

CIMS News Care & Cure

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"Cardiopulmonary resuscitation (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.

The Importance of CPR

The goal of CPR and first aid training is to educate about the skills required to save lives along with prevention and safety that would greatly reduce risks 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 Ambulance arrives.

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.

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
 - Drowning
 - Choking
 - Suffocation
 - Heart Attacks
 - Severe Allergic Reactions
 - Drug Overdose
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

How to perform CPR

The victim should lie on a flat, hard surface. The place should not be crowded.



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

C. Clear & Open the airway & Maintain the airway open



ACTIVATE EMS CALL108

(EMS = Emergency Medical Services or your local Ambulance)

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. And if you cannot continue anymore yourself, remember you can only hold up for so long.

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

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

If no signs of life are present...

START CHEST COMPRESSION

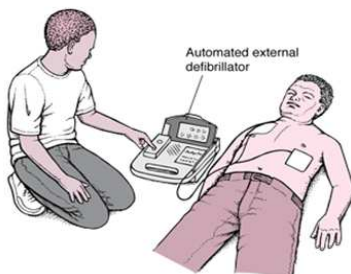


How to perform chest compression?

- 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



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



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

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



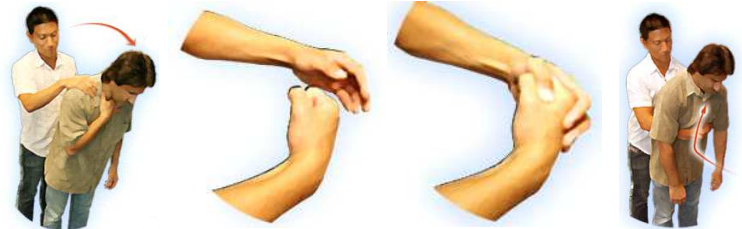
Once victim regains spontaneous circulation with CPR alone or after Defibrillation as the medical help arrives, turn the patient on its left side as shown in picture called Recovery Position.

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 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



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

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.

CIMS ECP (EXTERNAL COUNTER PULSATION THERAPY)



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*for patients with IHD who cannot undergo angioplasty / bypass

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- Performed on an out patient basis.
- Safe, painless, comfortable with no side effects.
- Cost effective.

- ECP (External Counter Pulsation), is a non-invasive procedure which reduces symptoms of angina pectoris.
- ECP therapy is clinically tested and proven atraumatic outpatient alternative procedure to standard surgical interventions, namely balloon angioplasty (PTCA) and bypass surgery(CABG).

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If it is an emergency, it is CIMS

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Uro, Polytrauma, Renal Failure, Sepsis

- Do you have Malaria, Dengue, Jaundice, TB or any other viral disease?
- Have you had epilepsy, paralysis or any other traumatic injury?
- Are you suffering from Cancer or any other such disease which requires multiple medication, dialysis or regular ventilator treatment?
- Are you suffering from any critical disease with or without a major organ failure?
- For all endoscopic needs related to diseases of lung, stomach, liver & intestine.



 **CIMS**
Care Institute of Medical Sciences

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ફક્ત સાત
સેકન્ડ માં !**



વિશ્વનું સૌથી ઝડપી એન્જિયોગ્રાફી મશીન
સારા એન્જિયોપ્લાસ્ટીના પરિણામ માટે
સ્ટેન્ટ બુસ્ટ ટેકનોલોજી સાથે

- ૨૫ વર્ષથી વધારે અનુભવ
- ૧૫૦૦૦ એન્જિયોપ્લાસ્ટી અને ૫૦૦૦૦ એન્જિયોગ્રાફીનો બહોળો અનુભવ
- ૨૪ X ૭ કાર્ડિયાક સેવાઓ, ઈમરજન્સી માટે સતત તૈયાર

સીમ્સ કાર્ડિયાક ટીમ

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