

EMBARGOED FOR RELEASE UNTIL 12:30 a.m. MONDAY, OCT. 18, 2010

2010 American Heart Association Guidelines for CPR & Emergency Cardiovascular Care Fact Sheet

Guidelines

- The American Heart Association’s Guidelines for CPR and ECC provide science-based recommendations for treating cardiovascular emergencies, particularly sudden cardiac arrest in adults, children, infants and newborns.
- Every five years, hundreds of leading resuscitation experts from around the world review all new and existing research as part of an international consensus process. This is the basis for any revisions to the American Heart Association’s Guidelines for CPR and ECC.
- The American Heart Association established guidelines for resuscitation in 1966, and since then, other major organizations around the world have continued to use our guidelines as the basis for their own resuscitation training.

History of CPR

- In 1960, researchers combined breaths and compressions to create CPR as we know it today.
- CPR training has been recommended for healthcare professionals and for the general public for more than 40 years.
- 2010 marks a change in the sequence of CPR from Airway-Breaths-Compressions (A-B-C) to Compressions-Airway-Breaths (C-A-B) sequence.

Sudden Cardiac Arrest

- EMS treats nearly 300,000 victims of out-of-hospital cardiac arrest each year in the U.S.
- Less than eight percent of people who suffer cardiac arrest outside the hospital survive to make it home from the hospital.
- Sudden cardiac arrest can happen to anyone at any time. Many victims appear healthy with no known heart disease or other risk factors.
- Sudden cardiac arrest is **not** the same as a heart attack. Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating. A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

Cardiopulmonary Resuscitation (CPR)

- Less than one-third of out-of-hospital sudden cardiac arrest victims receive bystander CPR.
- Effective bystander CPR, provided immediately after sudden cardiac arrest, can double or triple a victim’s chance of survival.
- Last year, the American Heart Association trained more than 13 million people in CPR worldwide, including healthcare professionals and the general public.
- Chest compressions should be provided at a rate of at least 100 compressions per minute – the same rhythm as the beat of the Bee Gee’s song, “Stayin’ Alive.”