

Cardio-Pulmonary Resuscitation (CPR)

What is CPR?

It is the artificial method of circulating blood and oxygen through a body and attempting to keep the brain alive. CPR does work. When initiated within four minutes, the survival rate is 43 percent. When initiated within four to eight minutes, the survival rate is ten percent.

Why We Should Learn CPR?

One in seven people will have the opportunity to use CPR in their lifetime. Ninety percent of the time, CPR will be done on a family member or close friend. More than 650,000 people die annually from heart attack in the United States each year. More than 350,000 people die before reaching the hospital. When the brain goes four to six minutes without oxygen, brain damage and or death begins.

To learn CPR call:

The American Red Cross- El Centro at 760-352-4541. Also you may contact El Centro Regional Medical Center for dates and times for classes by calling 339-7100.

Risk Factors / Factors that cannot be changed:

Heredity - cannot change your genetic background

Sex - women have lower incidents of heart attack

Race - Blacks have a 45 percent greater chance of high blood pressure

Age - risks increase with age, however, one in four deaths occur under age 65

Factors that can be changed:

Smoking - one pack a day increases heart attack rate two times over a nonsmoker and stroke rate five times over a nonsmoker.

Hypertension - (high blood pressure) is a major risk factor but with no specific symptoms. One in three adults or 58,000 Americans have high blood pressure controlled by diet, exercise and medications.

Diet - high fat, high cholesterol foods cause plaque to collect on artery walls constricting blood flow.

Other factors

Obesity - obese middle-aged men have three times greater risk of heart attack.

Lack of exercise - regular aerobics exercise at least three times a week.

Stress - A type-A personality, with a sense of urgency, drive and competitiveness, has a greater risk.

Signs and Symptoms of Heart Attack

1. Chest pain - can be uncomfortable pressure, tightness or feeling of indigestion, heavy squeezing pain like a weight on the chest, can radiate to left arm and neck.
2. Nausea/vomiting
3. Shortness of breath
4. Pale, sweaty cold skin
5. May have no signs or symptoms (silent Myocardial infarction)

Actions for Survival

1. Recognize signals
2. Stop activity, rest, lay down

3. If pain lasts more than two minutes, call for help
4. Patients having early signs often deny having a heart attack
5. Be prepared to do CPR, if alone do CPR for one minute, then call 9-1-1

Four reasons to stop CPR

1. Patient is revived
2. Relieved by another trained individual
3. Become exhausted
4. Doctor is present and pronounces death

The law now protects people who render emergency care.

Good Samaritan Act - Article 4 ARS.#32-1471

Health care providers and other persons administering emergency aid are not liable. Any health care provider licensed or certified to practice as such in this state or elsewhere or any other person who renders emergency care at a public gathering or at a scene of an emergency occurrence gratuitously and in good faith, shall not be liable for any civil or other damages as the result of any act or failure to act to provide or arrange for further medical treatment or care for the injured persons, unless such person, while rendering such care, is guilty of gross negligence.

If you would like additional information regarding CPR please refer to: The American Heart Association.