

Study: Push, but don't breathe

Researchers asked

Which produces the better outcome for a patient whose heart has stopped: chest compressions alone or chest compressions plus mouth-to-mouth resuscitation?

The data

Researchers led by Dr. Ken Nagao of Surugadai Nihon University Hospital in Tokyo analyzed 4,068 adult patients whose cardiac arrest was witnessed by bystanders. Of those, 439 received only chest compressions from bystanders, and 712 received conventional CPR - compressions and breaths.

The results

Any CPR attempt improved survival odds, according to a report published in the medical journal *The Lancet*. However, 22 percent of those who received just chest compressions survived with good neurological function, compared with only 10 percent of those who received combination CPR.

The implications

The American Heart Association said the study supports a focus on chest presses. It still recommends that bystanders provide compression-only CPR if they can't or won't do mouth-to-mouth breathing also.

- *The Associated Press*

Reconsidering CPR method

A Japanese study showed that people were more likely to recover without brain damage if rescuers focused on chest compressions rather than rescue breaths. Some experts advised dropping the mouth-to-mouth resuscitation part of CPR.

Chest compressions

With your shoulders directly above the victim and elbows locked, compress the breastbone 1 1/2 to 2 inches at a rate of 100 to 120 compressions per minute.

NOTE: Rates and techniques shown are for CPR performed on an adult.



SOURCE: American Heart Association