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# SAVE A LIFE FOR SCOTLAND

**A&B** | Transforming  
**HSCP** | Together  

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Argyll & Bute Health & Social Care Partnership

**NHS**  
Greater Glasgow  
and Clyde



## **Support**

Medical Director  
Resuscitation Team – Hospital  
Education Authorities  
130+ Community Volunteers  
200 Teachers  
Medical Students

## Heartstart Aims

- To teach members of the public/schools what to do in a life-threatening emergency.
- To be able **'to do'** something to reduce death rates from sudden cardiac arrest.
- Strengthen the first three links in the 'chain of survival'





## • **What is Heartstart**

- Teaches Basic emergency life support in the community and schools
- The unconscious casualty
- Serious bleeding
- Choking adults, children and babies
- Recognition of a suspected Heart attack
- Cardiac arrest and awareness of an AED

## Why Teach Emergency Life Support

- In Scotland 3,140 cardiac arrests a year
- 54 people have a cardiac arrest every week
- Only 5 will survive
- 10%
- This equals to 2,826 deaths a year
- Bystander CPR can increase the chance of survival by up to 30%.
- Using an AED can increase their chances of survival up to 74%



## By Stander CPR

- Should start immediately
- Buys time – extends the period for successful resuscitation
- It increases the chance of survival
- Improves quality of survival
- Is not performed in the majority of cases



## Australian Study Initial Shock

Paramedics	11.6% - 28.8%
1 <sup>st</sup> Responders	10.5% - 37.8%
Bystanders	06.7% - 55.5%





## Heartstart Cowal

Six volunteers

Geographical area of Cowal

Schools/parents and community /work places

Support - Publicity, venues, funding