

Defibber News

March 2024



“Cardio-Pulmonary Resuscitation (CPR)”

Cath Brownhill

Wed April 10th 2024

All Saints Church Hall, Hale Road, Hale Barns WA15 8SP

Tea & coffee served from
1.15pm

Meeting starts at 2.00pm

Having worked in the NHS for over 40 years, I wondered what to do with the extra time retirement would give me. My NHS work life was fulfilled by working in the cardio-respiratory field, carrying out investigations and attending hospital cardiac arrest calls. This steered my interest in CPR (cardiopulmonary resuscitation) and I became a Resuscitation Council UK Advanced Life Support Instructor.

Being very aware of the poor chance of survival from out of hospital cardiac arrest, I thought I was well qualified to deliver CPR and defibrillator sessions for the local community, hence ‘Chorlton Lifesavers’ was born affiliated with Chorlton Civic Society. We use a room in a local pub, but will go anywhere locally on request. It gives the opportunity to discuss the signs and symptoms of a heart attack, how to deliver effective chest compressions and how to use a public access defibrillator. Participation is encouraged but not compulsory.



MESSAGE FROM THE CHAIRMAN – JEREMY WHITE

Welcome to the first Defibber News of 2024, and I am pleased to say that we are still in a position to be able to post individual copies to you all. The News will of course also be available on our website.

We are starting this year with a focus on the vital life-saving techniques of Cardio-Pulmonary

Resuscitation (CPR). Our Senior Cardiac Rhythm Management Nurse (Adrienne Unsworth) has written an article of practical instructions on CPR which gives you excellent guidance on the techniques.

Of course, like so many things in life “practice makes perfect”, so we are going to run a practical session

on Wednesday 10th April. The techniques will be demonstrated to us, and we will be given the opportunity to try them out using a dummy. Those Support Group members who are nurses will be on hand to give us assistance, and I hope to see as many as possible of our patients and their family members there at the meeting.

Cardio-Pulmonary Resuscitation (CPR) article by Adrienne Unsworth February 2024



Hi everyone, hope you are all well. The next patient meeting is all about CPR. If someone loses consciousness, either in the community or in hospital, CPR is very important as it gives more time

for an emergency ambulance crew or hospital resuscitation team and/or a defibrillator to arrive and provide emergency treatment.

CPR is performed when someone is in cardiac arrest. This is different to having a heart attack, or myocardial infarction. Cardiac arrest is when the electrical impulses which make the heart beat have changed to either VF, VT, asystole (when there is no electrical activity at all), or pulseless electrical activity or PEA (when there is electrical activity, but this does not make the heart muscle contract).

Heart attack is when the blood supply to part of the heart becomes blocked and the heart muscle starts to die. Those of you who have a device (an ICD or CRT-D) will receive “therapy” from your device within about 10 seconds of you collapsing if you have VF or VT. But what about everyone else? Your family, friends, or a stranger? Would you know what to do if they collapsed and lost consciousness?

This article will explain how to do

CPR, and where to find further information on the internet. At the patient meeting, you will receive a talk on CPR and maybe practice performing CPR on a resuscitation dummy. You can practice CPR safely, with full support from us and ask questions throughout.

Here we go!

1. Someone has just collapsed. Check it is safe to approach them, then see if they are responsive. Place one hand on the forehead, and the other hand on the shoulder. Tap the shoulder and clearly say "are you okay?". If there is no response or breathing is abnormal, call for help.
2. If you are alone, call 999 on your mobile with the speaker on. Tell the 999 call handler someone has collapsed, is unresponsive and is not breathing (normally). If someone is nearby, ask them to do this.
3. Ask someone to bring an Automated External Defibrillator (AED) if one is nearby and available.
4. Begin CPR immediately.

5. Kneel beside the person and place your hand over the centre of the chest over the breastbone (sternum). See the photo below. Place your other hand on top and interlink your fingers. Lift your fingers upwards so they are not touching the sternum.



6. Make sure your shoulders are directly above the centre of the person's chest. Keeping your arms straight, press down 5-6 cm.
7. Aim to do 100 to 120 compressions per minute performing the next compression. Do 30 compressions.
8. Rescue breaths should now be performed if you are happy to do these, and you are trained and able to do so. If you cannot or do

not want to give rescue breaths, continue chest compressions. Since the Covid pandemic, it is now not recommended that you perform rescue breaths. You can still perform these if you have protective face covering. The hospital resuscitation team have this equipment on every emergency resuscitation trolley, but in the community, it is unlikely there will be any.

9. If you do perform rescue breaths make sure the airway is open by tilting the head up and placing 2 fingers under the chin. Lift the chin up.
10. With one hand pinch the soft part of the nose and place the thumb of your other hand on the chin to open the mouth.
11. Take a deep breath and seal your mouth around theirs. If a face cover is available, make sure you place it correctly over the person's mouth.
12. Blow steadily into the mouth for about 1 second.
13. The chest should rise when you

blow air into their mouth and fall when you remove your mouth. If the chest does not rise, try again from step 9.

14. Continue performing 30 compressions (and 2 rescue breaths) until help arrives, the person shows signs of a response or, if you are alone and/or exhausted.
15. Keep any interruptions in performing CPR to a minimum, for example when switching from compressions to rescue breaths, or when someone else takes over compressions.
16. If an AED is available, open the AED and turn it on. Attach the defibrillator pads. Follow the instructions.
17. The AED will first need to determine what heart rhythm the person has. To do this, defibrillator pads need to be placed over the chest and CPR should cease. The AED will talk you through this.
18. Only stop CPR when the AED tells you to stop and restart CPR

if/when the AED tells you to.

19. Depending on the rhythm, the AED will either advise you to give a shock using the defibrillator pads or advise that CPR continues.
20. If a shock is advised, make sure no-one, including yourself, is touching the person when the shock is delivered.

21. Continue until help arrives.

When to stop CPR.

Stopping CPR happens when one or more of the following occurs.

- You are physically exhausted and there is no one else available to take over.
- The emergency ambulance crew has arrived and takes over.
- The person shows signs of recovery.
- CPR has been ongoing for a long time and further attempts at performing CPR will likely be unsuccessful.

You would not normally be in a position where you must make this decision, except if you are alone and exhausted.

If the person shows signs of a

response, you may see one or more of the following: -

- a) Speaking.
- b) Moving.
- c) Rolling over or trying to sit up.
- d) Breathing.
- e) Opening their eyes.
- f) Groaning/crying/shouting/gasping.
- g) They may be disorientated or confused.
- h) Raising a limb.

With a calm voice, tell them they are on the floor, they had collapsed, and that help is on the way. Keep them on the floor, comfortable and warm. If they feel well enough to sit up, ask them if they hurt anywhere first. It is recommended that they stay on the floor if it is safe to do so.

Their chest may hurt because you have performed chest compressions. Some ribs may be broken but these will heal. Look for any injuries. Ask them their name and date of birth.

Ask if they are on any medicines. If anyone is with them, such as a family member or friend, they may be able to answer some of these questions. Ask

someone else to look after them as they may be upset and afraid.

Once the ambulance crew has arrived, if CPR is still ongoing, let them take over. When they are ready, the ambulance crew will likely ask you what happened and what you did. Give them as much detail as you can.

The person will be taken to the nearest hospital for further assessment and treatment. You have just saved someone's life!

According to the British Heart Foundation, only 1 in 10 people survive a cardiac arrest in the community. They are working to create a national network of community defibrillators. You can find out more by visiting www.bhf.org.uk and searching "out of hospital cardiac arrests".

Performing CPR is frightening. Adrenaline is automatically released and pumps through your body, making your heart beat fast and your breathing quicken. You may feel shaky, stressed, and upset. Releasing adrenaline is a normal response to fear, shock, or defence against danger. This is known as the "fight, flight,

flight" response.

You may not be aware of this adrenaline surge until after the event. Concentrate on breathing slowly and steadily and try to stay calm. The effects of an adrenaline surge wear off quickly and do not harm you.

The recovery position.

If someone is showing signs of recovery it is important that you continue to monitor their condition so that deterioration can be spotted quickly. You do not need to be medically trained to do this.

Think ABCR

Airway

Breathing

Circulation

Recovery position

Airway – are they able to speak? Talk to the person at regular intervals, ask them a question like how are you feeling or are you ok? Generally, if they can speak, their airway is open.

Breathing - is their breathing normal? Are they wheezy or chesty? Are they breathing normally, too fast, or too slow? Are they coughing?

Circulation – what colour is their skin? What colour are their fingers, nails, lips? Do they appear blue? This is called cyanosis and is a sign of poor circulation and lack of oxygen. If you know how to check the pulse, how many beats per minute are there? Is it regular or irregular? Is it fast or slow? Is the pulse strong or weak?



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You can find a step-by-step guide to placing someone in the recovery position by visiting www.sja.org.uk and searching “the recovery position”.

This position helps keep the airway open and allows air to enter and inflate the lungs. It enables you to assess the person’s condition regularly and to spot any changes in their situation.

The recovery position is advisable

providing there are no severe or suspected injuries, especially to the head, neck, spine, or lower limb bone fractures.

So, I hope you have found this article informative, and you are not too frightened by its contents. If anyone has recently lost someone who had a cardiac arrest, I hope you are okay, and this does not distress you too much.

Performing good quality CPR is so important, especially in the community, and could save someone’s life.

Adrienne



This is a community defibrillator. To find one near you, search www.defibfinder.uk



From time to time, members of our Support Group have asked if they could make a donation to help finance the production of Defibber News and assist in the cost of organising the Patient Support Meetings of the Group. Members, if they wish, can now make a donation direct to the Support Groups Bank



The bank account details are :

WYTHENSHAW ICD PATIENT SUPPORT GROUP

Sort Code: 30-91-91

Account Number: 30781868

Emma Maiden: Treasurer,
12 The Willows, Cranwell Village, Lincolnshire, NG34 8XG

Wythenshawe Hospital

ICD Support Group Website

Group Website

Have you had a look at the Support Group's Website? The website can be accessed via this link: <https://wythenshaweicd.wixsite.com/icdsupport> which will take you to this screen.



On the Home Page there is a Menu Box that takes you to the different items which may be of interest to you:

- Home
- About Our Support Group
- Committee Members
- Defibber News
- Your Device & Patient Quiz
- Latest news
- Next Meeting
- Useful Links
- Video

On the site you can read all issues of Defibber News; get information that is relevant to you under Latest News; find out all the details of our Patient Open Meetings, get a copy of the Information Booklet for Patients having an ICD implanted and more.

Defibber News is always wanting to share the experiences of our patients, families and carers and if you would like to share your story, just send it to (georgedavies48@sky.com) and he will ensure that it is included in subsequent issues of Defibber News.

If you don't wish your name to be used, that's fine and we will publish anonymously. What really matters is that we all benefit from shared experiences and ways of coping in living with an ICD/CRD-T, those experiences being invaluable in supporting others who may have just been diagnosed and implanted.

REMEMBER – if you are happy to provide your e-mail address to the Support Group Committee please let Emma know at (emma.boswell@gmail.com)



Looking forward to seeing you all at our next meeting.

