



Healing Hearts of Central Ohio

"SAVING LIVES WITH HANDS ONLY CPR"



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HANDS-ONLY™ CPR

heart.org/handsonlycpr

Push to the beat of
“Stayin’ Alive”



BEE GEES STAYIN' ALIVE



From The Album

STURDY NIGHT
FEVER



Heart Attack vs. Cardiac Arrest

Heart Attack:

- Blockage in coronary artery
- Person usually **conscious**
- Upper body discomfort or pain

Cardiac Arrest:

- Electrical issue, heart stops pumping
- Person is **unconscious**
- Often no previous symptoms

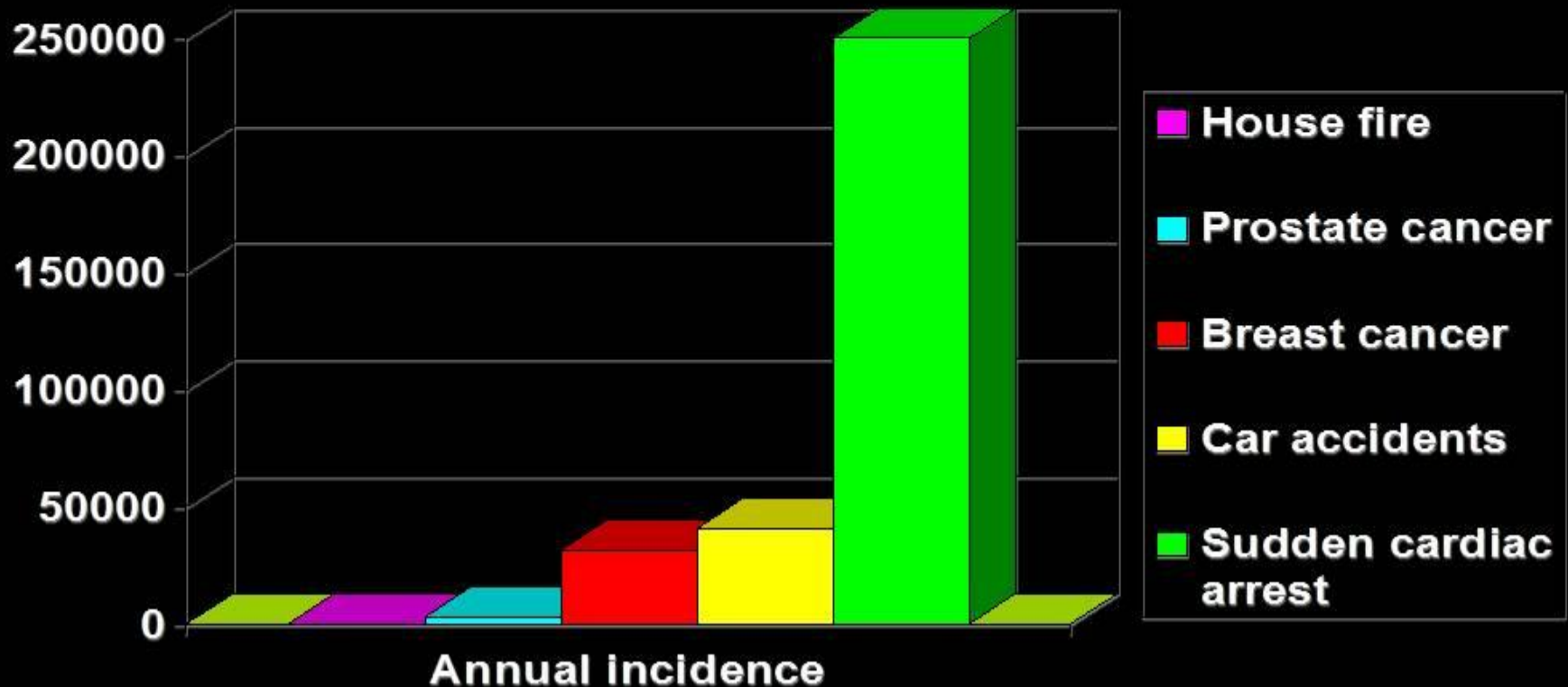
CALL 911 FOR BOTH

Current Statistics

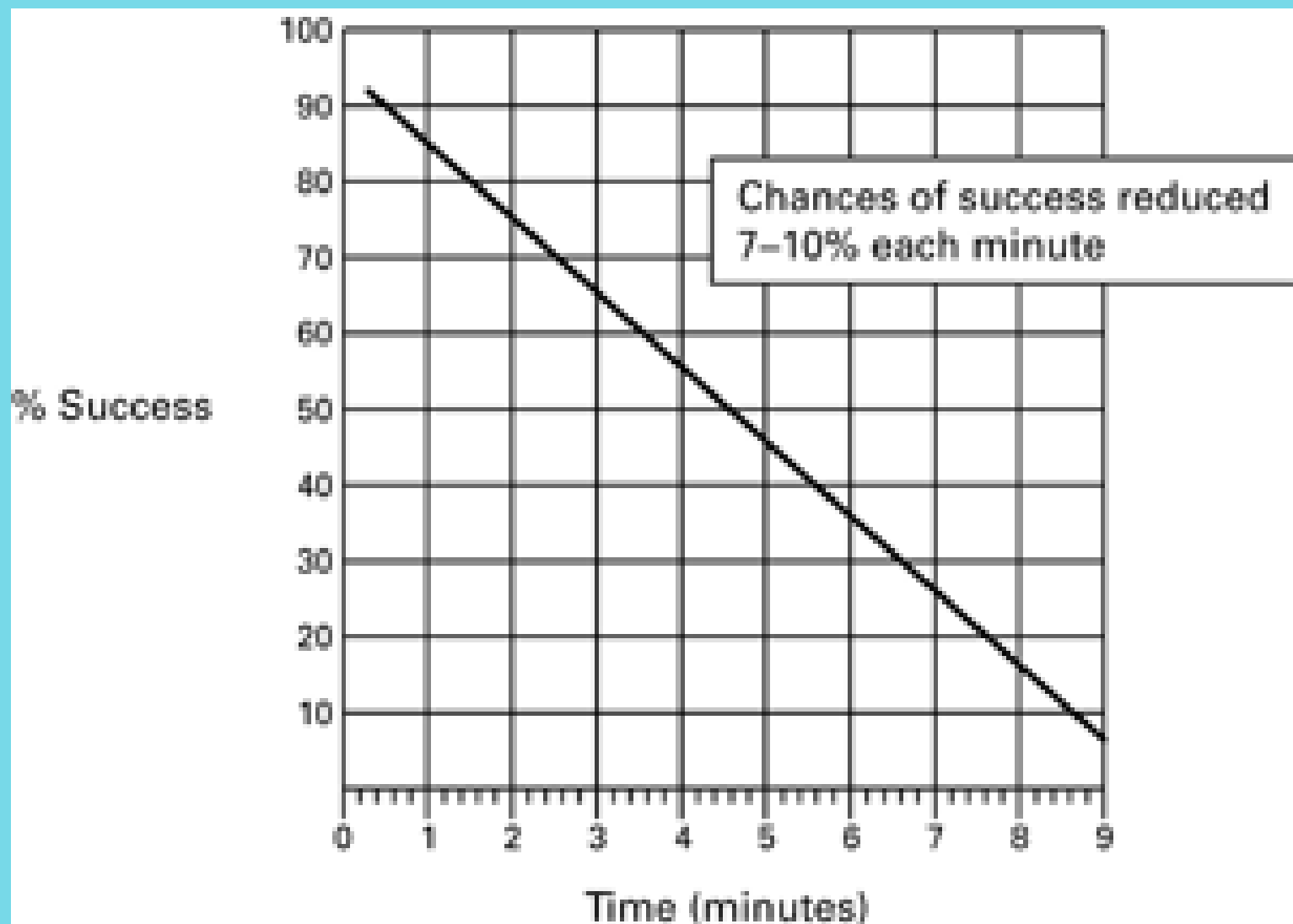
- 350,000 cardiac arrests in USA each year
- 1 in every 90 seconds
 - 36% In-hospital
 - 18% of which survive to discharge
 - 64% out of Hospital
 - 2-9% of which survive to discharge



Sudden Cardiac Arrest (SCA) ...a public health crisis



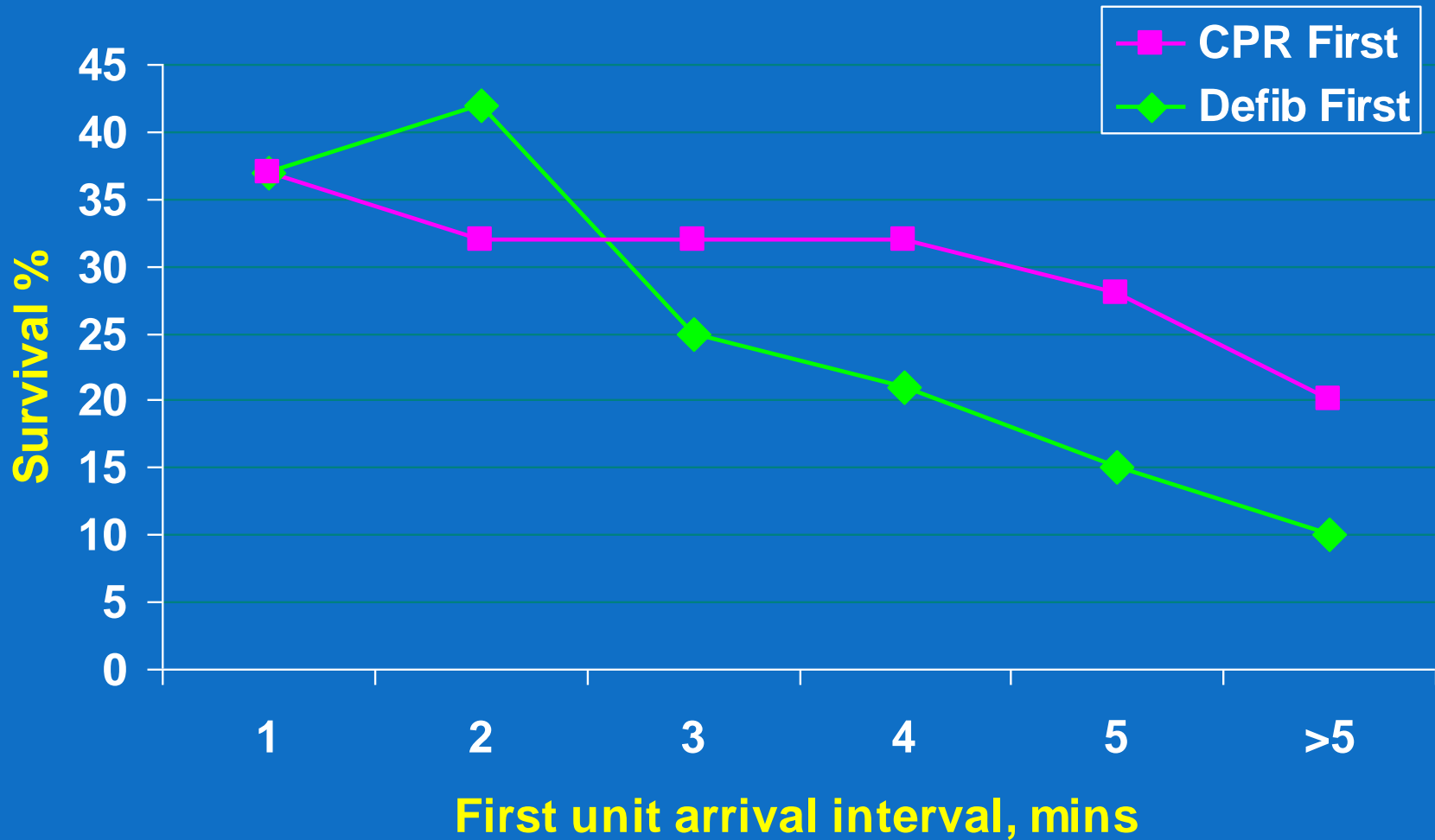
Early CPR Critical in SCA



* Non-linear

Adapted from text: Cummins RO. *Annals Emerg Med.* 1989, 18:1269-1275.

90 Seconds of CPR Before Defibrillation



Cobb, L.A., et al. Influence of CPR prior to defibrillation in patients with out-of-hospital VF. *JAMA* 1999; 281(13):1182-8.

911: We need to get CPR started that's not enough, OK? Um, lemme...

GLENWOOD GARDENS: Yeah, we can't do CPR at this facility.



» CALL FOR HELP

911 OPERATOR SHOCKED AFTER NURSE REFUSES TO ADMINISTER CPR

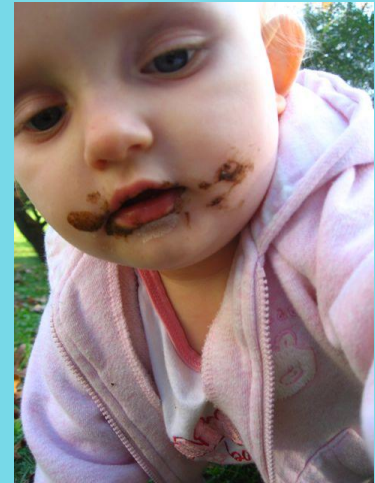
- Bystanders in the US only do CPR in 15 to 30 percent of out-of-hospital cardiac arrests
- The odds of survival drop significantly after four to six minutes without CPR in witnessed arrests
- EMS providers usually can't get to a scene under

6 to 8 minutes



Why People Don't Do CPR

- Mouth to Mouth- YUCK!
- Don't want to take a class
- CPR too complex
- Hard to remember all those facts
- Don't want to hurt them!
- Might not be doing it right???





• Mouth-To-Mouth Ventilation's Role In CPR Questioned

Sep. 20, 1997 :blue-ribbon panel of experts assembled by the American Heart Association has called into question the role of mouth-to-mouth ventilation as an integral part of cardiopulmonary resuscitation (CPR).

- *Mouth-to-mouth ventilation can interfere with the rescuer's efforts to perform chest compressions and cause significant adverse effects.*
- *It makes CPR more difficult to teach, learn and perform, and dissuades bystanders from initiating therapy.*



EPIPHANY

That moment you realise you're lunch

What is

Chest Compression Only CPR?

- **New method of resuscitation developed through extensive research at The University of Arizona Sarver Heart Center for primary cardiac arrest**

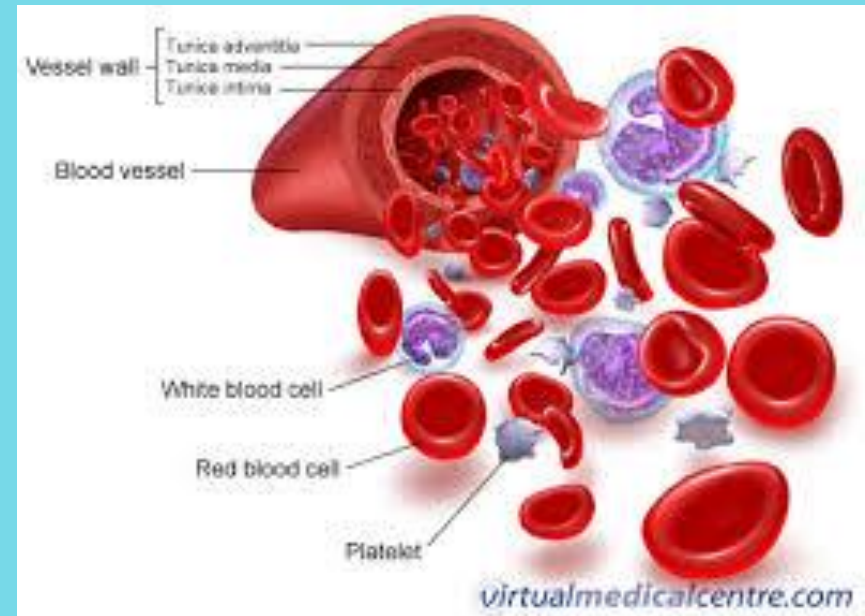


- **Continuous forceful chest compressions to circulate the person's blood to their brain and heart**

Why isn't Rescue Breathing Necessary?

During Cardiac Arrest:

- **Lungs are full of air**
- **Blood is full of oxygen**
- **Circulating the oxygenated blood is the key**



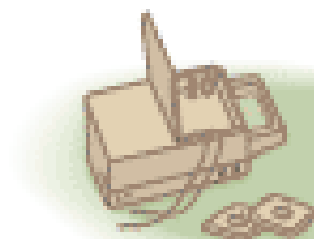
Simplifying to hands-only CPR

Experts now believe an adult who suddenly collapses due to cardiac arrest has enough air in his lungs and blood during CPR and doesn't need mouth-to-mouth breathing.

If you see someone collapse ...

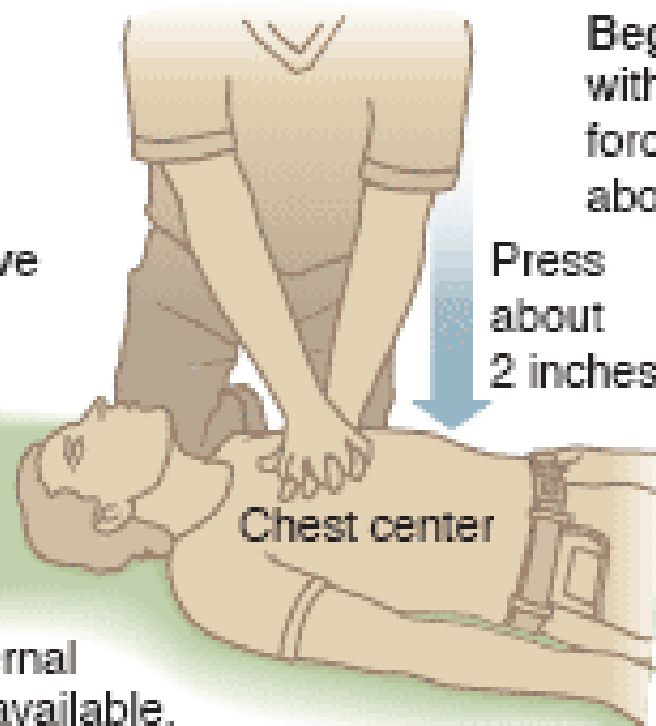
... have someone call 911.

Position unresponsive adult.



Use an automated external defibrillator if available.

Keep CPR interruptions to a minimum.



Press about 2 inches

Begin hands-only CPR with straight arms and forceful compressions at about 100 a minute.

Lift hands slightly after each to allow chest to recoil.

Take turns with a bystander until emergency medical services arrive.

Circulation

JOURNAL OF THE AMERICAN HEART ASSOCIATION



Hands-Only (Compression-Only) Cardiopulmonary Resuscitation: A Call to Action for Bystander Response to Adults Who Experience Out-of-Hospital Sudden Cardiac Arrest: A Science Advisory for the Public From the American Heart Association Emergency Cardiovascular Care Committee

Michael R. Sayre, Robert A. Berg, Diana M. Cave, Richard L. Page, Jerald Potts and Roger D. White

Circulation 2008;117:2162-2167; originally published online Mar 31, 2008;
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<http://circ.ahajournals.org/cgi/content/full/117/16/2162>

Compression-Only CPR Improves Survival with Good Brain Function

- “The chances of surviving cardiac arrest with good brain function are better when bystanders focus CPR efforts on chest compression without mouth-to-mouth rescue breathing”



Two steps to save a life:



Call Right Away!



**Push Hard & Fast in
the Center of the Chest**

Hands-only CPR

The latest research shows that chest compressions alone are the most effective way for an untrained bystander to save a life after an adult collapses from cardiac arrest. The technique shown here should not be performed on infants, children, drowning victims, or in cases involving a drug overdose. Otherwise, here's what to do.

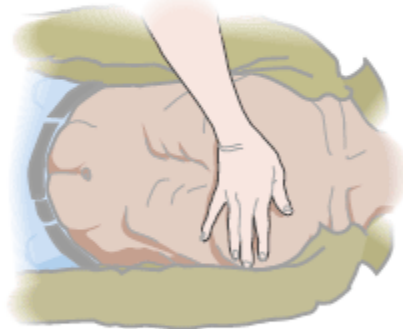
- 1** Call 911 or ask someone else to.



- 2** Kneel beside victim's chest. Loosen clothing if practical.



- 3** Place the heel of one hand in the middle of the victim's chest.



- 4** Cover first hand with your other hand, locking fingers.



- 5** Push down hard and fast. Try to maintain at least 100 pushes per minute.

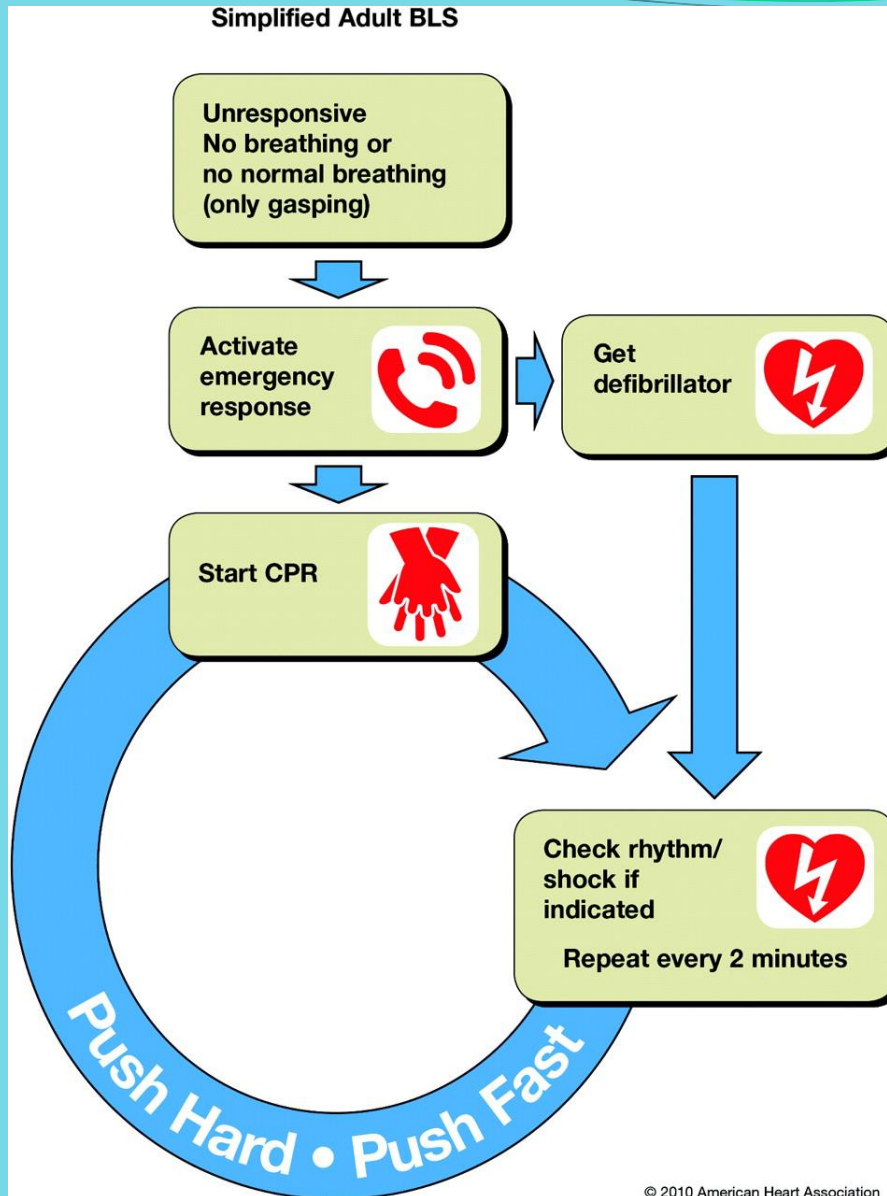
Lock your elbows and push with all your weight, depressing the chest 2 inches each pump.

Don't worry about hurting the victim - you're trying to save a life.

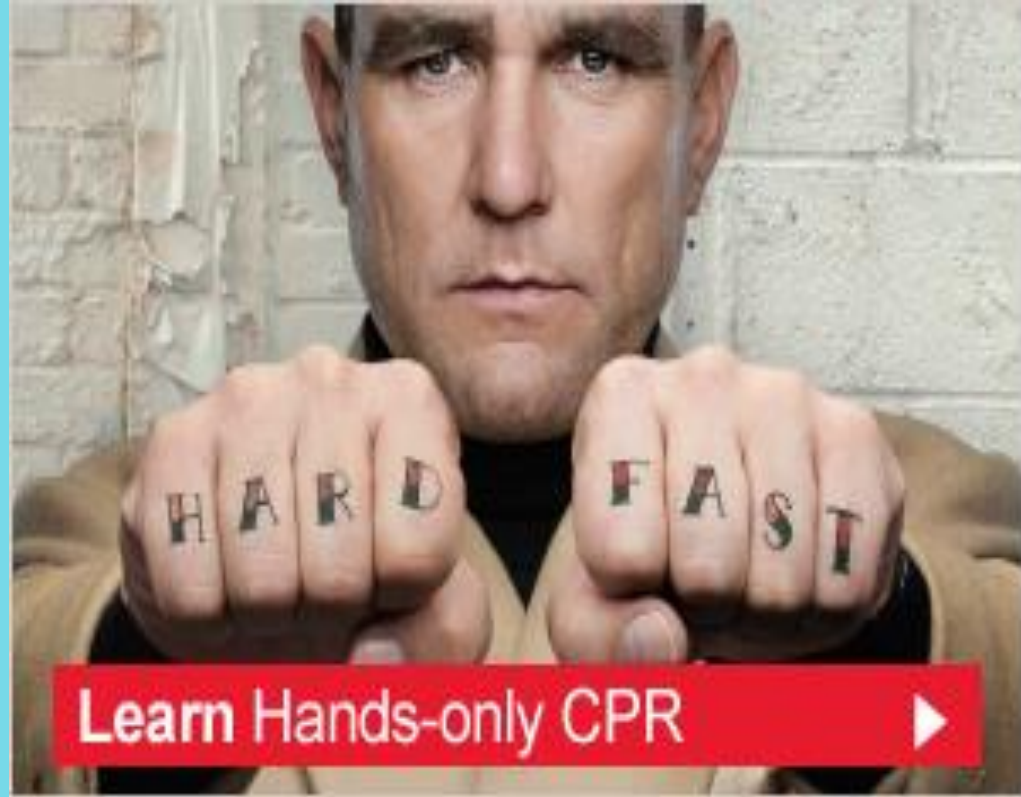
Continue until medical help arrives.



Simplified Adult BLS Algorithm.



QUESTIONS????????????????



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