

Success Depends on Your CPR Quality

High-quality CPR is the cornerstone of a system of care that can optimize resuscitation outcomes. The 2013 CPR Quality Consensus Statement from the American Heart Association (AHA)¹ and the AHA and European Resuscitation Council 2015 Guidelines^{2,3} underscore just how important CPR quality is. To deliver high-quality CPR, providers need to focus on depth, rate, limited interruptions, and release. ZOLL has solutions that are just right—enough information to improve CPR performance without being distracting—so that rescuers can reach and maintain proficiency in each of these four critical areas.

Depth

The Guidelines recommend a depth greater than 2 inches but not more than 2.4 inches (5 to 6 centimeters). Compressions move blood through the body to protect vital organs. Adequate depth is required to essentially trap the heart between the sternum and spine and effectively squeeze the blood out.

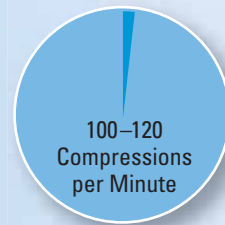
How ZOLL technology helps: If a rescuer does not deliver compressions at an adequate depth, an audible and visual prompt to “Push Harder” will be initiated. Once proper depth is reached, it’s reinforced with a “Good Compressions” message. ZOLL’s professional defibrillators also display depth numerically.



Rate

The Guidelines now recommend a compression rate between 100 and 120 compressions per minute. A rate of at least 100 compressions per minute is necessary to achieve perfusion sufficient to support minimal circulation, while a rate that is too fast often results in inadequate depth or leaning.

How ZOLL technology helps: An easy-to-follow metronome beep helps rescuers achieve the correct rate. ZOLL’s professional defibrillators also display the rate numerically.

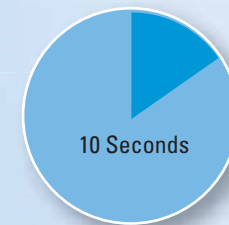


Real CPR Help® technology is built into the ZOLL defibrillator electrodes, which include a single-use soft sensor that gathers CPR data and transfers it to the defibrillator. There are no extra pieces and nothing to remember to add. Just place the electrode and the CPR help is automatically enabled.

Interruptions

A key recommendation is to minimize interruptions in CPR, and the 2015 AHA Guidelines urge rescuers to strive to increase the percentage of time compressions are delivered to at least 60%. Interruptions in chest compressions during CPR substantially reduce blood flow to the heart and brain. In addition, shock success is directly tied to pauses and begins to fall significantly after a pause as brief as 10 seconds.

How ZOLL technology helps: ZOLL’s patented See-Thru CPR® technology filters the CPR artifact so rescuers can see if an organized rhythm develops, thereby minimizing the duration of pauses.



Release

The Guidelines emphasize that rescuers should not lean on the chest during compressions. The full upstroke, or release of a compression, is necessary to allow the heart to fill for the next compression. When rescuers fail to release the compression by not coming off the chest, pressure builds—making CPR ineffective.

How ZOLL technology helps: ZOLL provides a release indicator that shows the rescuer whether he or she is fully releasing and doing so fast enough to support filling the heart for the next down stroke. A “Release Fully” prompt reminds rescuers not to lean.

