

## Facts about Cardiopulmonary Resuscitation (CPR)

- Cardiopulmonary resuscitation (CPR) is the method of providing oxygen and blood circulation through the delivery of rescue breathing and chest compressions to victims in cardiac arrest.
- Cardiac arrest is most often caused by an abnormal heart rhythm called ventricular fibrillation (VF) whereby the heart loses ability to pump blood and distribute oxygen through the blood.
- While no one knows precisely how many patients go into sudden cardiac arrest (SCA), the American Heart Association (AHA) estimates that SCA claims the lives of 325,000 people in the U.S. and thousands more worldwide each year.
- The American Heart Association (AHA) estimates that CPR, if provided immediately after sudden cardiac arrest occurs, can double or triple a person's chance of survival by helping to maintain vital blood flow to the heart and brain.<sup>1</sup>
- The American Heart Association and International Liaison Committee on Resuscitation (ILCOR) guidelines are updated every five years to help improve training and performance of CPR. Updated 2010 AHA Guidelines for CPR and Emergency Cardiovascular Care (ECC) are currently planned for publication in October 2010.
- Research has demonstrated that data on CPR performance, as well as feedback to rescuers, can be critically important in achieving successful outcomes during resuscitation.<sup>2</sup>
- CPR saves lives everyday. However, a recent study in the *New England Journal of Medicine* found that only about 18 percent of sudden cardiac arrest victims survive after receiving CPR.
- If effective CPR is not provided immediately, a sudden cardiac arrest victim's chances of survival fall 7 to 10 percent for every minute of delay until a defibrillator shock is delivered.<sup>3</sup>

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<sup>1</sup> Sudden Cardiac Arrest Association CPR Fact Sheet,  
[http://associationdatabase.com/aws/SCAA/asset\\_manager/get\\_file/6059/fact\\_sheet-cardiopulmonary\\_resuscitation.pdf](http://associationdatabase.com/aws/SCAA/asset_manager/get_file/6059/fact_sheet-cardiopulmonary_resuscitation.pdf)

<sup>2</sup> Edelson, Dana, et al. (2008) Archives of Internal Medicine "Improving In-Hospital Cardiac Arrest Process and Outcomes using Performance Debriefing"

<sup>3</sup> American Heart Association CPR Facts and Statistics,  
<http://www.americanheart.org/presenter.jhtml?identifier=3034352>

- According to the *Journal of the American Medical Association*, CPR performed both outside and in the hospital setting often does not meet or adhere to standard guidelines.<sup>4 5</sup>
- Research shows that the quality of CPR directly impacts the victim's chance of survival.<sup>6</sup>

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<sup>4</sup> Abella et al. (2005), JAMA, "Quality of Cardiopulmonary Resuscitation During In-Hospital Cardiac Arrest"

<sup>5</sup> Wik et al. (2005), JAMA, "Quality of Cardiopulmonary Resuscitation During Out-of-Hospital Cardiac Arrest"

<sup>6</sup> Ko et al. (2005), Resuscitation, "Evaluating the Quality of Prehospital Cardiopulmonary Resuscitation by Reviewing Automated External Defibrillator Records and Survival for Out-of-Hospital Witnessed Arrests"