

EXAMPLE SCENARIOS



ADULT SCENARIO #1

You are sitting in a business meeting at your office. Your boss clutches his chest and falls out of his chair. You rush to his side. What should you do in this moment? He doesn't respond to your shouts and isn't breathing.

What is the next step?

You begin CPR and tell a coworker to call 9-1-1 and another to get an AED. Your coworker comes back with an AED and opens it.

What do you do with the AED?

You tell your coworker to turn on the AED without stopping compressions. Listen to the AED's instructions while continuing CPR. You have your coworker place the pads around you without ceasing CPR. Continue to listen to the AED and administer CPR until help arrives.



ADULT SCENARIO #2

You're at home with your grandfather. He walks to the kitchen and you hear a loud thud. You walk in and find him on the floor. He is gasping for air.

What do you do in this moment?

You rush to his side, and see he isn't breathing normally or responding.

You're alone, what do you do?

You grab the phone, call 9-1-1, and put the phone on speaker. Begin CPR. Stay on the line with 9-1-1 and continue CPR until help arrives.

REFERENCES

Lend a Hand, Save a Life, Maryland
<http://ramaryland.org/Portals/0/Documents/FINAL%20MD%20TEACHING%20GUIDE.pdf>

American Heart Association
https://www.heart.org/idc/groups/heart-public/@wcm/@mwa/documents/downloadable/ucm_321286.pdf

Sudden Cardiac Arrest Foundation
<http://www.sca-aware.org/sca-news/aha-releases-latest-statistics-on-sudden-cardiac-arrest>



SAVE MO HEARTS

Hands-Only CPR Teaching Manual

INTRODUCTION

According to the American Heart Association, cardiovascular disease is the number one cause of death in Missouri. Throughout the United States, there are 356,000 out-of-hospital cardiac arrests each year. This includes people of all ages, and ninety percent are fatal.

In adults, there is only a 9 percent chance the individual who suffered sudden cardiac arrest (SCA) will leave the hospital alive and neurologically intact. In children, it's down to 8 percent.

In Columbia, Missouri, the survival rate of SCA is 12 percent. And while we're in the range of the national average, we believe we can do so much better with your help.

These numbers are scary and often leave us wondering what we can do to increase the chances of our loved ones surviving SCA. By learning hands-only CPR, you're taking a step in the right direction.

FREQUENTLY ASKED QUESTIONS

What is hands-only CPR?

Hands-only CPR is exactly as it sounds. Rather than combine compressions with mouth-to-mouth, you only use your hands in the resuscitation process. Hands-only CPR is a simpler method and is less likely to be forgotten. It also gives the provider less to think about in the event SCA occurs.

When do I start hands-only CPR?

If you witness someone collapse who is unresponsive and not breathing normally, start right away. The quicker CPR is started, the more likely the patient will survive. From time of collapse, survival rate goes down 10 percent for every minute CPR is not performed. Continue CPR until help arrives.

Why is it so important?

Your heart pumps blood throughout your entire body, including your brain. When the heart stops, the blood stops, which means the brain is not getting the oxygen it needs. By doing CPR, you are manually beating an individual's heart for them.

But what if I do something wrong?

Doing hands-only CPR will NOT hurt the patient. You cannot do CPR "wrong." Any kind of pumping of the heart is better than none at all, and you are legally protected by the Good Samaritan Law.



WHAT TO DO IF SOMEONE COLLAPSES



If you see someone collapse, don't step aside and wait for someone else to help. Now that you are here and learning what to do in this situation, don't be afraid to be the one who jumps in to assist.



See if they will respond to you. Tap them on the shoulders and ask them if they're okay. If they don't verbally or visually respond to you, see if they're breathing normally and not gasping for air.



If they aren't breathing normally, point to someone around and tell them to call 9-1-1. Point to another person and tell them to find an automated external defibrillator (AED), if there is one.



Begin CPR and continue until help arrives or the patient begins to respond. Don't stop until either occurs. Once an AED is obtained, turn it on and listen to the instructions.

IF YOU ARE ALONE



Call 9-1-1 first. Put them on speaker phone, if available, and begin CPR until help arrives.



Push hard and fast! That's all that matters—no ratio for breaths to compressions, proper seal for mouth-to-mouth, head tilt or 2-inch compressions— just push hard and fast. Don't worry about pushing too hard. Not pushing hard enough will hurt them even more.