

# EMERGENCY MEDICINE TODAY



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CPR Training*

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Commission on Emergency Medical Services

## INFORMING THE PUBLIC REGARDING CARDIOPULMONARY RESUSCITATION (CPR)

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American Medical Association  
Department of Emergency Medical Services

Sudden death from heart attack is the most prevalent medical emergency today. More than 650,000 people die annually and 350,000 of these deaths occur outside of the hospital, usually within two hours of the onset of symptoms. A large number of these deaths could be prevented by prompt, appropriate treatment. Many victims of drowning, electrocution, suffocation, drug intoxication, or auto accidents, can also be saved by Cardiopulmonary Resuscitation. CPR is an integral part of a community-wide emergency medical services (EMS) system. The EMS system must provide proper identification and appropriate action for all medical emergencies.

CPR is the hope for a longer life for the heart attack victim. In the past, if the victim was not near a medical facility, his chances of surviving a heart attack were very small indeed. Today, with more individuals learning CPR procedures, that chance to live is being given more heart attack victims than at any time in our history.

In an examination of CPR technique, it is shown that almost any one with reasonable physical health can perform external cardiac massage. It requires being able to kneel and bend at the waist at preferably floor level. Any one, except possibly the worst arthritic, has these capabilities.

It is incumbent upon all recipients of EMERGENCY MEDICINE TODAY to inform the general public about the importance of CPR. All medical professionals, whether Doctor, Nurse, Emergency Medical Technician or Paramedic, should:

- 1) Update their skills to a teaching level by attending CPR courses for instructors in Basic Life Support.
- 2) Promote through the news media the necessity for everyone to be familiar with CPR.
- 3) Instruct as many of the general public as possible in CPR.

In the announcing stage of the program, it should be spelled out in layman's language the need to know CPR procedures and to possibly save a life; or save that individual from being a cardiac cripple for the remainder of his life. It should be emphasized that the mere fact of knowing CPR places laymen in a position of extreme importance to their families, neighbors, fellow employees, employers and the general public.

Also, it should be stressed that CPR can be learned by any person with or without formal education, and that the only real requirement is physical capability and the willingness to devote four (4) hours of their time to basic physiology and practical application of learning CPR techniques.

One approach to the problem of recruitment is through the country's educational system. Most schools have health courses for high school and college students. If the school administration can be assured of the need for this type of education, half of the problem is solved. The other half, capable instructors, can be recruited and taught prior to installation of the school programs. The more logical prospective instructor would be the physical education teacher and/or the school nurse.

The instructor's course can be given during the summer vacation months, and the school system could give additional credits for the teachers attending and completing the CPR instructor's course. A total of twenty-one hours is involved in the instructor's program (exclusive of practice). This amount of time allows for practice-lectures by each student and several practice sessions on the mannequin used in the instructional program. It is suggested that the twenty-one hours be completed in seven separate segments of three hours each to permit the student instructor time to absorb the material.

The ideal situation, of course, is to use a physician qualified in CPR instruction to teach the school system instructors. If this is not always possible, organizations such as the American Heart Association, American Red Cross, or the Public Safety Officers Foundation can be called upon for assistance in obtaining a qualified CPR instructor, or instructors. However, state or local medical societies may be able to help supply or locate qualified CPR instructors. Once the school system has qualified instructors, the scheduling of CPR classes should be left to school administrators, who should be encouraged to make the CPR course available to all students during a regularly scheduled health class.

The inspiration for promulgation of a program of such importance must come from you, the reader of this article, whoever you may be. We believe that the most immediate step in saving a life jeopardized by heart attack, drowning, electrical shock, is: CARDIOPULMONARY RESUSCITATION.

✓ Chuck Garrett  
Lyl Clark  
John Crosby  
Ralph Betz

file  
CPR

R Adams Cowley, M.D.

Bill Hathaway

10/20/75

CPR Training DEMH Office Building

On 2 October I met with Mr. John Crosby and Mr. Ralph Betz to discuss a CPR Training Program for employees at the DEMH Office Building, 201 West Preston Street. This meeting was a result of a letter from Mr. Donald Noren, Director Environmental Health Administration. Mr. John Crosby was Mr. Noren's representative and Mr. Ralph Betz represented the Baltimore American Red Cross Chapter as well as a coordinator for the American Heart Association.

Mr. Crosby indicated that they were interested in training key people in the building in CPR. Mr. Betz indicated that the training could be arranged through the Red Cross office and that it would involve approximately 7 - 10 hours of training. I indicated our interest in the project and offered to assist Mr. Crosby and Mr. Betz. This program could be a pilot for other large office buildings in the Baltimore area. As soon as Mr. Crosby gets the O.K. to proceed, Ralph Betz and I will meet to determine what resources are needed.

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*Cardiopulmonary Resuscitation Instruction*  
RESOLUTION

*Whereas, effective use of the technique of Cardiopulmonary Resuscitation can literally save the lives of thousands of Marylanders each year and;*

*Whereas, those techniques may be mastered easily in classes in health education, first aid, and in other appropriate courses in the public schools and;*

*Whereas, in evidence of the value and simplicity of instruction, hundreds of thousands of public school students in this state have already received instruction and learned the technique of Cardiopulmonary Resuscitation, now therefore be it;*

*Resolved, that the Maryland State Board of Education commends to local boards of education the value of this important training, and be it further;*

*Resolved, that this Board commends to local boards of education those highly motivated volunteer agencies in their communities which can assist them in implementing instructional programs.*

RESOLUTION NO. 1982-12  
PASSED JANUARY 27, 1982  
MARYLAND STATE BOARD  
OF EDUCATION

RAYMOND D. BAHR, M.D.  
EMERGENCY CARDIAC  
CARE COMMITTEE  
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