



Newsletter

March 2012

Vinnie Jones' hard and fast Hands-only CPR

<http://www.youtube.com/watch?v=ILxjxfB4zNk>



I've had so many questions about this advert I thought I'd dedicate a full newsletter to it. Sorry there's no space for pictures. The above link takes you to the You Tube video and I acknowledge the work of the British Heart Foundation, firstly I want to say what a great piece of work this is, I've read lots of people who think it's not, but for me if no one does anything for an unconscious casualty who isn't breathing normally they will die.

Remember Cardiac Arrest is when the heart has stopped functioning properly meaning it stops blood flowing, a Heart Attack *may* lead to a Cardiac Arrest – it's the unconscious casualty that isn't breathing normally we are looking at here – and only ever practice this on a Little Anne; never a real person!

Let's look at what Vinnie says;

1. **A geezer collapses in front of you** – this is most likely to be because of his heart, you've not witnessed an accident or him choking etc... Remember if this was a child it would most likely be a respiratory problem hence a slightly different approach – if you've seen choking then its likely most of the oxygen in the body has been used up before they go unconscious and stop breathing normally so we need to get more oxygen in there by giving rescue breaths first (no point pushing blood around the body that hasn't got oxygen in it) – if you can remember it's much better, if not just do what you do remember, hopefully we've tried dealing with the choking before it's got to this stage!
2. **Volunteer ain't breathing** – so he's checked his responses by voice/ command/ touch and Vinnie opens the airway to assess if he's breathing, he even mentions agonal breaths (see newsletter May 2010)
3. **Call 999 before doin' anything** – unlike in the clip, it's unlikely anything we do will bring him back around, he needs the defibrillator that the paramedics will have and they are the professionals, we aren't, we can just buy time. If you have a defib on site send for it immediately.
4. **Hands only CPR** – chest compression only CPR is taught on our courses and explained in course handbooks. Remember we saw him collapse, his heart can have as much as 5 minutes worth of oxygen infused in it that we can "push" around his body. Vinnie shows us how to do it – I'd like to see the hands an inch lower (the sovereign is quite high on his chest), the longer version (link above) even gives the depth of compression (5 – 6 cm), every bit as important as the speed to build up the pressure in the heart to push the blood around.
5. **Stayin' Alive** gives 103 beats/ minute – safely in the 100 – 120 recommended, also mentioned in the March 2011 newsletter and competition. Not too quick so the heart doesn't have time to refill itself before the next compression but fast enough to keep the pressure effective.
6. **Better a cracked rib than him kicking the bucket** – even tells of some realities that may occur.
7. **Keep this up 'til the ambulance arrives** – again they are the professionals and will have all the equipment, they may ask you to keep going until they are ready with the equipment if you're doing a good job.
8. He summarizes - **Check him over, call 999, push hard and fast to Stayin Alive – it works** – well... not always, we can only do our best, you can not blame yourself if your casualty does not survive, and we can only try.

The advert is for people who have not had any form of training (if you have then stick to what you were taught), they do go on to encourage people to get to their "Heart Start" course (or get onto one of our courses in your work place), we can make it more effective by introducing the rescue breaths but, as said, we already instruct hands only CPR if you don't want to/ can't do mouth to mouth (you fear cross contamination with no face shield available etc...).

I hope this answers a few questions, if it only makes you ask more then get in touch or better still... get on a course, if not ours then someone's, you never know when you may need to use it, and it might not be in work!

Let me know what you think.

DAPISCREAM and doctors are the professionals we need with the casualty above as soon as possible – we can just try buy some time.

Rearrange the **first word** e-mail your answer to mail@getsettraining.co.uk by Friday 6th April and one winner will get £20.00 in Marks and Spencer voucher.

Winner of January £20.00 competition was Kevin Burt of Yusen Logistics – correct answer the National Health Service expect **BLOOD DONATIONS** to be lower this year because of events such as the Olympics etc...