

**Brand New - AHA “Call to Action”
March 28th, 2008**

On March 28th, 2008, the American Heart Association (AHA) made an unprecedented change in how CPR is to be done by trained and untrained lay rescuers. After the 2005 guideline changes, no new assertions were expected until the meeting in 2010. After (3) studies showed excellent results in “Compression-Only” CPR, the AHA felt that they could not wait until 2010 to bring this info to the table.

The AHA has found that (2) quick breaths that are currently being administered take an average of (16) seconds at which point blood pressure drops to Zero.

This new “call to action” has the following caveats: When an adult suddenly collapses and a would-be rescuer sees the patient collapse, the rescuer should immediately dial 911.

- If the bystander is without training and would like to help, compression-only CPR should be done.
- A bystander, previously trained in conventional CPR, but not confident in his or her ability to provide 30 compressions and (2) breaths should perform compression only CPR.
- **For a rescuer trained in CPR who is confident in his or her ability to provide rescue breaths with minimal interruptions to chest compressions, it appears that compression only CPR or conventional CPR with 30 compressions and (2) breaths have equally positive results.**

This “call to action” does not apply to the following patients:

- Unwitnessed cardiac arrests
- Cardiac arrest in children or infants
- Cardiac arrest presumed to be of non-cardiac origin
- Near drowning (adults, children or infants)
- Drug overdose
- Carbon monoxide poisoning

In closing, if you have been trained; follow your training, so long as you are confident in what you have been trained in. Here at T-E-A-M CPR, we totally embrace the AHA and their new data based “call to action.” T-E-A-M CPR instructors will soon notice an additional page in their instructor manuals as well as changes in the student manuals.