

## ***116 Continuous Chest Compression CPR***

To air week of April 21, 2008

Intro: Imagine you're at the mall and a man or woman collapses. Fortunately, you can increase or even triple that person's chance of survival if you start CPR. Mayo Clinic doctors say that a modified form of CPR will save more lives. It's easier to learn, easier to do and you don't have to blow in someone's mouth.

Video

**Total running time 1:35**

**Audio**

"MR. JONES ARE YOU O.K? ARE YOU O.K?"

DR. TYLER VADEBONCOEUR (VAD-UH-**BONK**-OR) AND HIS COLLEAGUE DR. BENTLEY BOBROW (**BOB**-ROE) ARE USING THIS MANNEQUIN TO DEMONSTRATE AN UPDATED VERSION OF CPR CALLED CONTINUOUS CHEST COMPRESSION CPR.

**Bentley Bobrow, M.D.**  
**Mayo Clinic Emergency Department**

"THE GOAL IS TO GENERATE BLOOD FLOW TO THE HEART AND BRAIN."

**Animation**

WHEN A PERSON COLLAPSES, THERE'S STILL ENOUGH OXYGEN IN THEIR BLOOD TO KEEP THEM

ALIVE FOR ABOUT 10 MINUTES.  
BUT ONLY IF THAT BLOOD GETS TO  
THE BRAIN. CHEST  
COMPRESSIONS BUILD UP THE  
PRESSURE THAT KEEPS BLOOD  
FLOWING TO THE HEART AND  
BRAIN. IF YOU STOP PUMPING THE  
CHEST FOR ANY REASON, THE  
PATIENT'S BLOOD FLOW STOPS.  
CONTINUOUS CHEST  
COMPRESSION CPR, KEEPS THE  
OXYGEN-RICH BLOOD FLOWING.  
"THE KEY IS TO CIRCULATE THAT  
OXYGEN."  
"THE WAY TO DO THAT IS TO  
CONTINUOUSLY PUSH HARD AND  
FAST ON THE CHEST."  
WITHOUT STOPPING TO BREATHE  
FOR THE PATIENT. THIS MAKES  
THE PROCESS EASIER TO LEARN,  
REMEMBER AND DO. NO NEED TO  
COUNT COMPRESSIONS OR  
BREATHS. NO NEED FOR MOUTH

**Animation out**

**Tyler Vadeboncoeur, M.D.**  
**Mayo Clinic Emergency Department**

**Bentley Bobrow, M.D.**  
**Mayo Clinic Emergency Department**

**Standup**  
**Vivien Williams**  
**Reporting**

TO MOUTH BREATHING.  
SO IF YOU'RE OUT IN PUBLIC OR  
AT THE OFFICE AND SOMEONE  
COLLAPSES CALL 911.

**Tyler Vadeboncoeur, M.D.**

"CALL 911"  
THEN RUB THEIR CHEST HARD TO  
SEE IF THEY WAKE UP. DON'T  
WASTE TIME CHECKING FOR A  
PULSE. START PUMPING.

**Tyler Vadeboncoeur, M.D.**  
**Mayo Clinic Emergency Department**

"PUT ONE HAND ON THE STERNUM,  
THE SECOND HAND ON TOP OF IT.  
YOU NEED TO PUSH HARD ABOUT  
TWO INCHES DOWN. YOU WANT TO  
GET A RATE OF 100 TIMES A  
MINUTE. AND YOU DON'T WANT TO  
STOP UNTIL EMERGENCY MEDICAL  
SERVICES OR PARAMEDICS  
ARRIVE  
NO NEED TO WORRY ABOUT  
HURTING THE PERSON.

**Bentley Bobrow, M.D.**  
**Mayo Clinic Emergency Department**

"THIS PERSON'S DEAD. IF YOU DO  
NOTHING, THEY'RE DEAD. ALL YOU  
CAN DO IS HELP THEM."

FOR MEDICAL EDGE, I'M VIVIEN  
WILLIAMS.

Anchor tag:

Dr. Bobrow and Vadeboncoeur have teamed up to train the public about continuous chest compression CPR. Their goal is to save people from cardiac arrest in their communities.

Continuous chest compression is ideal for adults. It is not for children under 8 or the rare case of respiratory failure or drowning. For these people, standard CPR remains the best option.

For more information, visit our Website at...

[www.azshare.gov](http://www.azshare.gov)

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