Weekend Your Health

CPR marks its 30th anniversary in Canada

This year marks the 30th anniversary of cardiopulmonary resuscitation (CPR) in Canada.

The first CPR classes were taught to members of the public in 1976.

Every five years, an international panel of experts in the field of cardiac resuscitation meets to review the standards for the performance of CPR and

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other emergency cardiac therapies.

This panel of experts recommends changes based on scientific evidence.

The most significant change under the new guidelines published in November 2005 is a new compression to ventilation ratio of 30 chest compressions for every two breaths (the

GALL & ASSOCIATES

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New Patients Welcome

Suite 203

247 North Service Rd. W.

Dr. Susan Che

All of the studies that looked at the effectiveness of CPR confirmed people who survive a cardiac arrest benefit from CPR that was performed with a high compression rate (above 90 beats per minute) and a normal ventilation rate (about 12 breaths per minute).

The new 30:2 ratio achieves both of these goals.

In order to simplify learning CPR, the new 30:2 ratio is recommended for patients of all ages, from newborn to adult and for both one rescuer and two rescuer situations.

The 2005 Guidelines also recommended that Public Access Defibrillation (PAD) programs be considered for all public facilities where cardiac arrest is likely to

Factors that would suggest cardiac arrest would likely include the volume of activity and the type of activity at a given location.

PAD programs should include continual monitoring and maintenance of equipment, targeted responder training and a link with local ambulance

Together CPR and PAD are now being referred to as Basic Life Support.

Basic Life Support initiated by the public prior to the arrival of Emergency Medical Services is the key to improving survival rates for out of hospital cardiac arrests.

In order to be efficient and effective when performing CPR and PAD it is recommended that everyone take a Basic Life Support course from a recognized teaching agency once every two years.

In Halton Region the entire "Chain of Survival" will continue to be focused on the effort to build a heart healthy community. The seven links in the chain are:

- Healthy Choices especially physical activity, healthy diet, being smoke free, and regular visits to your family
- Early Recognition knowing the signs and symptoms of heart attack and stroke
- Early Access when you recognize the symptoms, call 9-1-1
- Early CPR using effective chest compressions and ventilations
- Early Defibrillation including
- Public Access Defibrillation • Early Advanced Life Support -
- provided by Emergency Medical Services
- Early Rehabilitation to reduce the chance of a second event

For more information on CPR, PAD and the Chain of Survival, call Halton Region at 905-825-6000, toll free 1-866-4HALTON (1-866-442-5866) or visit our website at www.halton.ca.

Health Notes is prepared by staff of the Halton Region Health Department.

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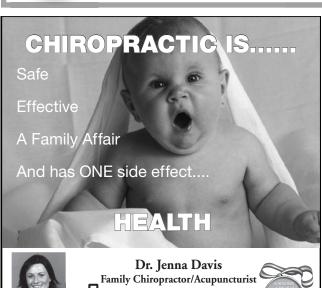
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