

## CAROTID SINUS MASSAGE (CSM)

1. Ensure the following:
  - ✓ Patient is not > 70 years old
  - ✓ **DO NOT** perform CSM if a bruit is audible over either carotid artery
  - ✓ **DO NOT** perform CSM if carotid pulse is either weak or absent
  - ✓ A cardiac monitor is applied and IV/IO is established
  - ✓ Equipment to manage a cardiac arrest is at hand
  - ✓ Patient is lying supine with their neck extended and their head turned away from the side to be massaged
2. Run the monitor strip recorder while performing CSM.
3. Place 2 fingers on the right carotid artery at the angle of the jaw and apply firm pressure against the cervical spine, not the trachea, and massage for 5 seconds.
4. If unsuccessful, wait 2-3 min. and repeat CSM on left side.

**NEVER MASSAGE BOTH CAROTID ARTERIES SIMULTANEOUSLY!**