

5 TOP MESSAGES

1. RAISE AWARENESS ABOUT CPR AND DEFIBRILLATION

- Train as many citizens as possible
- Engage with World Restart a Heart Day
- Develop new and innovative systems and policies that will save more lives

2. USE TECHNOLOGY TO ENGAGE COMMUNITIES

- Implement technologies to alert first responders to cardiac arrests through smartphone apps / text messages
- Develop communities of first responders to help save lives
- Map and share the locations of public access defibrillators

3. KIDS SAVE LIVES

- Teach all school children to do CPR using “check, call and compress”
- Get children to teach their parents and relatives how to do CPR

4. CARDIAC ARREST CENTRES

- Where possible care for adult patients with OHCA in cardiac arrest centres

5. DISPATCH ASSISTANCE DURING CPR

- Provide telephone assisted CPR for people who are unresponsive with absent or abnormal breathing
- Work with dispatch staff to continually monitor and improve telephone assisted CPR

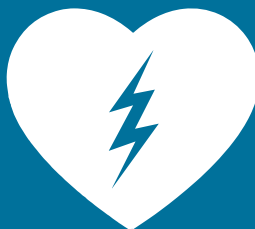
RAISE AWARENESS ABOUT CPR AND DEFIBRILLATION

KEY EVIDENCE

Bystander CPR and
defibrillation saves
lives



Bystander CPR is
not always provided



Public Access
Defibrillators are not
always readily accessible



KEY RECOMMENDATIONS

Raise awareness
of the importance
of bystander CPR
and AEDs

Train as many
citizens as
possible



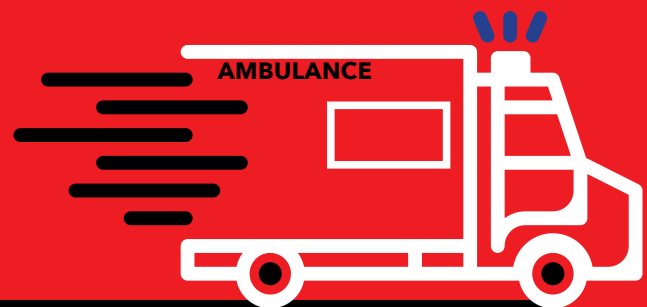
Engage with World
Restart a Heart Day

Develop new and
innovative systems
and policies that will
save more lives

USE TECHNOLOGY TO ENGAGE COMMUNITIES

KEY EVIDENCE

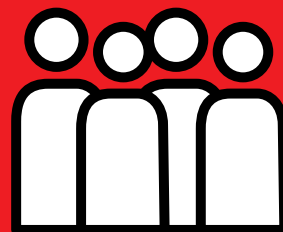
Alerting first responders improves the rate of bystander-initiated cardiopulmonary resuscitation (CPR), reduce the time to first compression and shock delivery, and improve survival with good neurological recovery



KEY RECOMMENDATIONS



Implement technologies to alert first responders to cardiac arrests through smartphone apps / text messages



Develop communities of first responders to help save lives



Map and share the locations of public access defibrillators

KIDS SAVE LIVES

KEY EVIDENCE



Mandatory nationwide training of schoolchildren has the highest and most important long-term impact for improving bystander CPR rate

KEY RECOMMENDATIONS

Teach all school children to do CPR using "check, call and compress"

Get children to teach their parents and relatives how to do CPR



Continue training in higher education, particularly for healthcare students

Engage governments and politicians to pass laws to mandate training school children in CPR

CARDIAC ARREST CENTRES

KEY EVIDENCE



Cardiac arrest centres are hospitals providing evidence-based resuscitation treatments including emergency interventional cardiology, and bundled critical care with targeted temperature management, protocolised cardiorespiratory support and prognostication



Treatment in cardiac arrest centres provide the best outcomes for patients

KEY RECOMMENDATIONS



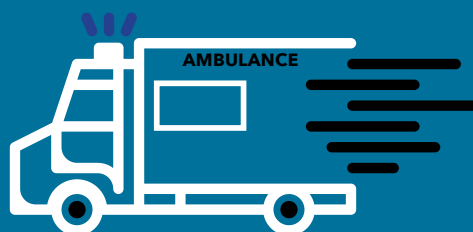
Where possible care for adult patients with OHCA in cardiac arrest centres

DISPATCH ASSISTANCE DURING CPR

KEY EVIDENCE



Early recognition of cardiac arrest and bystander CPR improves survival



Dispatch assistance may improve survival by assisting callers in recognizing arrest and providing CPR instructions

KEY RECOMMENDATIONS



Provide telephone assisted CPR for people who are unresponsive with absent or abnormal breathing

Work with dispatch staff to continually monitor and improve telephone assisted CPR