**Sudden Cardiac Arrest**
- Sudden Cardiac Arrest is more common than most people realize.
  - Nearly 300,000 occur annually in the United States.
  - 300 annually in Santa Barbara County.
- Sudden Cardiac Arrest is not the same as a heart attack.
  - A heart attack occurs when the blood supply to part of the heart muscle is blocked. This typically causes chest arm or back pain.
  - Sudden Cardiac Arrest is an electrical disorder of the heart which causes it to stop beating. Without blood flow the brain stops working and the victim collapses and is unconscious.
- Sudden Cardiac Arrest can strike anyone anywhere at any time.
- Many victims appear healthy with no known heart disease.
- Sadly, less than 10% of people who suffer a sudden cardiac arrest outside the hospital survive.

**Cardiopulmonary Resuscitation (CPR)**
- Pushing down on the center of the chest will squeeze the blood vessels and heart, providing some blood flow to the heart, brain and other organs.
- CPR is a temporary measure that can keep these organs alive until Emergency Medical Services (EMS) arrives and uses a defibrillator or other advanced treatments to restart the heart.
- The earlier CPR is started the better.
  - For every minute without bystander CPR, survival from cardiac arrest decreases by 7-10%.
  - The interval between the 911 telephone call and the arrival of Emergency Medical Services personnel is usually longer than five minutes, so;
    - A cardiac arrest victim’s survival is likely to depend on a bystander trained in CPR.
- Effective bystander CPR provided immediately after sudden cardiac arrest can up to triple a victim’s chance of survival.
  - But, only 32% of cardiac arrest victims get CPR from a bystander.

**Hands-Only CPR** (chest compressions but no mouth-to-mouth breathing)
- Has been proven to be as effective as standard CPR.
  - Even more effective since people are more likely to do Hands-Only CPR
- The American Heart Association has recommended Hands-Only CPR for adults since 2008.

**Why everyone should learn CPR**
- 80% of cardiac arrests occur at home, so the life you save with CPR is mostly likely to be someone you know: a child, a spouse, a parent or a friend.
- 70% of Americans feel helpless to act during a cardiac arrest because they do not know how to perform CPR.
Many are concerned they might do something wrong, but the only way to make things worse is to do nothing.

By teaching community members Hands-Only CPR, more victims of sudden cardiac arrest will have bystander-performed CPR and will be more likely to survive.

**EMS Countywide Sudden Cardiac Arrest project**

- The Santa Barbara County Emergency Medical Services (EMS) Agency, along with EMS providers countywide, are focused on improving sudden cardiac arrest survival outcome rates using various strategies:
  - Participation in a national database (CARES) so that we can measure sudden cardiac arrest outcomes and compare with benchmark communities;
  - Community “Hands-Only” CPR Training
    - Hands Helping Hearts “Hands-Only” CPR Training for the community by all EMS provider agencies upon request;
  - Implementation of a “Pit Crew” model for EMS providers responding to a cardiac arrest 9-1-1 call;
  - Improving CPR quality with enhanced EMS provider training that focuses on frequent education incorporating simulation training on depth and rate of chest compression, debriefing and real-time feedback.

More information about “Hands-Only CPR can be found at [www.handsonlycpr.org/](http://www.handsonlycpr.org/) or to learn more about the local CPR events go to [http://www.countyofsandiego.org/phd/ems](http://www.countyofsandiego.org/phd/ems)

**Anyone can learn CPR – and everyone should!**

If you see an unresponsive adult who is not breathing or not breathing normally, **call 911 and push hard and fast on the center of the chest** until EMS arrives.