

Identity Match, Inc

CPR Facts and Stats

CPR & Sudden Cardiac Arrest (SCA) Fact Sheet

Anyone can learn CPR – and everyone should! Sadly, 70 percent of Americans may feel helpless to act during a cardiac emergency because they either do not know how to administer CPR or their training has significantly lapsed. This alarming statistic could hit close to home, because home is exactly where 88 percent of cardiac arrests occur. **Put very simply: The life you save with CPR is mostly likely to be someone you love.**

Don't be afraid; your actions can only help. **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.**

Why Learn CPR?

Cardiac arrests are more common than you think, and they can happen to anyone at any time.

- Nearly 326,000 out-of-hospital sudden cardiac arrests occur annually, and 88 percent of cardiac arrests occur at home.
- Many victims appear healthy with no known heart disease or other risk factors.
- Sudden cardiac arrest is not the same as a heart attack.
 - Sudden cardiac arrest occurs when electrical impulses in the heart become rapid or chaotic, which causes the heart to suddenly stop beating.
 - A heart attack occurs when the blood supply to part of the heart muscle is blocked. A heart attack may cause cardiac arrest.

Who Can You Save With CPR?

The life you save with CPR is mostly likely to be a loved one.

- Four out of five cardiac arrests happen at home.
- Statistically speaking, if called on to administer CPR in an emergency, the life you save is likely to be someone at home: a child, a spouse, a parent or a friend.
- African-Americans are almost twice as likely to experience cardiac arrest at home, work or in another public location than Caucasians, and their survival rates are twice as poor as for Caucasians.

Why Take Action?

- Failure to act in a cardiac emergency can lead to unnecessary deaths.
- Effective bystander CPR provided immediately after sudden cardiac arrest can double or triple a victim's chance of survival, but only 32 percent of cardiac arrest victims get CPR from a bystander.
- Sadly, less than eight percent of people who suffer cardiac arrest outside the hospital survive.
- The American Heart Association trains more than 12 million people in CPR annually, to equip Americans with the skills they need to perform bystander CPR.

Heartsaver Courses

Our Heartsaver® Courses are for anyone with limited or no medical training who needs a course completion card for job, regulatory or other requirements. These courses are also designed to meet OSHA requirements. For many of our courses, students receive a course completion card that is valid for two years.

Heartsaver First Aid

Heartsaver® First Aid is a classroom, video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services (EMS) arrives. Students learn skills such as how to treat bleeding, sprains, broken bones, shock and other first aid emergencies.

Heartsaver CPR AED

Heartsaver® CPR AED is a classroom, video-based, instructor-led course that teaches adult CPR and AED use, as well as how to relieve choking on an adult. This course teaches skills with AHA's research-proven Practice-While-Watching (PWW) technique, which allows instructors to observe the students, provide feedback and guide the students' learning of skills.

Heartsaver First Aid CPR AED

Heartsaver® First Aid CPR AED is a classroom, video-based, instructor-led course that teaches students critical skills needed to respond to and manage a first aid, choking or sudden cardiac arrest emergency in the first few minutes until emergency medical services (EMS) arrives.

Heartsaver Pediatric

Heartsaver Pediatric First Aid CPR AED is designed to meet the regulatory requirements for child care workers in all 50 United States. It teaches child care providers and others to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. The course covers the Four Steps of Pediatric First Aid and modules in Pediatric First Aid, Child/Infant CPR AED, Adult CPR AED, and Asthma Care Training.

Healthcare Professional

Basic Life Support

Basic Life Support training reinforces healthcare professionals' understanding of the importance of early CPR and defibrillation, basic steps of performing CPR, relieving choking, and using an AED; and the role of each link in the Chain of Survival.

Advanced Cardiovascular Life Support

Providers enhance their skills in treating adult victims of cardiac arrest or other cardiopulmonary emergencies, while earning their American Heart Association ACLS (AHA ACLS) for Healthcare Providers Course Completion Card.

Pediatric

We offer training regarding the cardiovascular treatment of infants, children, and adolescents. Healthcare providers will learn about basic rhythms, arrhythmias, and even skills to assess at-risk patients.

Stroke

With Stroke training solutions, medical providers discover more about quickly identifying and effectively treating stroke as well as providing ongoing care for patients that enhances their quality of life.

Nonvalvular Atrial Fibrillation

We teach AHA's Nonvalvular Atrial Fibrillation: 2014 Guidelines and Evidence-Based Practice Course is an eLearning course that supports the 2014 AHA/ACC/HRS Guideline for the Management of Patients With Atrial Fibrillation: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines and the Heart Rhythm Society, which was published in the journal *Circulation* in March 2014.

Family

The **Family & Friends CPR** Course teaches the lifesaving skills of adult Hands-Only CPR, child CPR with breaths, adult and child AED use, infant CPR and relief of choking in an adult, child or infant. Skills are taught in a dynamic group environment by using the AHA's research-proven practice-while-watching technique, which provides students with the most hands-on CPR practice time possible.

Family & Friends CPR is for people who want to learn CPR but do not need a course completion card in CPR for their job. This course is ideal for schools and students, new parents, grandparents, babysitters and others interested in learning how to save a life.

Features

- Applies AHA's research-proven practice-while-watching technique, which improves learning and retention
- Classroom format works well for learners who prefer group interaction and feedback while learning skills
- Each student receives high-quality course materials for ongoing reference