

WHY CPR?



LEARN WHY CPR IS A NECESSARY SKILL IN OUR LIVES

Sudden Cardiac Arrests can happen to anyone anywhere. With a large percentage of the population untrained, the prospects for the SCA victims (past, present and future) doesn't look good.



TO LEARN MORE, JOIN US:

HOST - KASHVI VERMA

DATE - 17th APRIL 2022

TIME - 10:30 to 11:00 AM

ZOOM LINK - <https://cutt.ly/FD1LthW>



kashviverma.com

12694@students.eischools.ae

CPR FOR ALL, CPR FOR LIFE





Explore

⚙ Settings



Thread



Sam Ghali, M.D. ✓

@EM_RESUS



29-year-old Christian Eriksen went into Sudden Cardiac Arrest on the soccer field in front of the entire world today.

His life was saved because he got immediate CPR and defibrillation.

This can happen to literally anyone, anytime, anywhere.

Life is precious. Learn CPR.

2:25 AM · Jun 13, 2021 · Twitter for iPhone

8,660 Retweets 412 Quote Tweets 29.9K Likes



CPR, AED, and Basic First Aid

Kashvi Verma Mohit Verma

has successfully completed and competently performed the required knowledge and skill objectives for this program.

☐ Adult ☐ Adult and Child ☒ Adult, Child, and Infant

Card is valid if more than one box is checked.



AMERICAN SAFETY & HEALTH INSTITUTE

ECOMED-15-0716

Validation Code: C256711773232848

Bienvenido Quioco Jr

Authorized Instructor (Print Name)

3591500

Registry No.

07/11/2021

Class Completion Date

97143689980

Training Center Phone No.

7/2023

Expiration Date

2998266

Training Center I.D.

This card certifies the above named individual has successfully completed the required objectives and hands-on skill evaluations to the satisfaction of a currently authorized ASHI Instructor. This program conforms to the 2015 AHA Guidelines Update for CPR and ECC and the 2015 AHA and ARC Guidelines Update for First Aid. This program is not designed to meet pediatric first aid training regulatory requirements and should not be used for that purpose. Expiration date may not exceed two years from month of class completion.

A large red square with a white border, containing the text "Why CPR?" and "A life-saving Skill".

Why CPR?

A life-saving Skill

Contents

A brief insight into CPR.

Why it is important to learn CPR?

What other countries have done to encourage learning this?

What can we do to encourage it?

Q/A session

A brief Insight into CPR

What is CPR?

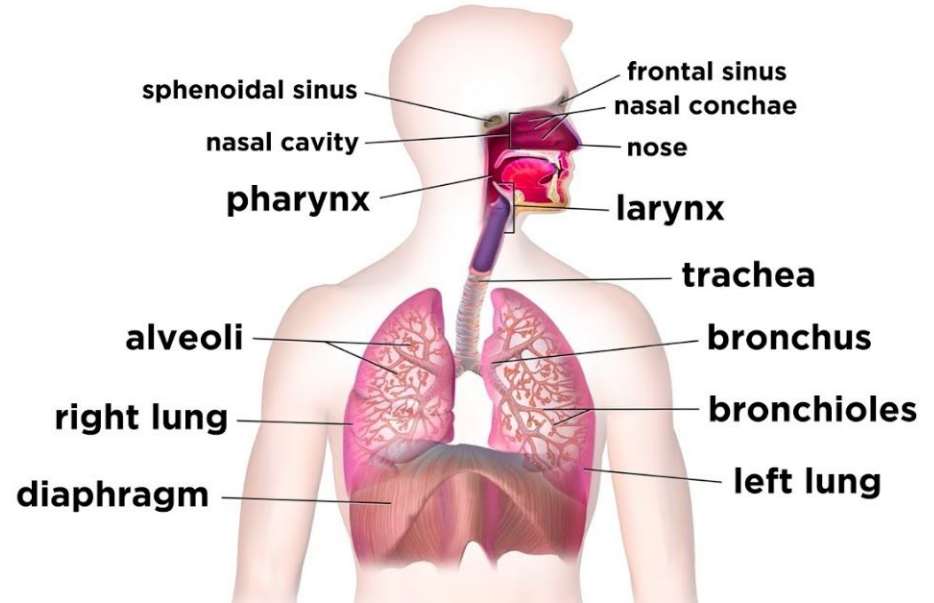
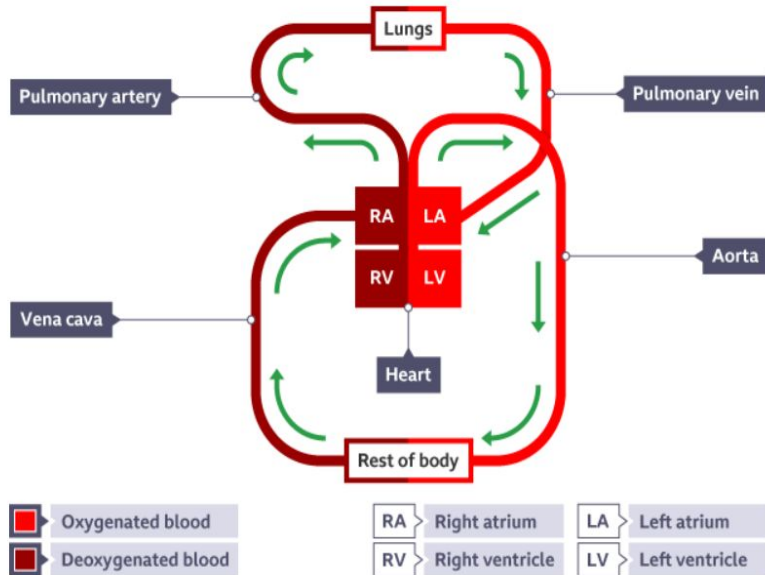
- Cardiopulmonary Resuscitation.
- Emergency lifesaving procedure.
- Performed when the heart stops beating.
- Administered immediately, could triple the chances of survival.

The Circulatory and Respiratory Systems.

Circulatory System - a.k.a Cardiovascular System

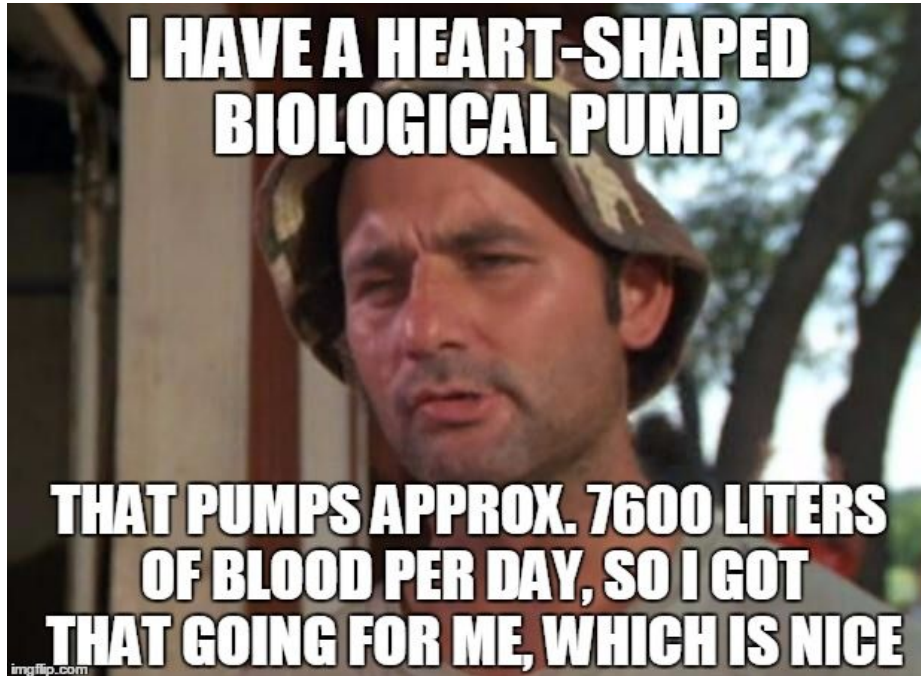
Respiratory System - a.k.a Pulmonary System

The Respiratory System

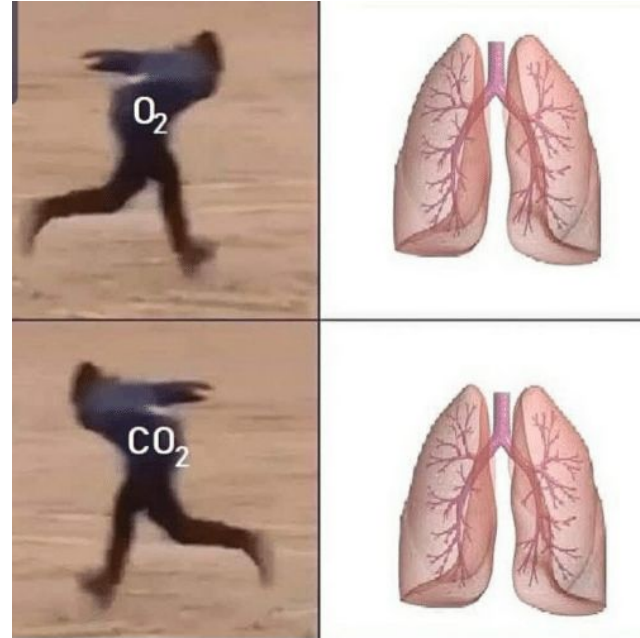


The Circulatory and Respiratory Systems.

Circulatory System - a.k.a Cardiovascular System



Respiratory System - a.k.a Pulmonary System



Human respiratory system.

Cardiovascular + Pulmonary = Cardio-Pulmonary

CPR stands for Cardio-Pulmonary Resuscitation.

How is CPR performed

1. Call 998 (Ambulance) or 999 (Police).
2. Lay the person on their back and clear the victim's airways.
3. Check if the victim is responsive or breathing.
4. If neither, Start the chest compressions. Continue until the ambulance or an AED arrives.

Chest compressions



Adult



press down
2 inches



Child



press down
2 inches



Infant



press down
1.5 inches

Perform 30 chest compressions at a rate of 100 per minute, letting the chest rise between each

CPR uses chest compressions to mimic how the heart pumps. These compressions help keep blood flowing throughout the body and oxygen supplied to the cells. This increases the chance of survival of the person in Sudden Cardiac Arrest (SCA).

Why is it important to learn
CPR

India's Cardiac Statistics

Indian Heart Association quotes the startling statistics around heart diseases and strokes in South Asians.[1]

1. Public health estimates indicate that India accounts for approximately **60% of the world's heart disease burden**, despite having less than 20% of the world's population. Heart disease is the number one cause of mortality and a silent epidemic among Indians.
2. India, particularly the city of Hyderabad in the state of Telangana, is currently the diabetic capital of the world. Indians have been affected by high rates of diabetes, metabolic syndrome, hypertension, and smoking. These are major risk factors for cardiac disease.
3. When heart disease strikes Indians, it tends to do so at an earlier age (almost 33% earlier) than other demographics, often without prior warning. Furthermore, **50% of all heart attacks in Indian men occur under 50 years of age** and 25% of all heart attacks in Indian men occur under 40 years of age, a staggering figure! Indian women have high mortality rates from cardiac disease as well.
4. Demographic data indicate that the **heart disease rate among Indians is double that of national averages of the western world**. This may be attributed to an underlying genetic predisposition to metabolic deregulation and cardiomyopathy, as well as a recent shift of modifiable risk factors towards increasing consumption of red meats / saturated fats and trans fats / junk foods and higher stress in sedentary call-center workers in India.
5. Unlike many developed countries, there is a notable paucity of public health infrastructure and initiatives in India to raise awareness about this important issue. To date, few healthcare providers in India routinely screen South Asians for heart disease and stroke risk factors.

TL;DR

India's Statistics are ... grim.

1. 60% of the world's heart disease burden.
 2. 50% of all heart attacks in Indian men occur under 50 years of age.
 3. Heart disease rate among Indians is double that of national averages of the western world.
-

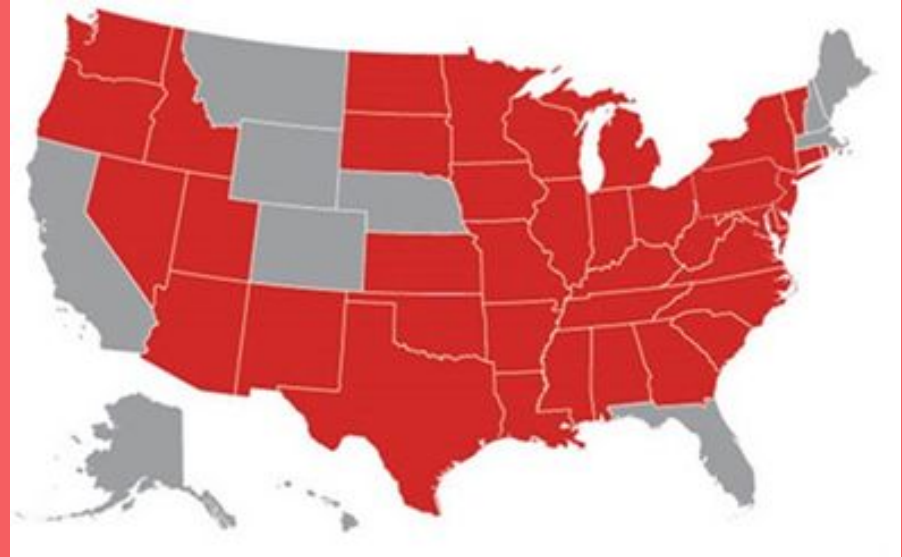
What other countries have done
to encourage learning CPR?

50%

Of the deaths that occur in the USA, were due to Sudden Cardiac Arrest, which is the same amount as the combination of Alzheimer's, Assault with firearms, 4 types of cancer, diabetes, HIV, house fires, motor vehicle accidents, and suicides.

USA - A Case Study

CPR training began to be integrated into the school curricula and has now become a vital part of the school system of many, if not most states as seen on the map, with the recent addition of Florida.



Many other countries around the world such as China, Switzerland, UK and Northern Ireland, and Germany, integrate CPR and BLS into their curriculum as they recognize the importance of this skill.

**“Sudden Cardiac Arrest can happen to
ANYONE ANYWHERE...**

The question is, “what can WE do about it?”

What can we do to encourage
it?

Teach our
Youth

Course BLS

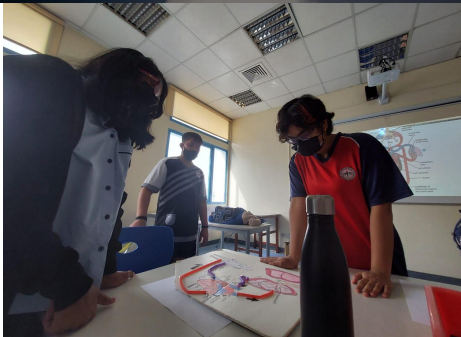
- For Grade 9 / Year 10
- 40 minute lessons, once a week for 12 weeks.
 - Consistency.
 - Knowledge



Why does CPR work?

Lessons ____

What's inside a first aid kit?



	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
Start of Club												
Introduction												
What is CPR												
Circulatory System												
Respiratory System												
How does CPR Work												
What is in a First Aid Kit												
Practical Work												
Revision Lesson												
Quiz												



Course CPR

- For Grade 11 / Year 12
- 1 hour lessons, twice a week for 2-5 weeks.

Basic knowledge on CPR

Why does CPR work?

Lessons ____-____

Lessons	1	2	3	4
What is CPR				
circulatory System				
Respiratory System				
How does CPR Work				
What is in a First Aid Kit				
Practical Work				
Revision				
Quiz				

What's inside a first aid kit?

Lesson 3 and 4

Q/A Session

Dr Meghna Jain
Specialist gynaecologist
Modern clinic
Sharjah



1. What is the difference between SCA and Heart Attack?
2. In the scenario that 3 people were struck by lightning, with 1 person unconscious but the other 2 in better condition, in which order would you recommend treating them? The unconscious person first? Or one of the other two?

CPR for All,
CPR for Life.



Thanks!

Contact Us:

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