

Healthy Heart

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The Heart Care Clinic at **CIMS**



Price : Rs. 5/-

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From the desk of editor:

We proudly announce the launch of CIMS Hospital (A Patient-centric Doctor-driven Community Hospital) in the city of Ahmedabad.

CIMS, a multi-super specialty hospital, is fully equipped with state-of-the-art equipment for all its departments to deliver effective and safe medical treatment.

*Our Mission is to provide superior quality health **C**are with integrity using **I**nnovative and **M**odern technologies to **S**ave lives (CIMS).*

And Our Vision is to be the best multi-super specialty hospital in India.

We are confident that with your partnership and support, we will be able to make CIMS the ultimate address for healthcare services in India. Coming back to medicine, I have focused on the very latest and dramatic new update on CPR (Cardiopulmonary Resuscitation) this month. CPR will save lives of your family, friends and your patients. This issue on CPR should be read by your friends, family, and patients, where we emphasize a new concept of "Hands-only CPR".

On behalf of the entire medical team of CIMS & Community of doctors..... Dr. Keyur Parikh

"Cardiopulmonary Resuscitation (CPR)"
A simple but new revolutionary concept
for ALL to adopt - "Hands-only CPR"

What is CPR?

Cardiopulmonary resuscitation (CPR) is an emergency technique used to treat patients who have gone into sudden cardiac arrest. CPR can be performed by a health care professional or by a trained lay person. CPR is conducted until a person receives more advanced emergency care. Performed immediately, CPR increases a person's likelihood of survival by more than 40 %.

Sudden cardio-pulmonary arrest is a condition where a patient stops breathing on his own and/or heart stops beating normally and blood circulation to body parts stops.

Permanent brain damage or death can occur within minutes if blood flow stops. Therefore, it is critical that blood flow and breathing be continued until trained medical help arrives.

History of CPR

In 1954, James Elam was the first to demonstrate experimentally that cardiopulmonary resuscitation (CPR) was a sound technique, and together with Dr. Peter Safar, he demonstrated its superiority to previous methods. Peter Safar wrote the book 'ABC of resuscitation' in 1957. In the U.S., it was first promoted as a technique for the public to learn in the 1970s.

The Importance of CPR

The goal of CPR and first aid training is to educate about the skills required to save lives along with

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announce the
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prevention and safety that would greatly reduce risk of numerous preventable accidents.

Being ready for emergencies like stroke, cardiac arrest, choking, or heart attack can increase a victim's chances for survival, if one has the knowledge and training for CPR and first aid. Knowing how to conduct CPR and initiate it increases the survival time of a victim until advanced medical help or Emergency Medical Services (EMS) or an Ambulance arrives. (EMS = Emergency Medical Services or for your local Ambulance-Dial 108 for Gujarat/India)

Why CPR.....?

Fifteen Facts Every Family Should Know...

1. No family can rely on 108 or emergency doctors alone. When someone stops breathing, or the heart stops beating, he or she can typically survive for only 4 to 6 minutes before lack of oxygen can result in brain damage or death. CPR can buy extra time until advanced help arrives by artificially circulating oxygen to the brain.
2. Sudden cardiac arrest is the leading cause of death in adults. Most arrests occur outside the hospital. Immediate CPR doubles a person's chance of survival from sudden cardiac arrest. Over 1.5 million heart attacks occur each year and approximately 350,000 of these people die before ever reaching a hospital.
3. About 80 percent of all out-of-hospital cardiac arrests occur in private residential settings. So being trained to perform cardiopulmonary resuscitation (CPR) can mean the difference between life and death of your patient.
4. The commonest heart rhythm in sudden cardiac arrest is ventricular fibrillation-the heartbeat becomes very fast and is arrhythmic. The only treatment for it is immediate shock (defibrillation), but CPR can provide trickle of blood to brain and heart and increase the chances of survival after normal rhythm is established.

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5. If CPR is started within 4 minutes of collapse and defibrillation provided within 10 minutes, a person has a 40% chance of survival. Over 70% of all cardiac and breathing emergencies occur at home when a family member is present and available to help a victim.
6. Approximately, 95 % of sudden cardiac arrest victims die before reaching the hospital.
7. CPR saves lives. Statistics show that the earlier CPR is initiated, the greater the chances of survival. In fact, it is estimated that 100,000 to 200,000 lives of adults and children could be saved each year, if CPR were performed early enough.
8. CPR is not just for heart attacks! Approximately 10 million adults and children suffer disabling injuries at home each year, resulting from accidents which may require CPR.
9. Some of the common causes of "sudden death" that may require CPR include:
 - Electric Shock
 - Heart Attacks
 - Drowning
 - Severe Allergic Reactions
 - Choking
 - Drug Overdose
 - Suffocation
10. The number 1 killers -- a combination of heart attacks and accidents -- claim a life every 10 seconds in India.
11. One in five men and women aged 45 and above (20 % of adults) have had a heart attack or stroke. Approximately, 50% of all heart attacks occur in people under age 65.
12. One in ten people have the opportunity to use CPR in their lifetime.
13. One thing you need to remember is, in case of an adult he or she always needs a shock to the heart as soon as possible, because they have most likely suffered from a heart attack.
14. In case of infants and children, it is rarely a heart attack. They mostly need air, because as we all know, the young ones tend to put anything and everything into their mouths and proceed to choke on it.
15. After sudden cardiac arrest

Brain Damage Time Table....

0 Minutes	Breathing stops. Heart will soon stop beating
0-4 Minutes	Clinical Death
4-6 Minutes	Brain Damage Possible
4+ Minutes	Biological Death
6-10 Minutes	Brain Damage Likely
10 + Minutes	Brain Damage



Hands-only CPR-A simple but revolutionary new concept for ALL to adopt

Why people do not do CPR?

The No. 1 reason? People panic. The No. 2 reason? Most of the people don't attempt it, as they perceive traditional CPR to be difficult; and to some extent it is. The victim's head has to be tilted back, the airway cleared, the nose pinched and the mouth completely covered with the rescuers. The No.3 reason? The "risk and unhygienic " factor of putting lips to a stranger's mouth and picking up the stranger's germs.

Traditional CPR is still the preferred form of resuscitation for children or adults who have stopped breathing because of choking, drowning or other respiratory problems.

According to new research, more bystanders would be willing to attempt, especially, if they can just press on the chest and skip the mouth-to-mouth. New studies conclude that "hands-only" chest compression is enough to save a life.

The American Heart Association (AHA) has been promoting hands-only CPR for two years. The New England Journal reported in two studies (July 2010- N Engl J Med 2010;363:434-42) survival rates of about 12 percent when bystanders did CPR with just compressions without mouth-to-mouth breathing, confirming earlier research that on-scene CPR can dramatically increase a victim's odds of survival. (The older version had alternating 30 hard pushes on a victim's chest with two quick breaths into their mouth).

Experts have come to believe that pumping is important in most adult cases, and advise doing chest pushes continually at a rate of 100 per minute and skipping the mouth-to-mouth. Cardiac patients do as well or better when they got hands-only CPR, as compared to the traditional version. There was no significant difference in the survival rates of people who got conventional CPR and those who got the hands-only version.

How to perform CPR

The victim should lie on a flat, hard surface.



Follow the Chain of survival

One thing to remember is, assuming that you are alone, when you find someone down, first establish if they really need CPR: Are they breathing? Do you see any signs of movement? Remember to look, listen and feel, for any signs of movement, for breath sounds and for air movement by placing your ear over their mouth.

If you do not see any signs of life, then it's time for CPR.

- A. Check the airway
- B. Are they breathing?

Check for breathing



Look, listen and feel for normal breathing & Look for signs of life

If yet, there are no signs of life...

If no signs of life are present...

START CHEST COMPRESSION



push hard and push fast

100 compressions per minute



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CIMS Team

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How to perform chest compression?

- Put your hand in the center of person's chest between the nipples. Place one hand on top of the other.
- Perform chest compression at the rate of at least 100/min to compress the sternum by at least 4-5 cm and to allow full recovery after each compression.
- If two people are there, then give two rescue breaths for every 30 chest compression (Optional).
- You may not do mouth breaths at all.



Use Automated External Defibrillator (AED) if available at the earliest...



All doctors are advised to carry an AED with them in their clinics

If the victim recovers, then give him the recovery position...



Once victim regains spontaneous circulation with CPR alone or after Defibrillation, turn the patient on its left side as shown in picture called Recovery Position until medical help arrives.

The older CPR technique

If you are experienced or comfortable with mouth-to-mouth breathing then only, clear & open the airway & maintain the airway open



Open the Airway:

- The head tilt chin lift is performed by putting one hand on the forehead and the other underneath the chin and gently opening the airway.
- Once you have the airway open, give two rescue breaths by pinching off the nose, then give two breaths-do not blow them up, just give enough air to make the chest rise.
- Give five cycles of two breaths to thirty compressions for about two minutes. After you have completed your five cycles of breaths and the person becomes responsive, roll them on to their left side, which is called the recovery position.
- If they do not respond, continue CPR until help arrives.

This technique is now not recommended as most people are not experienced or familiar with mouth to mouth breathing.

What to do when you choke?

Heimlich maneuver - Abdominal Thrusts Choking is when breathing is hindered or stopped by blockage of the throat or windpipe such as a piece of food, fruit, etc. especially when one is eating while talking. Without oxygen, the brain begins to die within 4 - 6 minutes. Rapid first aid for choking can save a life.

Age: For anyone who is choking while awake or unconscious adult or child over 1 year

After removing the object that caused the choking, keep the person still and get medical help. Anyone who is choking should have a medical examination, since complications can arise not only from the choking incident, but also from the first aid measures that were taken.



1. Lean the person forward slightly and stand behind him or her.



2. Make a fist with one hand.



3. Put your arms around the person and grasp your fist with your other hand near the top of the stomach, just below the center of the rib cage.



4. Make a quick, hard movement, inward and upward

Care Institute of Medical Sciences (CIMS) will be conducting CPR classes later this year. Please keep in touch for further details.



Feed Back Form

Please send your feedback and answers to the Quiz for this issue and drop it in the post box:

Name: _____
 Degree _____ Name of clinic/hospital: _____
 Address: _____
 City: _____ State: _____ Pin : _____
 Contact No. (O) _____ (Mobile) _____
 Email ID: _____

- Did you like this issue? Yes ☐ No ☐
 ■ Did you like the Topic of the issue? Yes ☐ No ☐
 ■ Do you think this issue updated your academic knowledge? Yes ☐ No ☐

- Put a cross ⊗ inside the correct answer
 ■ Only one best answer for each question
 ■ Three correct entries on first-cum-first basis will get prizes with their name, address and photo published in next issue
 ■ Everybody who send replies to all the 10 questions will get a Certificate of CME of One Hour (1 Hour) from 3 C CON
 ■ Please send your answers by post to our office address.

Answer Sheet of the Quiz of Healthy Heart Volume 1 Issue-9 (August 5, 2010)

Question No.	A	B	C	D
Question-1	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-2	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-3	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-4	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-5	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-6	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-7	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-8	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-9	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Question-10	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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Quiz of the Month

- In how many minutes brain damage is possible after sudden cardiac arrest ?
 a. 3-5 minutes b. 4-6 minute
 c. 6-10 minutes d. 20 minutes
- What is the recovery position ?
 a. Placing the victim on his or her left side
 b. When victim stands up
 c. Placing the victim in a sitting position
 d. Raising the feet up above the heart
- When you deliver the first rescue breath, what should you do if the victim's chest does not rise?
 a. Deliver a sharp blow to the center of the chest
 b. Give another breath
 c. Perform the head tilt-chin lift
 d. Stop performing CPR
- Is giving breathes compulsory in newer techniques of CPR?
 a. 2 breaths per 30 comp. c. 4 breaths per 30 comp.
 c. 6 breaths per 100 comp. d. No breaths
- Where is the chest compression landmark on an adult?
 a. Center of the chest
 b. Center of the chest, one finger width below the nipple line
 c. One hand width above where the ribs meet
 d. 4 inches below the sternum
- Which of the following is not a reason to stop CPR?
 a. The victim is non-responsive
 b. Emergency medical services arrive
 c. The person throws up and wakes up
 d. An automated external defibrillator arrives
- What is the best position for the victim to be in when you are doing CPR?
 a. in a chair b. in crowded place
 c. flat on a sofa d. flat on the floor
- The preferred way to check for breathing is:
 a. Place your hand on the chest and see if it moves it respiration
 b. Tickle them and see if they laugh
 c. Look, Listen & feel for normal breathing & look for signs for life
 d. Hold a candle to the nose and see if the flame moves with the breathing
- Where do most out of hospital cardiac arrests occur?
 a. Doctors Office b. On the Road
 c. Hospitals d. At Home
- Heimlich Maneuver is applied when one chokes which occurs most commonly when one is...?
 a. Swimming b. Running
 c. Mental stress d. Eating Food

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So, come be a part of CIMS and join us in creating a revolution in the delivery of health care in Western India.

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- H/O Smoking or Tobacco use



Dr. Ashit Jain is a well known Carotid and Peripheral Interventional Specialist practicing in this field since 20 years in California, USA. He is affiliated with Washington Hospital and St. Rose Hospital in USA and has done hundreds of carotid interventions over the last few years in USA.

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1. Consultation
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Daily screening camp of the concerned patients will be held in the month of August, 2010 at CIMS. Time : 12.00 noon- 5.00 pm

Please contact us for further details:

Mr. Ketan Acharya: 09825108257, Mr. Dilip Chauhan: 09825376321

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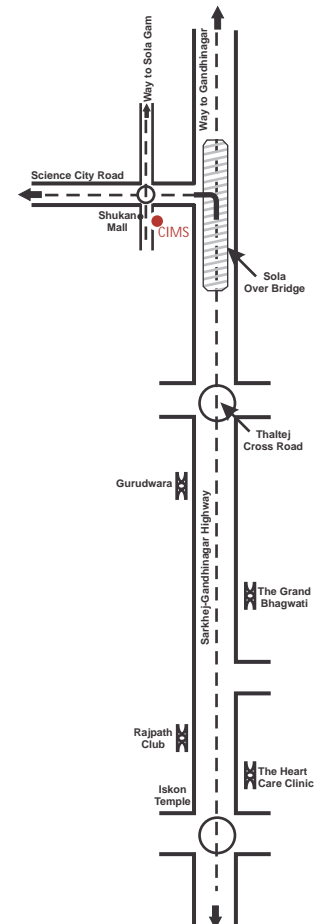


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