



Importance of Bystander CPR for Survival Highlighted On World Restart A Heart Day

Ann Arbor, Michigan – On October 16, the inaugural World Restart A Heart Day, sponsored by the International Liaison Committee on Resuscitation (ILCOR), will occur to promote bystander CPR worldwide. This awareness day focuses on Hands-Only CPR training and the importance of immediate action to help save more lives from cardiac arrest globally. Global bystander CPR rates vary between five and 80 percent. Research shows that CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.

The campaign theme, All Citizens of the World can Save a Life!, reinforces the idea that Hands-Only CPR is simple and effective and can be performed by anyone. Hands-Only CPR has been shown to be as effective as conventional CPR for cardiac arrest in adults at home, at work or in public. In **Michigan, only 39 % of people who suffered an out-of-hospital cardiac arrest received bystander CPR.** Higher bystander CPR rates have been linked to greater survival rates after a cardiac arrest.

Many people don't perform CPR because they don't know what to do or they are afraid of hurting the person. To help increase the likelihood of people performing CPR in an emergency, *SaveMiHeart* recommends Hands-Only CPR, which has three easy steps. Step 1: Check for responsiveness. Step 2: Call 911. Step 3: Push hard and fast in the center of the chest until help arrives.

"During cardiac arrest, the heart suddenly stops beating because of an electrical problem or lack of oxygen," says Robert Neumar, M.D. "When this occurs, blood and oxygen are no longer being delivered to the brain and other vital organs. Death occurs within minutes if the person does not receive immediate treatment."

Nicole knows the importance of bystander intervention all too well. Nicole, is a 31 year old mother of 3 and teacher. Nicole spent the day with her family making Christmas cookies and decorating their Christmas tree. She was watching a movie with her husband when she went into sudden cardiac arrest. Her husband, a member of the USAF, acted quickly by calling 911 and starting hands only CPR. The paramedics arrived and continued to work on Nicole. After 40 minutes, they were able to revive her.



Thanks to the quick actions of her husband providing hands only CPR, and the first responders, Nicole has made a full recovery! Cardiac arrest can effect anyone, at any time. Responding quickly, with hands only CPR, can truly save lives!



Restart a Heart Day was founded with the support of the European parliament. This is the first year that the campaign will be a worldwide initiative, adding the global designation to the campaign name.

ILCOR was formed in 1992 to provide a forum for liaison between principal resuscitation organizations worldwide. Seven organizations are part of the coalition: [American Heart Association](#), [European Resuscitation Council \(ERC\)](#), [Heart and Stroke Foundation of Canada \(HSFC\)](#), [Australian and New Zealand Committee on Resuscitation \(ANZCOR\)](#), [Resuscitation Councils of Southern Africa \(RCSA\)](#), [Inter American Heart Foundation \(IAHF\)](#), and [Resuscitation Council of Asia \(RCA\)](#)

Sincerely,

Teri

Theresa A. Shields RN BSN

SaveMiHeart Executive Director

State of Michigan CARES Coordinator

Work 734 232 5205

Mobile 734 645 2966

shieldt@med.umich.edu <https://mycares.net>

