Basic Cardiopulmonary Resuscitation (CPR)

Reanimación cardiopulmonar (RCP) básica

WHAT IS IT?

It consists of performing a series of procedures in an orderly manner to treat cardiac arrest.
Basic CPR is the initial step for the probability of success of advanced resuscitation performed later by health personnel.
Even when started by a professional, it will always begin with basic CPR.

THE IMPORTANCE OF STARTING BRESUSCITATION AS SOON AS POSSIBLE

The prompt initiation of maneuvers directly impacts on greater probability of survival.
Once cardiorespiratory arrest occurs, the probability of survival decreases at a rate of 7% to 10% per minute, if CPR maneuvers are not initiated.
Therefore, early recognition, request for help, and immediate initiation of CPR are the only possibility that can be offered to a person who has suffered cardiac arrest.

THE MOST FREQUENT CAUSE OF CARDIAC ARREST

In an out-of-hospital setting, cardiac arrest in adults is caused by an arrhythmia called "ventricular fibrillation." This produces a chaotic rhythm of the heart and its functioning ceases to be effective. Infarction is the most frequent disease causing fibrillation.
It is possible that the individual begins to feel chest pain and then the abrupt loss of consciousness occurs because there has been circulatory arrest.

WHAT TO DO TO A PERSON WHO LOSES CONSCIOUSNESS?

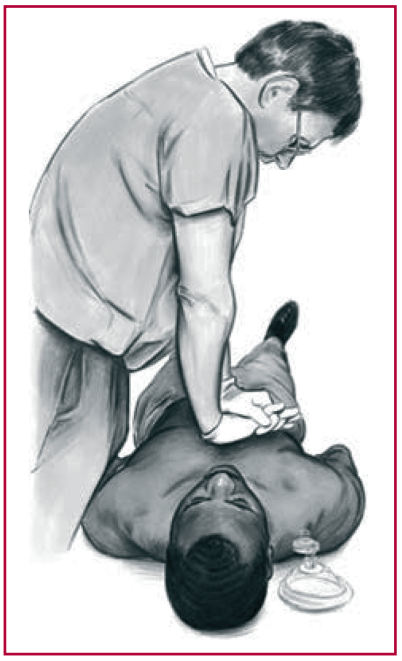
1) Check if he/she has really lost consciousness by shaking and calling him/her.
2) If he/she does not respond, phone 107 and look whether an AED is available. (*)
3) Look at the chest of the person to check if there is movement, if he/she is breathing.
4) If you do not see chest movement it means that the person is not breathing; then, start CPR maneuvers.
5) With your hands one on top of the other, apply strong and fast compressions in the center of the chest until the ambulance arrives.
6) If an AED* is available, turn it on and the AED will guide you (through voice prompts) to connect the patches and perform an electrical shock if needed.

WHAT EFFECT DOES THORACIC COMPRESSION PRODUCE?

Strong and fast compression in the center of the chest maintains circulation and triples the likelihood of survival of the individual until help arrives from an ambulance.
If the cause of the arrest is due to ventricular fibrillation, the rapid electrical shock of the AED can reverse the arrhythmia and remove the person from cardiac arrest. The earlier the shock is performed, the greater the probability of reversing the arrhythmia, which is fatal. This possibility also decreases at a rate of 10% per minute.

WHERE TO LEARN CPR

This simple practice, involving "what to do and how to do it," is done through short courses, where there is the possibility of practicing these maneuvers in a systematic and sequential manner. And it is the best way to be prepared for this situation.



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RECOMMENDED REFERENCES

- Video made by Revista Argentina de Cardiología: http: // bit. ly / 1Q9sctC.
- CPR video (only with the hands) of the American Heart Association: http://international.heart.org/es/resources
- http://www.fundacioncardiologica.org/fca

* Automatic External Defibrillator (Rev Argent Cardiol 2016;84:110)