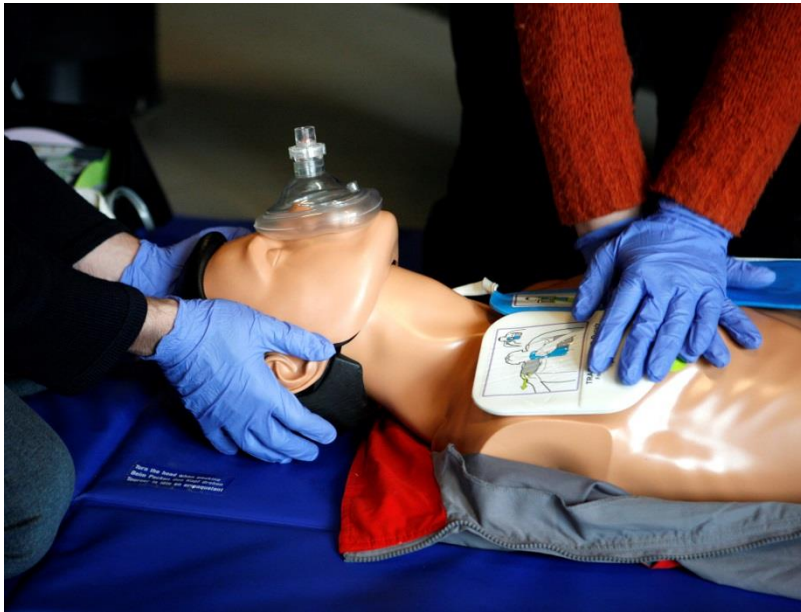


MySurvivalAlliance



TOP 10 CPR MYTHS

Myth 1: CPR must include mouth-to-mouth breathing.

Myth 2: CPR always works.

Myth 3: I could get sued if I administer CPR in the wrong way or make a mistake.

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THE IMPORTANCE OF CPR TRAINING

Have you ever wondered what you would do if a friend or family member suddenly went into a cardiac arrest in your presence?

While many people are aware that they should give CPR in such situations, not many people know how to actually do it. In fact, until they are actually faced with such a critical situation, many people don't realize how important it is to learn the basics of Cardio Pulmonary Resuscitation.

According to an estimate, nearly 150,000 people in the United States die every year due to sudden cardiac arrest; 95 percent of these cases die before making it to the hospital.

Among all the cardiac arrest emergencies, 70% to 80% happen at home while hardly 20 percent people who suffer from a cardiac arrest receive CPR. The most important thing, however, is the fact that providing CPR doubles the chances of survival for anyone who goes into cardiac arrest.

When a person suddenly goes into a cardiac arrest, their heart stops pumping blood, which results in cutting the supply of oxygen to major body parts such as the brain and lungs. By giving chest compressions, along with mouth-to-mouth resuscitation in some cases, you can help in regulating blood circulation so that the brain doesn't go without oxygen for too long. By the time paramedics arrive, the survival rate of cardiac arrest victims fall to as low as 8 percent.

If more and more people go through a simple CPR training, the number of deaths caused due to sudden cardiac arrest can be reduced substantially. In CPR training, you can learn how to carry out mouth-to-mouth resuscitation and chest compressions as well as how to administer other advanced maneuvers until the paramedics arrive at the spot.

Going through this training is not too difficult, and only requires a little time from your busy schedule.

Even if you have read about the procedure a lot in books, it is far better to have training for some hands-on experience.

The key to make CPR more effective is to start right away. The sooner CPR is provided to a cardiac arrest patient, the higher are their chances of survival. Even if you feel hesitant wondering if you would do it right or not, you should remember that every passing minute reduces the chances of survival for the patient. Fitting a short CPR training in your hectic schedule can help you save a life when the need arises.

Conor Devery is a firefighter / paramedic with over 20 years of EMS and critical care experience. He has been a CPR instructor for the past 20 years. He formed First Response Training, LLC (<http://www.gotcpr.us>) to improve the survival of SCA victims by teaching CPR in the community. You can call Conor at (561) 459-0221 or firstresponsetraining@gmail.com

Few Canning Recipes for Survival

Strawberry Lemon Marmalade

Ingredients (makes approximately 7 half pints)

- 1/4 cup thinly sliced lemon peel
- 4 cups crushed strawberries
- 1 package powder pectin
- 1 tbsp. lemon juice
- 6 cups sugar

Preparations:

1. In a small sauce pot, cover the lemon peel with water, and boil for 5 minutes. This will remove the bitterness from the lemon peel. Drain the water.

2. In a large heavy bottom pot, combine the lemon peel, strawberries, pectin, and lemon juice. Bring the mixture to a boil slowly.

3. Slowly add sugar while stirring.

4. Bring the mixture to a rolling boil. Boil hard for 1 minute.

5. Remove from the heat and ladle the hot marmalade into sterile, hot jars leaving 1/4 inch head space.

6. Place the lid on top and screw on the screw cap fingertip tight.

7. Process 10 minutes in a boiling water canner.

Strawberry Pie Filling

Ingredients modified from Pick Your Own (makes approximately 1 quart)

- 4 cups strawberries, hulled
- ¾ cup sugar
- ¼ cup + 1 tbsp Clear Jel (NOT Sure Jel)
- 1 cup water
- 3 ½ tsp lemon juice

Preparations:

1. Blanch the strawberries in boiling water for 1 minute. To blanch, add strawberries to boiling water and allow the water to return to a boil. Boil for 1 minute and remove the strawberries. Drain the water from the strawberries.

2. Add the Clear Jel, sugar, water, and lemon juice to a large sauce pot. Bring the mixture to a boil while stirring constantly with a wooden spoon

3. Add the strawberries to the boiling mixture. Gently stir constantly. Once the jel comes back to a simmer the strawberry pie filling will thicken. Continue to cook the strawberry pie filling until it is thick and gooey.

4. Ladle the hot pie filling into a quart jar. Leave 1 inch headspace. Process in a boiling water canner for 30 minutes.

TOP 10 CPR MYTHS

Michele and I have been teaching CPR to healthcare professionals and students since 1984. We have seen the development, improvement, and wide-spread acceptance of CPR education over these years. Despite these advances, we still hear many myths about CPR every time we teach a class. As healthcare professionals and students, we must not allow old information, nor the public's misperceptions and fears about CPR, nor Hollywood's unrealistic depiction of CPR, to affect our duty to provide high-quality CPR to our patients and to the public. Therefore, in order to help dispel these myths, I have created this list of the most common CPR myths that we hear the most often from the healthcare professionals and students that we teach every day.

Myth 1: CPR must include mouth-to-mouth breathing.

Wrong. Health professionals or first responders will initiate chest compressions immediately. The breaths should be done preferably with a bag mask, mouth to mask or mouth to mouth with a barrier device. If you do not know the patient, and do not feel comfortable putting your mouth on theirs, or do not have a CPR face-mask, just perform continuous chest compressions with no breathing until emergency services arrives. The American Heart Association has revised its recommendations and encouraged lay bystander rescuers to use "hands-only" CPR as an alternative to CPR with exchange of breaths.

Myth 2: CPR always works.

Wrong. Unfortunately, this is not true, and is a very common belief that has been perpetuated by Hollywood. The actual adult survival rate from out-of-hospital cardiac arrest is about 2% - 15%. Survival rates can increase up to 30% if an AED is

used to deliver a shock. However, if the victim's heart stops and no one starts CPR immediately - then the victim's chance of survival is zero.

Myth 3: I could get sued if I administer CPR in the wrong way or make a mistake.

Wrong. We have not read of any lawsuits that have been brought against lay rescuers or healthcare professionals who attempt to provide CPR. Generally speaking, our legal system provides nationwide Good Samaritan protection, exempting anyone who renders emergency treatment with CPR in an effort to save someone's life. This includes lay rescuers and healthcare professionals. Lawsuits are usually focused around health clubs or similar institutions that have certified CPR employees that did not have or use an AED at the time of a cardiac arrest. Generally, as long as lay rescuers and healthcare professionals do not waver too far from standard CPR procedure, they will most likely be protected.

Myth 4: We can become proficient in CPR with an on-line class.

Wrong. While it is true that you can learn the steps of CPR from an on-line class, you most likely would not be able to perform high-quality CPR on a real patient after taking a computer based CPR class. Hands-on practice, with the guidance of a certified instructor, is the key to developing muscle memory and proper techniques.

Myth 5: We can save a sudden cardiac arrest victim with CPR alone.

Wrong. An AED/defibrillator can deliver shocks that will return the fibrillating heart to its normal rhythm. CPR alone cannot revive a sudden cardiac arrest victim. CPR can only delay death until a defibrillator delivers a lifesaving shock.

Myth 6: A patient should cough while having a heart attack to prevent the heart attack from getting worse.

Wrong. This myth is what is known as 'Cough CPR'. Cough CPR was thought to speed up a very slow heart rate (bradycardia) and keep the patient conscious till emergency services arrived. It is probably a mis-interpretation of the vagal maneuver. The vagal maneuver is used to help a patient stimulate the vagus nerve to slow down a fast heart rate.

Myth 7: Cardiac arrest is the same as a heart attack.

Wrong. They are different conditions and are treated differently. Cardiac arrest is caused by an arrhythmia, dysrhythmia, irregular heartbeat, which leads to cardiac standstill, where the heart is not moving (asystole) or is fibrillating (ventricular). A heart attack is a myocardial infarction, caused by a blocked coronary artery. Therefore, the term 'cardiac arrest' is not synonymous with 'heart attack'. A patient experiencing a heart attack may experience chest pain, nausea, vomiting, and become diaphoretic. However, a heart attack may ultimately lead to cardiac arrest depending on the severity of the blockage in the heart.

Myth 8: Someone with more experience than me should help the victim. So I shouldn't help.

Wrong. The key to surviving cardiac arrest is the immediate response of someone trained in CPR. A patient who collapses and does not immediately receive chest compressions has little or no chance of survival. If you know how to do chest compressions properly you should help immediately.

Myth 9: CPR can do more harm than good.

Wrong. When you are performing CPR it is on someone who has no heartbeat. Proper chest compressions, to be effective, must be fast and very hard. It is true that you may possibly break some of

the victim's ribs while performing CPR. Once a victim is resuscitated injuries can be treated. Damaged ribs are worth the risk and much better than letting the victim die without attempting to give CPR.

Myth 10: CPR will always re-start the victim's heart if they are in asystole.

Wrong. CPR alone will not always re-start a heart that is not beating. The purpose of administering CPR is to push oxygenated blood to the victim's brain and other vital organs. Continuing high-quality CPR will decrease the number of the victim's brain cells that will die without proper blood flow. Medications such as epinephrine and vasopressin may assist in getting the blood flow back into the heart. Kunz is currently certified by American Heart Association as being proficient in BLS, CPR, and AED since 1988. He is also an AHA Certified BLS, CPR, and AED instructor. He is also the co-founder and co-owner of a medical training company that provides AHA certification classes to healthcare professionals and students in the New York City Area.

About the Author:

Joseph C. Kunz, Jr. is an author, self-publisher, educator, infopreneur, small-business manager and marketing expert, husband and father of twins. Life-long love affair with books and reading. Very excited about being part of the new media movement. Known for casual, easy-to-read writing style and ability to explain complex topics in an understandable way. Kunz likes to share all that he has learned about self-publishing and small-business management at [KunzOnPublishing.com](http://www.KunzOnPublishing.com). "If you are serious about your work you should self-publish. Retain creative control. Retain the profits. Enjoy the satisfaction and status that comes with being published." Visit Kunz's website about all aspects of self-publishing at <http://www.KunzOnPublishing.com/>, for an insider's guide to becoming a financially successful and happy self-publisher, and sign-up for his free newsletter.

CPR CERTIFICATION CLASSES ARE VITAL

Why haven't you booked your CPR certification class yet? What is holding you back from learning these basic but potentially lifesaving skills? What motivation do you need to attend a three or four hour class? Do you really want to wait until an emergency occurs to then regret not going to a first aid class?

The numbers of people who die after suffering a cardiac arrest are frightening. With less than 10% surviving, based on national averages, we all need to do something. There are three steps we should all take as soon as possible.

Step one: Everyone who has yet to take CPR Certification classes should do so. The more people with CPR training, the higher the likelihood that the victims of cardiac arrest will get immediate help. We cannot afford to watch them die while we wait for the EMS to arrive. The paramedic's job becomes a lot easier if the victim has received CPR as it keeps the organs responsive and the chances of their survival increases dramatically. So book your class today and encourage everyone you know to do the same.

Step two: Petition our local authorities to provide AED devices in all public places. Automated external defibrillators used properly offer a cardiac arrest victim the best chance of survival. It is not enough to get more people to take their CPR training. We need to provide them with access to the tools they need if they are witness to a cardiac arrest. Employers, particularly large ones, should purchase an AED if they want to stay on the right side of the OSHA guidelines. If you buy an automated defibrillator, inform your local EMS service so that they can keep a record of the locations of these lifesaving devices. Then if a 911 call comes in from the same locality, the rescuers can perhaps borrow the AED.

Step three: We also need to convince all 911 operator services that they must provide CPR instructions to any 911 caller who is attempting to assist in an emergency. Even with your CPR certificate, you can freeze and may need the reassurance that this type of service provides. If you have any doubts it works look at the success rate in Seattle and other places that offer this level of service. You have a much better chance of surviving a cardiac arrest in Seattle than almost any other city in the US today.

There are of course other actions we could take but these three steps give us a good starting point.

Find Out More Now

For More Free Information Visit <http://cprcertificationguide.com/>

ONLINE CPR CERTIFICATION: THE ADVANTAGES OF ENROLLING

In the first place, it is essential for some of us to have online CPR certification skills. During the present times, the pressures of life often cause cardiac or respiratory arrest even among the youth. It is a depressing and helpless spectacle to watch any person suffering from a cardiac arrest while the others around are waiting for the ambulance to arrive.

Cardiopulmonary resuscitation or CPR is an ability that is vital for many of us to have. The pressures of life during the current times often cause cardiac or respiratory arrests even among the youth. While a victim is facing the agony, suffering during a heart attack, and nearing the end, if you are a bystander and have an online CPR certification you can become a lifesaver in this situation by initiating the basics of CPR.

Enrolling in CPR certification classes is very simple. All you have to do is check the Internet about the available courses. While some of these courses require you to take up some kind of test others come without an enrollment test.

Once you have selected the course that you desire to accomplish you can enroll online by fulfilling the online application form and paying the online CPR enrollment charges. Your login directions reach you by email and you can immediately begin the certification course. You need not participate in any practical classes.

When you focus on the online CPR courses, you need not attend any practical classes. While CPR is a lifesaving exercise, one does not need to learn skills on the job. The thorough online CPR courses have enough video demonstrations and images provided for you to see and understand the accurate basic techniques. Getting familiar with these skills through the video clippings can help and you will easily be able to carry on CPR on someone.

At the end of your online training session, you get an online CPR certification that distinguishes you as CPR certified. One of the CPR instructors in the organization signs off the certificate and you can always point out about this CPR certificate in your resume.