



Chicago Fire Department
START-A-HEART

A decorative graphic consisting of a horizontal line with a gradient from black to orange, ending in a large, stylized arrowhead pointing to the right.

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START-A-HEART

- 1.5 million people have a heart attack /year
- 45% are under the age of 65
- 500,000 people will die, over 1000/day
- 2/3 of these people are NOT in the hospital
- 50% will die in the first hour
- People on average wait 2 hours to get help
- Cardiac arrest is the first, last and only warning sign for 17% of people



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- Chicago typical urban survival
- Chicago poor citizen CPR
- Eagles summit “CPR Anytime”
- Changed EMD protocols 4/2004
- AHA increased importance of CPR 2005
- Increased importance of un-interrupted compressions



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Why we don't do CPR

- Have not taken a class
- Do not remember how
- Steps hard to remember
- Don't want to do mouth to mouth
- Afraid we might hurt the person
- Afraid we might do it wrong



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Studies

- 1. Muersing – Dutch concluded priorities should be CBA, not ABC
- 2. 2005 Kern – Tuscon AZ, improved survival w/ compression only, “Be a lifesaver”
- 3. 2006 Kellum – Lake Geneva WI, improved survival w/ compression only – “Call and Pump”
- 4. 2007 SOS-KANTO – Japan twice as likely survive



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NEW Method of CPR

- Simple to do
- Easy to remember
- No mouth to mouth
- Won't hurt the person
- Improves survival



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NEW Method of CPR

- **Adults only**
- **Suddenly collapse**
- **Do not respond**
- **Are not breathing normally**
 - ✓ **Gasping is NOT normal!**



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NEW Method of CPR

- **Not for:**
 - **Children**
 - **Drowning victims**
 - **Overdose victims**
 - **People choking**



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NEW Method of CPR

3 A's

- **A ASSESS**
- **A ALERT**
- **A ACT**



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ASSESS



- Put the person on their back on the floor
- Kneel down next to them
- Shake the person
- Ask, “Are you okay?”
- Look for signs of life and breathing



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SIGNS OF LIFE & BREATHING

- Breathing normally
- Color normal
- Normal movement of limbs



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SIGNS OF CARDIAC ARREST

- Not responding
- Not breathing
- Gasping breaths



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ALERT



- Call 911
 - “I am with an adult.”
 - “I am starting CPR.”
- Get someone to get an Automated External Defibrillator (AED)
 - Shocks heart rhythm



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AUTOMATED EXTERNAL DEFIBRILLATOR AED

- Recognizes cause - unorganized rhythm
- Shocks rhythm to restore normal rhythm





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ACT

- Expose chest
- Put heel of one hand on center of chest
- Put other hand on top and interlock fingers
- Lock elbows





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ACT

- Start compressions
- Compress 1 ½ inches
- Compress 100/minute
- Don't lean on chest
- Turn on AED and follow the prompts





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ACT



- Don't stop chest compressions until the Fire Department arrives or you get an AED
- 911 can help you use the AED
- Switch with other rescuers if you get tired



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- **DVD, handouts**
- **Large posters**
- **Manikins**
- **Community fairs**
- **Mass gatherings**
- **3000 distributed**
- **Next Steps**



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