Chicago Fire Department
START-A-HEART

Paula Willoughby DeJesus, DO, MHPH
Assistant Commissioner
Medical Administration & Regulatory Compliance
Chicago Fire Department
1.5 million people have a heart attack /year
45% are under the age of 65
500,000 people will die, over 1000/day
2/3 of these people are NOT in the hospital
50% will die in the first hour
People on average wait 2 hours to get help
Cardiac arrest is the first, last and only warning sign for 17% of people
START-A-HEART

- Chicago typical urban survival
- Chicago poor citizen CPR
- Eagles summit “CPR Anytime”
- Changed EMD protocols 4/2004
- AHA increased importance of CPR 2005
- Increased importance of un-interrupted compressions
Why we don’t do CPR

• Have not taken a class
• Do not remember how
• Steps hard to remember
• Don’t want to do mouth to mouth
• Afraid we might hurt the person
• Afraid we might do it wrong
START-A-A-HEART

Studies

• 1. Muersing – Dutch concluded priorities should be CBA, not ABC
• 2. 2005 Kern – Tuscon AZ, improved survival w/ compression only, “Be a lifesaver”
• 3. 2006 Kellum – Lake Geneva WI, improved survival w/ compression only – “Call and Pump”
• 4. 2007 SOS-KANTO – Japan twice as likely survive
NEW Method of CPR

- Simple to do
- Easy to remember
- No mouth to mouth
- Won’t hurt the person
- Improves survival
NEW Method of CPR

• Adults only
• Suddenly collapse
• Do not respond
• Are not breathing normally
  ✓ Gasping is NOT normal!
NEW Method of CPR

• Not for:
  – Children
  – Drowning victims
  – Overdose victims
  – People choking
NEW Method of CPR

3 A’s

• A ASSESS
• A ALERT
• A ACT
START-A-HEART

ASSESS

• Put the person on their back on the floor
• Kneel down next to them
• Shake the person
• Ask, “Are you okay?”
• Look for signs of life and breathing
SIGNS OF LIFE & BREATHING

- Breathing normally
- Color normal
- Normal movement of limbs
START-A-HEART

SIGNS OF CARDIAC ARREST

• Not responding
• Not breathing
• Gasping breaths
START-A-HEART ALERT

• Call 911
  – “I am with an adult.”
  – “I am starting CPR.”

• Get someone to get an Automated External Defibrillator (AED)
  – Shocks heart rhythm
START-A-HEART

AUTOMATED EXTERNAL DEFIBRILLATOR AED

- Recognizes cause - unorganized rhythm
- Shocks rhythm to restore normal rhythm
START-A-HEART

ACT

• Expose chest
• Put heel of one hand on center of chest
• Put other hand on top and interlock fingers
• Lock elbows
START-A-HEART

ACT

- Start compressions
- Compress 1 ½ inches
- Compress 100/minute
- Don’t lean on chest
- Turn on AED and follow the prompts
START-A-HEART

ACT

- Don’t stop chest compressions until the Fire Department arrives or you get an AED
- 911 can help you use the AED
- Switch with other rescuers if you get tired
START-A-HEART

- DVD, handouts
- Large posters
- Manikins
- Community fairs
- Mass gatherings
- 3000 distributed
- Next Steps
START-A-HEART

pwilloughby@cityofchicago.org