the person's bare chest, following the device's instructions.
- Ensure pads do not touch each other and are placed correctly as per the AED's diagram.
- Avoid placing pads over medication patches, jewelry, or scars.

### Step 3: Continue CPR if Necessary

- If the person shows no signs of circulation, breathing, or responsiveness, begin CPR immediately.
- Use chest compressions at the correct depth and rate until help arrives or the person recovers.

## **Step 4: Monitor the Person and Maintain Safety**

- Keep the person as comfortable as possible.
- Do not delay rescue efforts while waiting for medical professionals.
- Be prepared to repeat shocks if instructed by the AED.

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## **Best Practices When Using an AED for Children**

If pediatric pads are available, Vickie should use them instead of adult pads for children under 8 or under 55 pounds.

### **Proper Pad Placement for Children**

- **One Pad on the Chest:** Place one pad in the center of the chest, just below the nipple line.
- **One Pad on the Back:** Place the second pad on the child's back, between the shoulder blades.
- **Ensure Good Contact:** Pads must be firmly attached to ensure proper conduction.

### **Using the AED Correctly**

- Turn on the AED and follow voice prompts.
- Make sure no one is touching the person during shock delivery.
- Resume CPR immediately after shock if instructed.

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## **Importance of Training and Preparedness**

Vickie's preparedness can significantly influence the outcome of an emergency.

### **Training in AED Use**

- Regular CPR and AED training courses help individuals understand how to react swiftly and correctly.
- Training includes learning how to identify situations requiring AED intervention and how to handle special cases like children.

### **Keeping AEDs Accessible and Maintained**

- AEDs should be placed in easily accessible locations.
- Regular checks ensure batteries and pads are functional and within expiration dates.

- Clear signage helps users quickly locate AED devices.

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## **Conclusion: When Only Adult AED Pads Are Available, Vickie Should Prioritize Calling Emergency Services**

In an emergency, time is critical. If the AED only comes equipped with adult AED pads, Vickie must act swiftly but prudently. While using adult pads on a child is generally not recommended due to risks of injury and ineffective shocks, the primary goal is to provide immediate assistance. If pediatric pads are unavailable, and the situation is life-threatening, using adult AED pads may be justified as a last resort, but only after calling emergency services and continuing CPR if necessary. Proper training, quick thinking, and understanding the limitations of AED devices can make the difference between life and death. Ultimately, Vickie's best course of action is to call emergency services right away and follow their guidance while administering aid within her training and the device's capabilities.

## **Frequently Asked Questions**

### **Why shouldn't Vickie use adult AED pads on a child?**

Because adult AED pads are too large and can cause improper pad placement or skin burns on a child, potentially hindering effective treatment.

### **What should Vickie do if the AED only has adult pads and a child needs help?**

She should call emergency services immediately and follow their instructions, possibly using a pediatric pad if available or performing CPR until help arrives.

### **Is it safe to use adult AED pads on children in an emergency?**

Generally, no. Adult pads may not be suitable for children due to size differences and could deliver inappropriate shocks, so calling for emergency assistance is best.

### **What is the recommended action if the AED is not equipped with pediatric pads?**

Vickie should call emergency services for guidance and continue CPR if trained, until professional help or pediatric pads become available.

### **Should Vickie attempt to modify the adult AED pads to**

## **fit a child?**

No, she should not modify or reuse adult pads on a child. Instead, she should call emergency services for guidance and perform CPR if trained.

## **Why is calling emergency services important in this situation?**

They can provide specific instructions, send professional help, and advise on how to proceed safely when appropriate equipment isn't available.

## **Are there any risks associated with using adult AED pads on children?**

Yes, there is a risk of delivering a shock that is too strong or misapplied, which can cause injury or reduce the effectiveness of defibrillation.

## **What can be done to prepare for such emergencies involving children and AEDs?**

Ensure access to pediatric pads, receive CPR and AED training, and familiarize yourself with emergency procedures specific to children.

## **Additional Resources**

AED Compatibility and Proper Use: Why Vickie Should Not Use Adult-Only AED Pads

When it comes to emergency cardiac care, deploying an Automated External Defibrillator (AED) correctly is vital to saving a life. AEDs are life-saving devices designed for use by laypersons, but their effectiveness hinges on proper understanding of their components and appropriate application. A common scenario involves AEDs equipped solely with adult-sized pads, which raises critical questions about their suitability for children or certain individuals. If Vickie encounters an AED with only adult AED pads available, she must understand why she should not use them on children and what alternative actions she should take instead. This comprehensive review aims to clarify these issues, emphasizing the importance of proper AED pad selection, understanding device limitations, and ensuring effective emergency response.

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## **Understanding AED Pads and Their Role in Cardiac Emergencies**

### **What Are AED Pads?**

AED pads, also known as electrode pads, are adhesive electrodes that serve as the interface between the AED device and the patient's chest. They deliver a

controlled electrical shock to the heart, aiming to restore a normal rhythm during sudden cardiac arrest (SCA). These pads contain conductive gel to facilitate efficient electrical transmission.

Key points about AED pads:

- They are designed to detect the heart's rhythm and deliver shocks if necessary.
- Proper placement on the chest is crucial for effective therapy.
- Different pads are designed for different age groups and body sizes.

## **Types of AED Pads**

AED pads come in various types, primarily distinguished by their intended patient population:

- Adult AED Pads: Sized for individuals aged 8 years and older or weighing more than approximately 55 pounds (25 kg).
- Pediatric AED Pads: Smaller pads designed specifically for children aged 1 to 8 years or weighing between 22 and 55 pounds (10 to 25 kg). These pads often have different placement instructions and may deliver a reduced shock dose suited for children.

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## **The Implications of Using Adult AED Pads Only**

### **Why Is It Problematic to Use Adult Pads on Children?**

Using adult AED pads on children under the age of 8 or under 55 pounds can pose several risks:

#### **1. Risk of Inadequate Shock Delivery**

- Adult pads are larger and designed to cover more surface area. When placed on a smaller child's chest, they may not make proper contact or may not be positioned optimally.
- Overlapping pads or improper placement can reduce shock efficacy or cause unintended shocks to other parts of the body.

#### **2. Potential for Harm**

- Because adult pads deliver higher energy levels (typically 150-360 Joules), there is concern about delivering excessive electrical energy to a child's delicate heart, which could cause myocardial damage or other injuries.
- While the primary goal is to restore normal rhythm, unnecessary or inappropriate shocks could potentially worsen outcomes.

#### **3. Ineffective Rhythm Analysis**

- AEDs rely on accurate rhythm detection. Improper pad placement can interfere with the device's ability to correctly interpret cardiac rhythms, leading to false positives or negatives.

#### **4. Non-Compliance with Guidelines**

- Most AED manufacturers and emergency response protocols recommend pediatric pads or appropriate modifications for children to minimize risks.

## **Legal and Ethical Considerations**

- Using the correct pads is not just a matter of device efficacy but also adherence to established guidelines.
- Failing to follow manufacturer instructions or accepted protocols can lead to liability issues and compromised patient safety.

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## **What Should Vickie Do Instead of Using Adult AED Pads on Children?**

### **Immediate Actions in an Emergency**

In a situation where Vickie encounters a child in cardiac arrest and the AED only has adult pads, she should:

- Call Emergency Services Immediately: Dial emergency services (e.g., 911) to get professional medical help en route.
- Perform High-Quality CPR: Continue providing chest compressions and rescue breaths (if trained) until professional help arrives or AED ready for use.
- Use the AED as best as possible: If the AED detects a shockable rhythm, and no pediatric pads are available, some devices may allow the use of adult pads with caution, but only if explicitly recommended by the device manufacturer.

### **Why Calling Emergency Services Is Critical**

- Professional Intervention: Paramedics possess advanced equipment and training to handle pediatric cardiac emergencies.
- Proper Equipment: Emergency responders are equipped with pediatric-specific pads or other devices suitable for children.
- Timely Care: Early professional intervention significantly increases the child's chances of survival.

### **Alternative Measures When Only Adult Pads Are Available**

- Follow AED manufacturer's instructions: Some devices may permit the use of adult pads on children if pediatric pads are unavailable, with the caveat that the pads are placed correctly to minimize risk.
- Ensure Proper Placement: Avoid overlapping pads and place them at the appropriate positions on the child's chest.
- Minimize Shock Energy: If the AED allows, select the lowest energy setting, or the device automatically adjusts if designed to do so.
- Prioritize CPR: Continue high-quality CPR until advanced help arrives or the child regains signs of consciousness.

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# Preventive Measures and Preparedness

## Importance of Proper Equipment and Training

- Carry Pediatric AED Pads: Whenever possible, ensure access to both adult and pediatric AED pads in environments with children.
- Regular Training: Educate responders on the differences between adult and pediatric AED use, emphasizing the importance of correct pad placement and device features.
- Know Your AED: Familiarize yourself with the specific model's instructions regarding the use of adult pads on children.

## Device Features and Innovations

- Many modern AEDs feature smart technology that automatically detects the patient's age or size and adjusts shock dose accordingly.
- Some devices have pediatric mode or child-specific pads that can be inserted quickly.

## Planning and Preparedness

- Maintain emergency kits that include:
  - Pediatric AED pads
  - Pocket masks for rescue breaths
  - Clear instructions or quick-reference guides
- Conduct regular drills and training sessions for staff and community members.

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## Summary and Key Takeaways

- Using adult AED pads on children under 8 or weighing less than 55 pounds is generally discouraged due to the risks of improper shock delivery, potential injury, and ineffective rhythm analysis.
- Vickie's best course of action is to call emergency services immediately and perform high-quality CPR until professional help arrives.
- If only adult pads are available, consult the AED's instructions to determine if their use is permitted and ensure correct placement, but prioritize calling for professional assistance.
- Prevention is key: always have appropriate pediatric AED pads accessible, and ensure responders are trained to recognize and act according to proper protocols.
- Modern AED technology increasingly features safeguards and automatic adjustments, but reliance on these features should not replace proper training and preparedness.

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## Final Thoughts

In emergency situations, quick action can make the difference between life and death. Understanding the limitations of AEDs and their accessories, especially regarding pediatric use, is crucial. Vickie's awareness of these nuances ensures she responds appropriately, minimizes risks, and maximizes the chance of saving a child's life. Remember, in any cardiac emergency involving children, calling emergency services remains the most critical step, complemented by CPR and correct AED use whenever possible.

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