

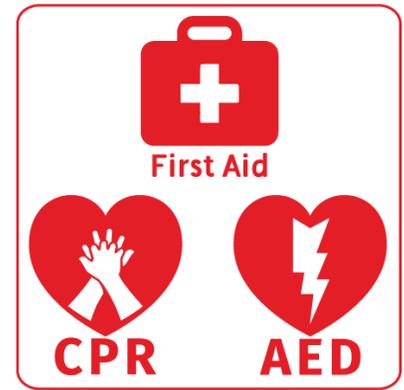


NORTHSIDE HOSPITAL CHEROKEE

Emergency Treatment for Cardiac Arrest

Immediate CPR can double or triple the chances of survival from sudden cardiac arrest. If there is no response from the individual, if they are not breathing or is only gasping, start the course of action.

- 1) Dial 911 or direct someone nearby to do so.
- 2) Direct another bystander to quickly bring you an AED (automated external defibrillator), if there is one on hand.
- 3) Start CPR (cardiopulmonary resuscitation). Push hard and fast.
 - a) Place the heel of your hand on the center of the person's chest. Then place the other hand on top and lace fingers together.
 - b) Position your body so that your shoulders are directly over your hands and keep arms straight.
 - c) Push hard and fast. Press down 2 to 2.5 inches at a steady rate of 100 to 120 compressions a minute.
 - d) Repeat the compressions until you see obvious signs of life as breathing or until EMS arrives.



AED Guidelines

AED's (Automatic External Defibrillators), when used within the first 3-5 minutes of a person collapsing have been shown to dramatically increase the survival rate of individuals suffering from cardiac arrest. An AED will automatically determine the heart rhythm of a pulseless individual and if he/she is in ventricular fibrillation (v-fib). If so, the AED will shock the person's heart in an attempt to restore its rhythm to normal.

- 1) Power on AED and follow the visual and/or audio prompts.
- 2) Expose the individual's chest and wipe dry of any moisture. Apply the adhesive pads to the chest in the appropriate areas. The AED should include a diagram indicating where each pad goes.
- 3) ***Note:** CPR should not be stopped while the adhesive pads are being applied. Uninterrupted CPR is an important factor in increasing the recovery rate unless the AED is actively analyzing or shocking the patient.
- 4) The AED user will loudly state, "Everyone clear" and push the "analyze" button. It is critical that no one touches the individual or their clothes while the AED analyzes or delivers a shock.
- 5) Begin CPR after delivering the shock or, if no shock is advised begin CPR after analysis.
- 6) Follow the AED prompts or if you notice obvious signs of life discontinue CPR and monitor breathing until

Resources

American Heart Association

www.heart.org

10 Glenlake Parkway, South Tower
Suite 400, Atlanta, GA 30328
678-224-2000

SADS Foundation

www.sad.org

Sudden Arrhythmia Death
Syndromes Foundation
4527 South 2300 East, Suite 104
Salt Lake City, UT 84117-4448
801-272-3023

Hypertrophic Cardiomyopathy Association

www.4hcm.org

18 E. Main St – Suite 202
Denville, NJ 07834
973-983-7429