
Cardiopulmonary Resuscitation

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The Chain of Survival

- Cardiopulmonary Resuscitation or CPR, as it is also called, is the first part of the Chain of Survival.
 - The Chain of Survival consists of immediate CPR, activation of the emergency medical system and transport to a hospital.
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Speed is of the essence

- There is a direct relationship between the initiation of CPR and a positive outcome.
 - Chances of survival fall significantly with every minute of delay.
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- After ten minutes, there is next to no chance of survival.
 - Immediate bystander CPR after a cardiac arrest can double the victims chance of survival
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- The majority of sudden death occurs in the home without the advantage of a healthcare professional to respond.
 - Therefore, the training of lay people is of significant importance. To do so is a major undertaking.
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- This year in June, the American Heart Association will kick off its awareness week. Its goal is to train 1 million people during the week of June 1-June 7.
 - Other initiatives include an increase in advertisement of the importance of CPR.
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How to become proficient in CPR:

- AHA Training Center
 - 1-888-CPR-Line
 - Public CPR Inquiry
 - 1-877-AHA-4CPR
 - Your local American Red Cross
 - Your local Hospital
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