

Early Action Can Save a Life; Learn CPR.  
By Nikki Goldade

Summer is here and as you are packing up and heading outdoors for your family reunions, vacations and camping adventures have you considered what you would do if a loved one needed help in the event of an emergency? Early action can save a life! Less than 5 percent of sudden cardiac arrest victims survive because the vast majority of those witnessing the arrest are people who do not know how to perform CPR. 80% of out-of-hospital cardiac arrests happen while in the home. Will you be prepared to help a loved one should the need arise?

CPR (Cardiopulmonary Resuscitation) is an important skill to learn and it can greatly increase the chance of survival when administered quickly and effectively. During a sudden cardiac arrest it only takes approximately 5 minutes for brain death to occur if the victim does not receive CPR or shock from an AED (Automated External Defibrillator). For this, and many other reasons, Portneuf Medical Center is committed to educating the public in CPR and helping our community members to feel confident in performing these skills, should the need arise.

When a person begins to experience a heart attack, early emergency care is critical. Some heart attacks come on quickly and are very intense, though more often; a heart attack will come on slowly with mild discomfort and/or pain. Frequently, those who begin to feel the early symptoms of a heart attack aren't sure what it is and wait too long to seek help. Even if you are not sure you are experiencing a heart attack, play it safe and have it checked out. When experiencing the symptoms of a heart attack, minutes really do matter; fast action can save your life or the life of a loved one. Because a heart attack is a serious medical emergency, it is important to recognize the signs and symptoms and act immediately by calling 9-1-1.

Signs of heart attack include:

- ✓ Pain or discomfort in the jaw, neck or back.
- ✓ Feeling weak, light-headed, or faint.
- ✓ Chest pain or discomfort.
- ✓ Pain or discomfort in arms or shoulder.
- ✓ Shortness of breath, nausea, or a sudden cold sweat.

In November 2005, the American Heart Association (AHA) released new guidelines for performing CPR. The AHA presented these new principles to the public with the hopes of CPR becoming more effective as well as simplifying the process of resuscitation. One of those changes to the guidelines included emphasis on the effectiveness of chest compressions. All rescuers should press hard and fast on the chest (1/2 the depth of the chest), but allow for the chest to fully recoil in between compressions. The chest compression rate is 100 compressions per minute. Also, a rescuer should limit the interruptions in chest compressions since the blood flow stops when chest compressions stop. Simplifying the compressions-to-breaths ratio was another adjustment made. The new guidelines state the compressions-to-breaths ratio being 30 compressions to 2

breaths (changed from 15 compressions to 2 breaths, for an adult). This change was made to simplify the CPR process so more rescuers could learn, remember and perform effective CPR. Another change that was made focuses on the rescue breaths that are given to a victim. The new guidelines state that each rescue breath given should be over 1 second and the rescuer should see a visible chest rise. This quick breathing step also aids in helping the rescuer to have less hands-off time from chest compressions, the most important part of CPR. These guidelines have greatly improved the effectiveness of CPR and survival rates of victims.

CPR and shock from an AED can greatly increase an individual's chance of survival. Learn the steps of CPR and be prepared to help a victim should the need arise. Call Portneuf Medical Center at 239-2430 or visit our website at [www.portmed.org](http://www.portmed.org) for more information on CPR and First Aid classes available.



**EARLY ACTION CAN SAVE A LIFE.  
LEARN CPR.**



**Family & Friends CPR  
June 3<sup>rd</sup>, 2009  
6:00 pm – 8:00 pm  
Portneuf Medical Center**

Be better prepared to do the right thing for your family, loved ones, neighbors, and even strangers when an emergency arises. This American Heart Association program is for community members who want to learn CPR but do not need a course completion card.

Program includes:

- Making the emergency call
- Adult/child CPR and choking
- Demonstration of an AED (*Automated External Defibrillator*)
- Course booklet

- Participant pocket mask to keep

For registration or for more information call 239-2430