

“In Honor of Paul” Action Plan



To Enable Everyone To Learn Hands-Only (Sidewalk) CPR

Watch the short edutainment training videos:

<http://youtu.be/3zKHRIu-uyo> - The Chattanooga Fire Dept. does it up right.
www.handsonlycpr.org – New AHA video adds a football flavor.

Practice: Use a chair seat if you don't have a manikin or buy a manikin in a CPRAnytime kit from the AHA website above.

- Quickly be sure the scene is safe and the victim is not responding.
- Call 9-1-1.
- Lace your fingers together or anchor your hands on top of each other, so the pressure of your thrust will go through the stacked heels of your hands together.
- Place that heel - pressing point on the lower half of the breast bone, slightly below the nipples.
- Lock your elbows so they will remain straight and carry the strength of your effort.
- Position your shoulders above your hands, so your body weight will do the actual thrust/pushing.
- Do thrusts/pushes in time with the “Stayin’ Alive” song, or just as hard and fast as you can.
- Between pushes, lift your hands just enough to let the body de-compress and the heart refill.

The important part is YOU... doing something. Keep doing pushes until help comes.

Pay it forward and join in spreading the word about Hands-Only CPR to everyone you know:

Play the videos for everyone around you and help them practice as you did. Send this message to everyone on your email list and ask them to send it to everyone they know. You can find this message by its title under The [In Honor of Paul](http://www.cmprepared.com) Project at www.cmprepared.com.

Giving breaths is still a part of full CPR procedure, but it is a good idea to take a course to learn how to give breaths effectively.

Sharing Hands-Only CPR emphasizes something everyone can do immediately if they see someone collapse. In such a case, the victim's blood is still oxygenated and Hands-Only CPR keeps the victim's blood moving oxygen through its system. The brain needs the continual circulation of this oxygenated blood to survive.

See other side for further resources and information explaining why helping everyone to learn Hands-Only CPR is so important.

From the July, 2013, American Heart Assn. scientific report to the field:

Bystander CPR is the most important contribution from the lay community to the OHCA (Out of Hospital Cardiac Arrest) system of care. To improve survival after OHCA, the AHA and its affiliates have developed community programs to raise public awareness of the signs of cardiac arrest and the importance of bystander CPR. However, even trained bystanders sometimes encounter intellectual and volitional barriers when it comes to performing CPR. The traditional strategy has been to train as many community members as possible. This approach of periodic CPR training addresses the intellectual barrier by teaching people how to perform CPR. Volitional barriers may reflect a lack of confidence in performing CPR for fear of doing it incorrectly or causing harm or reluctance to provide mouth-to-mouth ventilation. Simplified pre-event or “just-in-time” instruction is associated with good CPR process. Interactive video instruction might also improve dispatcher- assisted chest compressions.

Another barrier to CPR is that people often forget their training. Possible solutions include strategies to simplify what needs to be remembered and to increase frequency of practice. For example, mandatory CPR training in schools and at the workplace could be conducted like fire drills. Then CPR becomes instinctive (i.e., “It is my job/duty to do this”) and is practiced routinely in a less stressful way to keep lay providers ready for an acute event. Furthermore, frequent training of large groups can be facilitated by the use of video self- instruction.

The major barrier is greater involvement of the lay public in the chain of survival. Culture change and novel training strategies are needed so that it becomes unacceptable for a victim with a witnessed cardiac arrest not to receive bystander CPR.

The In Honor of Paul Project honors Paul Hill, community volunteer, American Heart Association Instructor and beloved husband, who died as the result of a heart attack November 17, 2012. He had immediate, trained assistance, but did not survive.

We encourage you to not be afraid to try because you are afraid you might fail and not to feel like a failure if the patient does not survive. Help everyone learn Hands-Only CPR for their own peace of mind, so they have an opportunity to give an adult or teen victim a chance to choose to live who might otherwise have no choice at all.