

New CPR & AED

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#1 Always carry your cell phone with you! No one should be without one in 2011. Cheap plans for those that do not use them at \$10.00 for 3 months! New phones for seniors have "panic button" on back you program to phone for help if you should fall, be in an accident. If possible, use "speaker phone", especially if alone. The dispatchers can assist you and coach you! Do not hang up.

#2 Program your phone with ICE. In Case of Emergency - phone contact person like son or daughter or spouse.

New CPR - No more mouth to mouth necessary. You do not need to be certified. The University of Arizona has established this as more effective and easier for most to use until help arrives. This continuous chest compression is more effective than traditional CPR. It will save more lives and it is easier to learn. Triple survival rates!

How to do it:

Have patient lying on back on hard surface

Check for responsiveness

Call or have someone call 911

No need to remove clothing from patient

Kneel next to patient

Start compressions by placing heel of one hand on chest between nipples and placing second hand with heel over first interlocking fingers

Lock elbows

Fall down onto patient so chest depresses 2 inches

Lift hands and repeat - 100 times a minute

This is hard work to if possible have someone else alternate with you

Use a Disco song like the Bee Gee's, "Staying Alive" to keep the beat

Don't stop until help arrives! Even stopping for 10 seconds can change outcome!

Every minute that CPR is not done decreases the chance of survival by 10% - very few EMS will arrive before 5 minutes. You are keeping the blood going to the brain and the heart until help arrives - you are the heart! If there is someone else around have them kneel across the body from you and alternate - this is hard work! Don't stop until after EMS arrives and they take over! You are the pump - making the blood flow to the brain and heart!

Homework:

www.YouTube.com Type in New CPR or Continuous Chest Compression

Choose any one - especially the U. of Arizona

Go to www.azshare.gov

AED - Automatic External Defibrillator

You have seen the boxes on the walls everywhere and our SEA has one in the office. Send someone to get one if extra help is available.

Ideal situation

Call 911 - better to have someone else do this

Start chest compressions - After 200 compressions

Shock with AED - do not stop compressions to put on pads - only stop when AED tells you to stay clear of patient - Continue with another 200 compressions

Next best situation - do continuous chest compressions until EMS arrive. Have AED unit ready for EMS or trained person to use - not all communities or first responders have these units available.

The person is dead so you have nothing to loose in using a defibrillator and you just follow the directions. Good Samaritan laws will protect you in many states. I have a state by state law update for you to look at. Many units arrive with a physician's prescription for AED use.

Best preparation is to take a certification course or read the manual. At least watch the videos on YouTube! Be ready - the life you save just might be your spouse or best friend.

Great program for regular CPR which is needed for infants, children and drowning situations is available at www.cpranytime.org. You have your own inflatable patient to practice on - anytime! No tests and no instructor just a great DVD to guide you along.

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