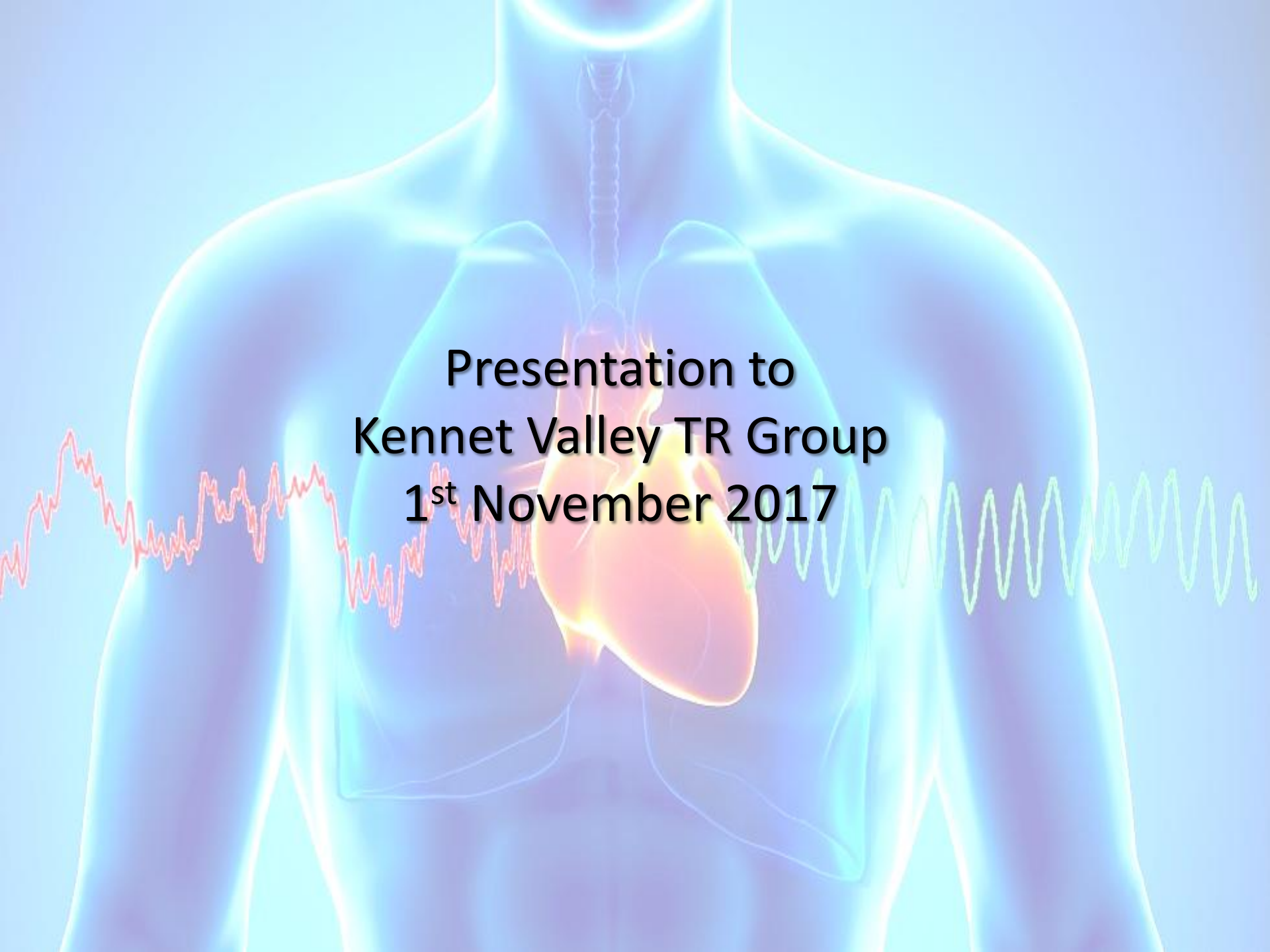


Presentation to Kennet Valley TR Group 1st November 2017

My Aim

Provide you with just enough knowledge to lift your confidence enough to take action.

- Signs and symptoms – heart attack leading to cardiac arrest
- CPR
- Use of a defibrillator

Heart conditions

Angina

Blood supply to the heart muscle is restricted. Usually due to hardening and narrowing.

Usually only lasts a few minutes.

Heart attack

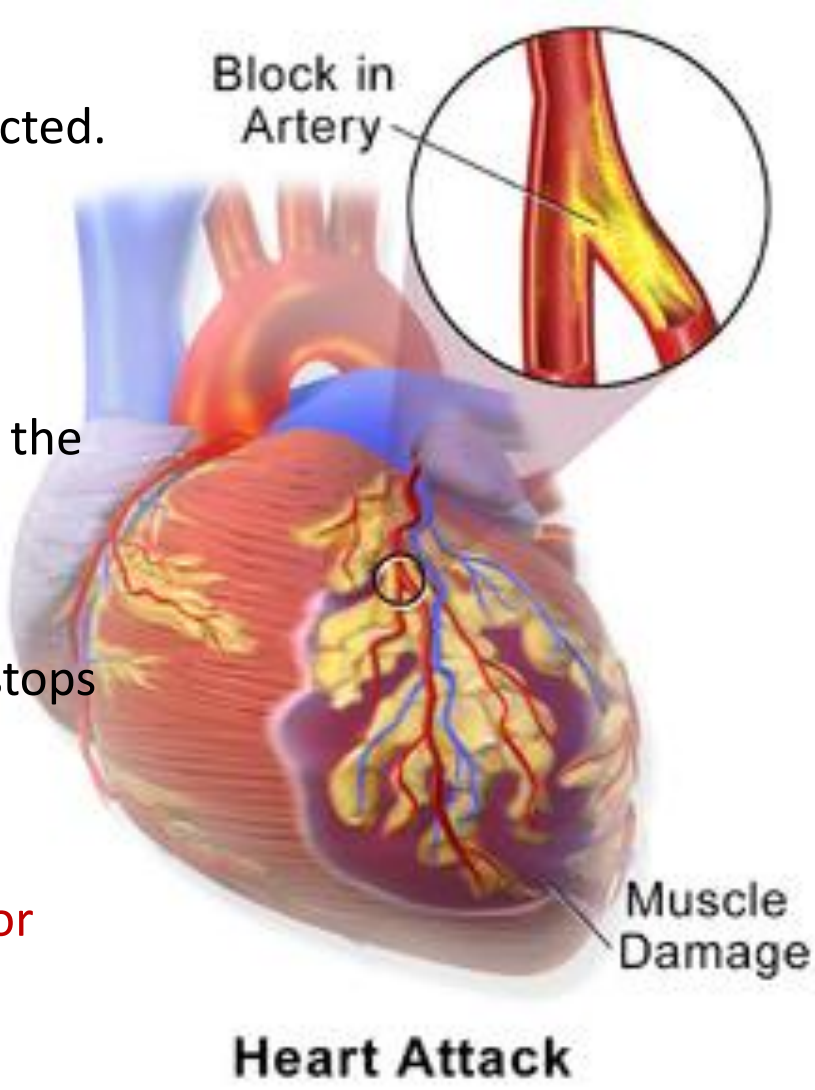
Blockage in the artery supplying blood to the heart muscle.

Cardiac arrest

The heart stops beating and the patient stops breathing normally.

Stroke

Condition affecting the brain – blockage or bleed in the blood supply.



Cardiac arrest – the stats

Average survival rate in the UK:

- 8%
- Holland 21% - Norway 25% - Seattle 60% (when bystander witnessed).

Only 30-40% of bystanders intervene when they witness a collapse

Why?

- Failure to recognise cardiac arrest
- Lack of knowledge of what to do
- Fear of causing harm (such as breaking the victim's ribs) or being harmed (acquiring infection from a stranger when giving rescue breaths)
- Fear of being sued
- Lack of knowledge of the location of Public Access Defibrillators (PADs)
- No access to a PAD at the time of the cardiac arrest.

What can you do?

- When someone has a cardiac arrest, every minute without CPR and defibrillation reduces their chances of survival by 7–10 per cent

Early recognition

Heart attack (which could lead to cardiac arrest):

- Crushing central chest pain
- Pain in the left arm, face or jaw
- Shortness of breath
- Symptoms may start whilst at rest
- Ashen complexion
- Nausea/vomiting
- Feeling of impending doom

Warning – not all symptoms will present in each casualty.

999/Call for help

Early CPR

DRABC – standard approach to a casualty

Danger – assess the situation for your own safety.

Response – does the casualty respond to your voice or a slight shake? – NO

Airway – brief check of the airway for any obstructions – NO OBSTRUCTIONS

Breathing – normal breathing rate in an adult is 12-20 breaths per minute – check for two or more normal breaths in a 10 second period – NOT BREATHING.

COMMENCE CPR – DO NOT CHECK FOR A PULSE.

Early CPR

CPR

Hands in centre of chest/breastbone

Compress chest to a depth of 5-6cm

Rate of 100-120 compressions per minute (to the tune of Nelly the Elephant!)

30 to 2 rescue breaths

Early defibrillation

Simple to use - They all provide voice instruction and tell you when to administer a shock (some do it automatically).

A shock cannot be accidentally or inadvertently delivered.

PRESS RELEASE

07/03/2017 No: 15/RBFRS

PUBLIC ACCESS DEFIBRILLATORS TO BE INSTALLED AT ALL ROYAL BERKSHIRE FIRE STATIONS

Royal Berkshire Fire and Rescue Service (RBFRS)
Defibrillators (PADs) outside all fire stations across
save the lives of people who suffer a cardiac arrest

s have been fitted to stations, with
next two months.

External Defibrillator (AED) will be
e cabinet and will be available to
st occurring in the vicinity. The def
g partnership between RBFRS an
and will add to the growing networ

When to stop?

Stop CPR when:

Advised to do so when paramedics arrive, or when the patient shows signs of regaining consciousness:

- Coughing
- Eyes opening
- Speaking or moving purposefully
- Starts breathing normally

Summary

‘NEVER DO NOTHING’

- Check the casualty – response? breathing?
- Call for help (and locate defib)
- Hands only CPR (if preferred)

Any questions?