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AMERICAN SAFETY & HEALTH INSTITUTE

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Re: Compression-Only CPR

March 31, 2008

In recent months we have been closely following the discussion and debate regarding the benefit of compression-only CPR in comparison to the conventional CPR method of combining ventilations and compressions.

The American Heart Association has released a science advisory, "Hands-Only (Compression-Only) Cardiopulmonary Resuscitation: A Call to Action for Bystander Response to Adults Who Experience Out-of-Hospital Sudden Cardiac Arrest." The advisory, published in the March 31, 2008, edition of the journal *Circulation*, amends and clarifies the guidelines for bystanders who witness an adult out-of-hospital sudden cardiac arrest.

The most significant change in the advisory is to acknowledge that compression-only CPR and conventional CPR are considered to be equally adequate for treating adults who have had a witnessed collapse, and are assessed to be unresponsive and not breathing adequately. It is important to note that this recommendation does not apply to arrests that are not witnessed, arrests in children, or arrests suspected of not being related to the heart.

ASHI training programs follow science treatment recommendations and guidelines based on the 2005 American Heart Association Guidelines for Cardiopulmonary Resuscitation and Emergency Cardiovascular Care. Since the AHA Science Advisory amends these specific guidelines, we will immediately begin to make assessments on any changes required to our training materials and class presentation in order to make sure we are consistent with current guidelines.

We will provide information very soon on the impact that this will have on our training programs and changes Instructors will need to make in conducting courses.