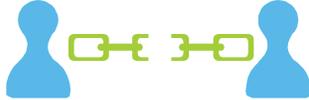


# New Guidelines for CPR:

American Heart Association (2013) calls it a *Chain of Survival*.



The links in this Chain are:

- Immediate recognition of cardiac arrest (not moving and unresponsive)
- Alerting the emergency system *Call 911*
- Early CPR (Cardio Pulmonary Resuscitation) is **now CAB instead of ABC's**

**C= compressions** [push hard and fast on the center of the victim's chest]

**A= airway** [tilt victim's head, lift chin, clear airway]

**B= breathing** [give mouth-to-mouth]

- Rapid defibrillation following AED instructions or from emergency personnel
- Effective advanced life support by medical professionals and integrated post-cardiac arrest care.

## Steps for the new CPR:

1. Call 911 or tell someone else to do so.
2. Try to get the person to respond; if none, roll person on their back.
3. Start chest compressions. **Compressions come first except for newborns.** Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
4. Press down to compress the chest at least 2 inches in adults and children and 1.5 inches in infants. Compress at 100 times a minute or even faster. (Hint: use the same rhythm as in the Bee Gee's song *Stayin' Alive*.) Allow the chest to recoil completely after each compression.
5. If you're been trained in CPR, you may choose to open the airway with a head tilt and chin lift otherwise just continue compressions.
6. To open airway-pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, 1-2 second, breaths as you watch for the chest to rise.
7. Continue compressions and breaths -- 30 compressions, two breaths -- until help arrives.



Information from WebMD [www.WebMD.com](http://www.WebMD.com); American Heart Assoc. [www.Heart.org](http://www.Heart.org)

# Tending to Matters of the Heart



Acute coronary syndrome (ACS) applies to a number of conditions and symptoms ranging from unstable angina to myocardial infarction (heart attack). ACS occurs when the heart does not get enough oxygenated blood flow. If the blood flow to the heart is cut off, a part of the heart will die, causing disability or death. ACS is the cause of sudden cardiac arrest in most adult patients.

## ACS Signs and Symptoms



- Chest pain or a dull discomfort behind the breastbone that **may or may not** spread to arms, back, neck, jaw, or stomach
- Shortness of breath
- Weakness, nausea, dizziness
- Heavy sweating
- Fear of impending doom (feeling like something extremely bad is going to happen but not sure what)
- Denial- Patient often refuses to accept or believe they may be having a heart attack

*The absence of chest pain, especially in diabetics, women, and the elderly, does not mean that the patient is not at risk. Unusual symptoms of heart attack include headache, ringing in the ears, dizziness, hiccups and belching.*

Information from American Safety and Health Institute [www.ASHInstitute.org](http://www.ASHInstitute.org)

*“Keep they heart with all diligence;  
For out of it are the issues of life.” Proverbs 4:23*

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