

**Program:** Hands-Only CPR with AED Instruction via Skype

**Speaker:** William C. Dillon, MD, Interventional Cardiologist; President, Start the Heart Foundation, Louisville, KY and Steve Combs and staff, Indianapolis

**Introduced by:** Jim Dillon

**Attendance:** 97

**Guests:** Chuck and Ginny Combs, Eileen Kurlander, Ruth Lawrence, Martha Boon, Marvin Miller, Tom Small, Tom Payne

**Scribe:** Jerry Kurlander

**Editor:** Ed Nitka

Dr. William Dillon is a practicing interventional cardiologist in Louisville, Kentucky. He received training at the University of Minnesota Hospital and at the Indiana University Medical Center.

He is President of Start the Heart Foundation in Louisville and has recently expanded to Indianapolis.

The Foundation workers have taught more than 25,000 people hands only CPR (cardiopulmonary resuscitation) in the past three years. The program has been very successful in Louisville, Kentucky. Dr. Dillon Skyped the program's background very successfully from Louisville to our meeting.

There are over 1000 cardiac arrests a day in the United States and only 10% of the victims survive. If a cardiac arrest victim receives CPR they have a 20 to 30% chance of surviving. The survival figures for Indiana and Kentucky are among the worst in the nation.

The Foundation is offering free hands only classes for CPR and AED (automated electronic defibrillation) demonstrations starting in June of this year and running until mid-July. The classes are short, running only 35 to 40 minutes and are at no cost to the recipient. All of the materials for the classes are supplied. This is not a CPR certification class but hands only CPR. The latter is what is currently recommended for nonmedical people.

Starting in 2010 the American Heart Association recommended hands only because of the reluctance of individuals to provide mouth-to-mouth resuscitation. Today's program included seven or eight trained individuals including two paramedics from Hamilton County. There were many manikins supplied on which everyone in the audience had an opportunity to provide CPR. The provider stands to the side of the patient. The hands are interdigitated, arms straight and with significant pressure the palms are pressed between the nipples at a rate of 100 to 120 times per minute depressing the chest two inches with each compression. Ideally this would be done for 90 seconds and the provider would be immediately replaced by another person due to deterioration of compression because of the effort required. . Pressure is significant so that on occasion a rib may be a broken... but better than dead.

The AED was demonstrated in some detail. The recording included in the kit covered paddle placement and warnings when the shocks were to be applied. The EKG appearance of an affected individual was demonstrated, including ventricular fibrillation and flat-lining.

If at home when encountering a suddenly collapsed and unconscious person, tap the shoulders to confirm the unconscious state, call 911 (leaving phone on speaker), make sure the front door is open/unlocked and proceed with CPR until help arrives. The sooner that CPR can be instituted for such a patient the better the chance for survival and the better the outcome, including brain and cardiac preservation.



Steve Combs



Andreas, Ashlyn, Brian, Brenda





Thanks to John Morrival for the photos.