

Getting to know ...

CONTINUOUS CHEST COMPRESSION CPR CAN SAVE LIVES

Manikin for Continuous Chest Compression CPR.

When you mention CPR (Cardio-Pulmonary Resuscitation) to Projects Executive Kenneth Kee, you will notice an immediate silence and a downcast look on his face.

"A good friend collapsed with a heart attack and all that the family members could do was to stand by and watch him die, while waiting for the ambulance. If only someone knew how to perform CPR he would have been alive today. He was such a loveable fellow, so full of life. His children were so young when he left us."

Most people are aware of the traditional CPR and the use of the AED (Automated External Defibrillator) but they find the procedure intimidating, resulting in non-action.

The University of Arizona Sarver Heart Center has come up with a technique called Continuous Chest Compression, the new CPR, which is without mouth-to-mouth breathing. It is easier to learn, easier to perform and is claimed to be more effective than the traditional CPR and you will double the person's chances of survival.

But it must be noted that this Continuous Chest Compression CPR is not to be applied to infants, small children or in the case of drowning. In these instances the traditional CPR is still the recommended method.

As our population ages, you may very well witness someone collapse in front of you from sudden cardiac arrest. Prompt action on your part may well save that person's life. In a cardiac arrest the heart immediately stops pumping blood so the blood stops flowing to the brain and the patient collapses. The steps to take are:

1. You place that patient on his back on a hard surface.
2. Check for responsiveness by shouting, "Are you OK?" and shaking the patient.
3. If he is not responding, you instruct someone to call the ambulance ("Call Ambulance 995").
4. You begin chest compression. For every minute you delay CPR the survival rate drops by nearly 10 percent.
5. Position yourself by putting the heel of one hand in the centre of the chest, between the nipples. Then you place the heel of the other hand on top of that hand, lock you elbows and you put your shoulders directly over the centre of the chest.
6. You push downwards, compressing the chest by about 5 cm (2 inches). It is important that the hands are lifted from the chest after each compression to allow the chest to recoil, thus creating a little vacuum in the chest that causes air to go in and blood to come back.



Demonstration by our Certified First Aiders Tony Tan and Sabirin bin Mohd Sadli.

7. Pump the chest fast at the rate of 100 times per minute.

You continue to pump until the person regains consciousness or the Ambulance Crew arrives. These chest compressions should be performed even if the person is gasping because gasping is a critical sign of cardiac arrest.

We thank research physicians Dr Gordon A Ewy and Dr Karl B Kern of the University of Arizona for pioneering this lifesaving technique. For more information about Continuous Chest Compression CPR please visit: www.heart.arizona.edu

Here are some photos showing the hands-on training session that was conducted for all Aardwolf Pestkare staff in Singapore. Said Service Development Manager Lily Lim "I am so glad our service staff can now confidently perform the Continuous Chest Compression CPR if the need arises at our Clients' premises."

