



# HANDS HELPING HEARTS

## Talking Points - Fact Sheet

### **Sudden Cardiac Arrest**

- Sudden Cardiac Arrest is more common than most people realize.
  - Nearly 300,000 occur annually in the United States.
  - 300 annually in Santa Barbara County.
- Sudden Cardiac Arrest is not the same as a heart attack.
  - A heart attack occurs when the blood supply to part of the heart muscle is blocked. This typically causes chest arm or back pain.
  - Sudden Cardiac Arrest is an electrical disorder of the heart which causes it to stop beating. Without blood flow the brain stops working and the victim collapses and is unconscious.
- Sudden Cardiac Arrest can strike anyone anywhere at any time.
- Many victims appear healthy with no known heart disease.
- Sadly, less than 10% of people who suffer a sudden cardiac arrest outside the hospital survive.

### **Cardiopulmonary Resuscitation (CPR)**

- Pushing down on the center of the chest will squeeze the blood vessels and heart, providing some blood flow to the heart, brain and other organs.
- CPR is a temporary measure that can keep these organs alive until Emergency Medical Services (EMS) arrives and uses a defibrillator or other advanced treatments to restart the heart.
- The earlier CPR is started the better.
  - For every minute without bystander CPR, survival from cardiac arrest decreases by 7-10%.
  - The interval between the 911 telephone call and the arrival of Emergency Medical Services personnel is usually longer than five minutes, so;
    - A cardiac arrest victim's survival is likely to depend on a bystander trained in CPR.
- Effective bystander CPR provided immediately after sudden cardiac arrest can up to triple a victim's chance of survival.
  - But, only 32% of cardiac arrest victims get CPR from a bystander.

### **Hands-Only CPR** (chest compressions but no mouth-to-mouth breathing)

- Has been proven to be as effective as standard CPR.
  - Even more effective since people are more likely to do Hands-Only CPR
- The American Heart Association has recommended Hands-Only CPR for adults since 2008.

### **Why everyone should learn CPR**

- 80% of cardiac arrests occur at home, so the life you save with CPR is mostly likely to be someone you know: a child, a spouse, a parent or a friend.
- 70% of Americans feel helpless to act during a cardiac arrest because they do not know how to perform CPR.



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- Many are concerned they might do something wrong, but the only way to make things worse is to do nothing.
- By teaching community members Hands-Only CPR, more victims of sudden cardiac arrest will have bystander-performed CPR and will be more likely to survive.

### **EMS Countywide Sudden Cardiac Arrest project**

- The Santa Barbara County Emergency Medical Services (EMS) Agency, along with EMS providers countywide, are focused on improving sudden cardiac arrest survival outcome rates using various strategies:
  - Participation in a national database (CARES) so that we can measure sudden cardiac arrest outcomes and compare with benchmark communities;
  - Community “Hands-Only” CPR Training
    - Hands Helping Hearts “Hands-Only” CPR Training for the community by all EMS provider agencies upon request;
  - Implementation of a “Pit Crew” model for EMS providers responding to a cardiac arrest 9-1-1 call;
  - Improving CPR quality with enhanced EMS provider training that focuses on frequent education incorporating simulation training on depth and rate of chest compression, debriefing and real-time feedback.

More information about “Hands-Only CPR can be found at [www.handsonlycpr.org/](http://www.handsonlycpr.org/) or to learn more about the local CPR events go to <http://www.countyofsb.org/phd/ems>

### **Anyone can learn CPR – and everyone should!**

If you see an unresponsive adult who is not breathing or not breathing normally, **call 911** and **push hard and fast** on the **center of the chest** until EMS arrives.