

FOR IMMEDIATE RELEASE

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SMH to Offer *CPR Anytime*™ Training for Family & Friends

PLYMOUTH, N.H. --- The national cardiac arrest survival rate in the United States is five percent or less, and approximately 75 to 80 percent of sudden cardiac arrests occur at home. Recognizing that far too many people are not prepared to do cardiopulmonary resuscitation (CPR) when it is needed—and in recognition of February being American Heart Month—the Cardiac Rehabilitation program at Speare Memorial Hospital is offering the American Heart Association’s *CPR Anytime*™ for Family and Friends.

The free classes will be held in the Rooke Conference room at Speare Memorial Hospital on Tuesday, April 7 from 3- 5 p.m. Pre-registration is required as space is limited. Please call Cardiac Rehabilitation at 238-6440 to register or with any questions about the program.

“It is a simple and valuable program and it may help save the life of someone’s loved one,” states Craig Johnson, exercise physiologist in Cardiac Rehabilitation, who leads the *CPR Anytime*™ training program.

The American Heart Association’s goal in putting together *Family and Friends* is to have millions more people trained so thousands more lives can be saved. When sudden cardiac arrest occurs, the victim collapses, becomes unresponsive to gentle shaking, stops normal breathing and does not move. The class teaches how effective CPR can help make the difference between life and death. Provided immediately after sudden cardiac arrest, CPR can double or triple the victim’s chance of survival by maintaining vital blood flow to the heart and brain, buying valuable time and increasing the likelihood that the victim can successfully be defibrillated by an electric shock.

Johnson, certified in Advanced Cardiac Life Support, is able to apply his knowledge of working with cardiac patients by presenting the fundamentals of CPR. Using the *CPR Anytime*™ for Family and Friends inflatable version of the traditional manikin and supplemental instructional video, participants are walked through each step of training: from when to call for help, chest compressions and rescue breathing. The manikin is designed to accurately simulate a

human — from the resistance of the chest during a compression to the amount of air necessary to make the chest rise and fall. A resource booklet is provided for home reference.

This program is for people who do not need a course completion card to satisfy a work requirement and who most likely would never attend a traditional CPR course. “Many people don’t take a CPR course because they don’t have time, are afraid of embarrassing themselves in the classroom, or don’t think they’ll ever have to provide CPR,” says Johnson. “*The Family and Friends* program removes traditional training obstacles by providing a brief and convenient way to learn CPR, giving people the confidence and skill to help save a family member or friend who experiences sudden cardiac arrest”.

Spere Memorial Hospital is a 24-hour, acute care, non-profit community hospital and health care provider serving Plymouth and the communities of central New Hampshire for more than a century.

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