

# Hands-Only CPR

## Additional information for instructors

### What is it?

“Compression-Only CPR” or CPR without breaths.

### When can it be used?

Hands-Only CPR is an appropriate action for any bystander to take at the scene of an:

- out-of-hospital
- witnessed
- adult
- sudden cardiac arrest

### Why is it an option, now?

Since 2005, Hands-Only CPR has been recommended as an appropriate response to cardiac arrest victims when lay persons are “. . .unable or unwilling to provide rescue breaths . . .” and as an option for emergency medical dispatchers giving CPR instructions to a caller at the scene of an adult cardiac arrest that was not likely caused by asphyxia. Recently published studies have shown that adult victims of out-of-hospital cardiac arrest who receive bystander hands-only CPR have a similar chance of survival as those victims who receive conventional CPR. In addition, further simplification of CPR instructions will encourage more bystanders to take appropriate action. These facts have prompted the ECC Committee to broaden the recommended use of Hands-Only CPR.

Core message of the 2008 AHA Advisory Statement on Hands-Only CPR

- Bystanders are encouraged to call 911 and provide good quality chest compressions with minimal interruption to adult victims of sudden cardiac arrest
- For witnessed adult sudden cardiac arrest, Hands-Only CPR or conventional CPR are equally effective in the first few minutes
- Bystanders should use the method with which they are confident they can provide chest compressions with minimal interruption

## **Hands-Only CPR Message to the Public**

If you see an adult suddenly collapse,

- call 9-1-1
- push hard and fast in the center of the chest

Don't be afraid to try it. Your actions can only help.

## **Incorporating Hands-Only CPR into AHA BLS Training Programs**

The AHA's BLS training materials do not include a specific reference to Hands-Only CPR or information about when and for whom it is appropriate. It is up to you, as the instructor, to explain what Hands-Only CPR is and when to use it. The timing and the content of a simple introduction to Hands-Only CPR are described in amended lesson maps for BLS courses that can be downloaded from the Instructor Network Portal.

- 1) Begin each course as you normally do — following all AHA course policies.
- 2) Pause the video at the end of the Chest Compressions lesson
  - Lesson 3 in a full length Healthcare Provider BLS course
  - Lesson 2 in the Heartsaver and Family and Friends CPR courses
  - I-rescuer CPR demo (video demo) in an HCP BLS Renewal course
- 3) Then use the Hands-Only CPR lesson map for the level of course you are teaching.
- 4) Continue the course, following the rest of the existing lesson maps

All of the new lesson maps you'll need are available on the Instructor Network Portal.