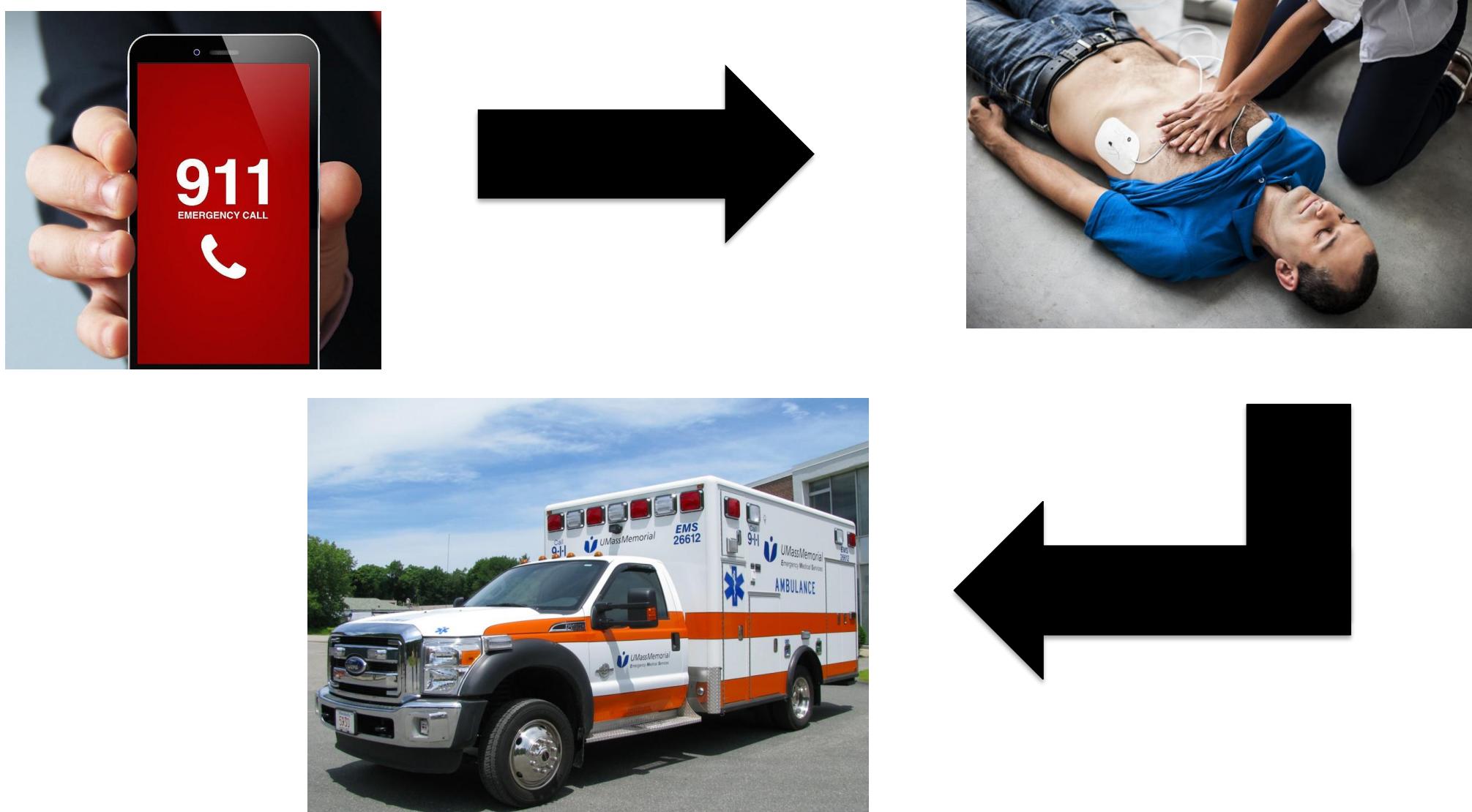


Hands-Only CPR Training in the Worcester Community

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What is Hands-Only CPR?

- Two easy steps to save a life in the event of an out-of-hospital cardiac arrest (OHCA)
- If a teen or adult collapses,
 - **Step 1:** Call 911
 - **Step 2:** Push hard and fast in the center of the chest until help arrives



Why it works

- Trainings take less than 5 minutes and can be given to multiple people at a time—no certification required
- The simplified CPR procedure is easier to remember in a time of crisis, making it more likely that bystander CPR is performed

The importance of community training

- Approximately 420,000 Americans go into cardiac arrest every year¹
 - Risk factors for OHCA include African American or Hispanic race and lower socioeconomic status, among others⁴
- Chances of surviving an OHCA event are estimated at about 8%¹
- Bystander CPR can double or triple a person's chance of survival after OHCA, but only about 46% of patients actually receive bystander CPR²
- Communities with higher rates of hands-only CPR education show an increased chance of survival after OHCA³
 - Lower socioeconomic status, older age, and lesser education are associated with lower rates of bystander CPR training⁵

THE MAIN ISSUE:

Patient populations at the highest RISK of OHCA are also the LEAST LIKELY to be trained in bystander CPR, leading to SIGNIFICANTLY decreased chances of survival in these populations

Current efforts and future directions

- Bring hands-only CPR training and heart health education to patients seen at the Worcester free clinics
 - **The Worcester Free Clinic Coalition (WFCC) provides free care to underserved members of the Worcester community, many of whom are immigrants or lower income individuals**
- Survey the Worcester community to gauge degree of CPR competency and identify most at-risk populations



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References:

- ¹Sasson et al, 2014; ²American Heart Association, 2017; ³Rivera et al, 2016; ⁴National Academy of Sciences, 2015; ⁵Blewer et al, 2017