

Sudden Cardiac Arrest Facts

- ◆ EMS treats nearly 300,000 victims of out-of-hospital cardiac arrest each year in the U.S.
- ◆ Sudden cardiac arrest can happen to anyone at any time. Many victims appear healthy with no known heart disease or other risk factors.
- ◆ Less than one-third of out-of-hospital sudden cardiac arrest victims receive bystander CPR.
- ◆ Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a victim's chance of survival.



For any questions regarding CCAST please contact Jeff Mitchell, Paramedic/EMS Supervisor at Veterans Memorial Hospital.



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**COMMUNITY
CARDIAC
ARREST
SPECIALTY
TEAM**

*Hands can do
incredible things!*

What do I need to know about CCAST?



Sudden cardiac arrest, in which all mechanical activity of the heart suddenly stops, strikes 295,000 Americans each year. Medical treatment strategies are published as broad guidelines throughout the world as recommendations for basic, advanced and pediatric life support. Despite the important advances in prevention, sudden cardiac arrest remains a substantial public health problem and a leading cause of death.

On a national level, the cardiac arrest survival rate is only at 3-4%. For the areas that have changed to this new approach of responding to a sudden cardiac arrest, they have gone from the 3% to a 25% survival rate within 18 months. The new American Heart Association guidelines data demonstrates that EMS loses many seconds of effective CPR by arriving on scene, stabilizing and transporting the patient to an emergency department.

Chest compressions and automatic defibrillation are the two things that save most lives.

Follow these steps:

- ◆ Call 9-1-1 immediately
- ◆ Tell the 9-1-1 dispatcher if the person is conscious / responsive
- ◆ Tell the 9-1-1 dispatcher if the person is breathing normally
- ◆ If they are unresponsive and breathing abnormally, you need to start hands only CPR. The 9-1-1 dispatcher will help guide you through this also.
- ◆ Lay the person flat on their back on the floor or another hard surface
- ◆ Place your hands, one on top of the other, in the center of the person's chest
- ◆ Begin compressions **PUSHING HARD AND FAST IN THE CENTER OF THE CHEST.** (100 times/minute and 2 inches deep)
- ◆ If someone else is there with you, switch compressors every 2 minutes
- ◆ **KEEP DOING COMPRESSIONS UNTIL HELP ARRIVES**

- ◆ When the ambulance arrives the response team is going to continue resuscitative efforts right there.
- ◆ The **exact same** procedures and medications will be used at the scene as in the ER.
- ◆ You may be asked to help maintain the person's privacy, as much as possible.
- ◆ Providing this high level of care at the scene will mean the response team will be there longer. This is a good thing for patients!
- ◆ If the doctor is not with the response team, they will be available by phone.

