



Community CPR Education

- You can start by asking “Who knows what cardiac arrest is?”
 - o *We have found that many people do not know the difference between heart attack and cardiac arrest*
- Approx. 375,000 people suffer sudden cardiac arrest in the U.S. each year, or 1000 per day, or 1 person every 2 minutes
- The survival rate for Out of Hospital Cardiac Arrest (OHCA) is less than 10%
- Every 60 seconds a person in cardiac arrest goes without chest compressions they have a 10% increase chance of not surviving
- EMS response times on average are about 8 minutes or longer which means by the time EMS arrives the statistical chance of surviving without chest compressions being started is nearly zero.
- What do you think about when you think of CPR?
 - o *Inevitably the answer is mouth to mouth or you can lead them to it*
- The good news is that mouth to mouth is not only not needed it is potentially harmful
- When the heart stops there is about 10 minutes worth of oxygen in the lungs and blood stream to circulate through the body with chest compressions
 - o *Imagine performers at the circus spinning the plates on the sticks. As soon as they stop spinning them by hand the plates start to loose energy but there is a good amount of time that if you get back to it and spin it will not fall and break. This is what chest compressions do. Without compressions the plate will eventually fall and break.*

- When you see an adult or teen collapse suddenly, or find someone who has collapsed remember to **A.C.T.**

Assess – look of any signs of life

Call – call 911 immediately or direct someone to call

Treat – begin chest compressions. Put the palm of your hand on the center of the chest and press hard and fast, 2 compressions per second

- Demonstrate for them and then let them practice for 2 minutes each or as long as you think they should
- If you have it available we use the song “I Will Survive” by Gloria Gaynor which is 120 bpm
- If you have an AED trainer, we found it best demonstrated after everyone gets a chance to practice. Have

Key Points:

- Ventilation is not needed because there is enough oxygen left in the lungs and vessels
- For every 60 seconds without compression there is a 10% increase chance of not surviving
- Heart attacks and cardiac arrests are not the same thing
- You can't do it wrong. Any attempt is better than nothing. You cannot make their situation worse
- National survivor rates are less than 10%. With good bystander CPR we can potentially get that to 40+%
- An AED used within 5 minutes has around an 80% survival rate
- The number one reason people do not survive is no bystander CPR prior to EMS arrival