

Learn CPR to protect  
the life of your loved one's

(Cardiopulmonary  
Resuscitation /  
Cardiac Massage)

**CIMS conducts  
CPR courses on a regular basis**

In USA, it is recommended  
every adult in each house hold  
should know how to perform  
cardiac massage

...an emergency technique used to treat  
patients who have gone into cardiac  
arrest. CPR can be performed by a  
trained lay person.

**CPR Course conducted by**

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Someone's life is....  
... in your HAND !



**CIMS CPR**  
Cardiopulmonary Resuscitation/  
Cardiac Massage



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"CIMS Hospital" (India) application available



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**Ambulance & Emergency : +91-98244 50000, 97234 50000**



# Cardiopulmonary Resuscitation/ Cardiac Massage

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%.

## Importance of CPR

By performing CPR, blood circulation continues in a person whose heart is not working. This allows adequate perfusion of blood to various vital organs like brain, heart, kidney, liver etc. And the person can be shifted to hospital in a viable condition.

## CPR: Why should a layman learn?

Serious illnesses like Heart attack, Stroke etc. can strike anybody, any time. Many such patients may develop cardiac arrest and collapse within no time. CPR is must for all such patients till the time ambulance / medical aid arrives.

If you learn techniques of CPR, you can be very helpful to your family member or neighbour or anybody and fulfill your human duties.

For our Ambulance to bring you to CIMS Hospital Dial +91-98244 50000 / 97234 50000 / 90990 11234 or dial 108 for Gujarat.

## How to perform CPR/ Hands only CPR

The victim should lie on a flat (hard) surface.

Follow the Chain of survival



call +91-98244 50000 +91-97234 50000 +91-90990 11234 or 108	CPR	Early defibrillation	Transfer to advance care	Post CPR care
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One thing to remember is, assuming that you are alone, when you find someone down, first establish if they really need CPR:

1. Are they breathing?
2. Do you see any signs of movement?

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

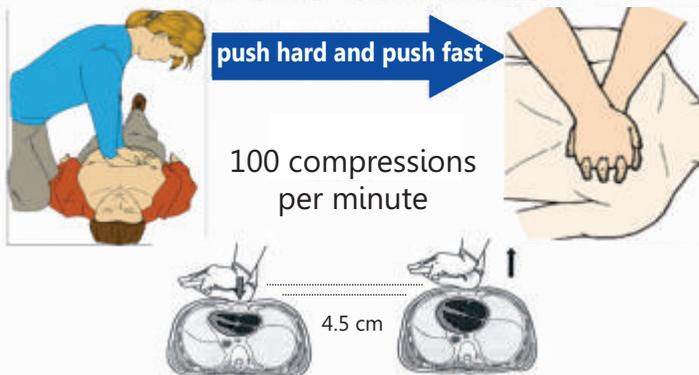
## Check for breathing



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

If no signs of life are present...

## START CHEST COMPRESSION

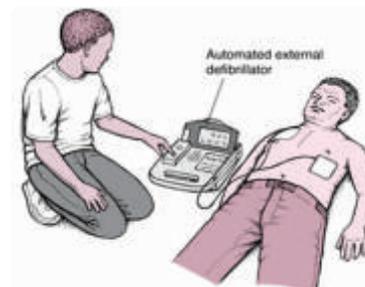


## How to perform chest compression?

- ◆ 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.
- ◆ Do not perform mouth breaths at all & continue only chest compression..

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

**As per new guidelines, mouth to mouth breathing is not mandatory for CPR. If you are not trained or not comfortable please continue only chest compression without interruption**



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

AED-A machine which identify victims heart rhythm and deliver shock automatically

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

