



MILITARY TRAINING NETWORK

UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES
4301 JONES BRIDGE ROAD
BETHESDA, MARYLAND 20814-4712
www.usuhs.mil



April 1, 2008

MEMORANDUM FOR MILITARY TRAINING NETWORK PROGRAM DIRECTORS AND ADMINISTRATORS

SUBJECT: AMERICAN HEART ASSOCIATION "HANDS-ONLY CPR"

On 31 March 2008 the American Heart Association announced a change to the current CPR recommendations. This change was based on several studies that show "Hands-Only CPR" can be as effective as conventional CPR (CPR with breathing) in the out-of-hospital setting. This applies to bystanders who witness an adult collapse suddenly in the out-of-hospital setting. No change has been made to child, infant or un-witnessed adult CPR recommendations.

The HealthCare Provider recommendations have not changed. Follow local protocol for responding as a HCP to an unconscious patient.

The purpose of the AHA statement; 'Hands-Only: a call to action for bystander response to adults who experience out-of-hospital sudden cardiac arrest is to encourage the use of Hands-Only CPR by trained and untrained bystanders who are not confident that they can perform conventional CPR.

This change will be incorporated into the Friends and Family as well as the HeartSaver products, lesson maps and videos. A training video is posted on the instructor portal to explain how to incorporate Hands-Only instruction into your classes.

Please visit <http://www.usuhs.mil/mtn/> and review the latest AHA updates which include:

- Hands-Only Lesson Map - BLS HCP New & Renewal
- Hands-Only Lesson Map - Heartsaver CPR
- Hands-Only Student Flyer
- Question & Answer Document (Q&A)
- CPR Anytime Hands-Only Flyer

Everything you need to include the Hands-Only change in your courses is available on-line. If you do not have an account on the AHA instructor network, now is the time! You must be confirmed as an instructor before being allowed access to the instructor resources.

Brandi A. Rister
Capt, USAF, BSC, MPAS
MTN/BLS National Faculty