

A collection of medical training equipment is displayed against a light blue background. The items include a mannequin torso, a baby doll, a first aid kit, a resuscitator, and various medical supplies like bandages, gloves, and a stethoscope.

The Programme

www.sneem.com/firstresponder is a web address we ask you to put into you internet favourites folder; you will be able access a regularly updated web site giving news, progress and techniques plus a whole lot more. And remember, the success of this life saving project is down to you: the residents, friends and visitors of Sneem. Please be generous and give us all the support you can. One day it may even be you whose life is saved!

Sneem First Responder Programme, Branch code: 905731 Account: 88539210

The service will commence 1st November 2008

ORDER OF MALTA
IRELAND

Foundation First Aid and Membership to the Order of Malta is now available in Sneem. This introductory course will teach you how to handle emergency situations and also covers life-saving First Aid techniques. When an accident happens, your first reactions are vital: the more you know about First Aid, the more effective you will be. Sign up for a course: Tel:0863561150

The Chain of Survival is: Early Access, Early Resuscitation, Early Defibrillation, Early Advanced Life Support



As nearly 75% of out-of-hospital cardiac arrests occur in a home.

An out-of-hospital cardiac arrest has the worst possible outcomes for survival, primarily because resuscitation is often delayed or absent. Resuscitation for a cardiac arrest is time critical. A CFR can be most effective by starting resuscitation quickly and effectively and by using an AED as soon as possible, where one is available. A sequence of steps has been developed to provide the best possible chance of survival for a patient with a cardiac arrest. These steps are described as the links in the 'Chain of Survival'. Like any chain, the Chain of Survival is only as strong as its weakest link and, therefore, each link is of equal value and importance.

The links in the Chain of Survival are:

Early Access Early Access involves phoning the emergency number 112 or 999 upon finding an unresponsive person. This call will initiate help from the emergency medical services (EMS). A responder should also check if there is an automated external defibrillator (AED) available on

site. **Early Cardiopulmonary Resuscitation (CPR)** Early CPR is essential to pump blood when the heart stops. It is particularly important to pump blood to the brain to prevent brain damage. Start CPR as soon as the call for help has been made, keep pressing on the chest until help arrives. Do not stop CPR because if oxygen stops going to the brain the chance of survival is dramatically reduced.

Early Defibrillation Defibrillation applies an electrical shock to the heart which stops the uncoordinated electrical activity within the heart muscle. The heart then has a chance of restoring normal electrical activity and resumes its function of pumping blood. There is a 7-10% reduction in survival for every minute that defibrillation is delayed.

Early Advanced Life Support Early Advanced Life Support (ALS) involves the administration of medications and advanced airway procedures. ALS in the Irish pre-hospital environment is provided by advanced paramedics and doctors.

Our AED in Sneem:

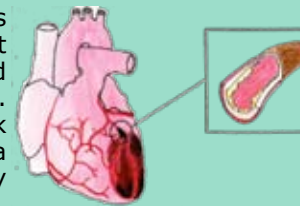
Philips HeartStart FRx Defibrillator

Simple to use. Saving a life is stressful. A defibrillator should pull you through, not get in your way. The HeartStart FRx offers on-demand CPR Coaching to help the stressed user recall their training. Calm, clear voice instructions are precisely timed to the responder's actions, guiding the responder every step of the way.



HEART ATTACK

Coronary arteries supply the heart muscle with blood carrying oxygen. A heart attack is caused by a blocked coronary artery, thus depriving part of the heart muscle of oxygen.



- A heart attack should be suspected if a patient has persistent central crushing chest pain that does not go away with rest (circa 10-15 mins).
- The pain may spread to the arm, jaw or throat. The patient often also describes feeling sick, weak and dizzy and may sweat profusely.
- There is a six-hour window of opportunity to reverse or reduce the effects of a heart attack. This window commences at the onset of symptoms.
- Studies have identified that the average time to seek medical help by patients having a heart attack in Ireland is four hours.
- There are a significant number of patients presenting outside the window of opportunity resulting in ongoing cardiac problems.
- Heart attack can be difficult to detect out of hospital, therefore 112 or 999 should be called immediately for all patients with chest pain.

STROKE

Stroke is a medical emergency. A stroke is caused by either a ruptured blood vessel or a blood clot within the brain. It is not possible to differentiate between both causes in the pre-hospital environment. Like heart attack there is a window of opportunity to reduce or reverse the effects of a stroke caused by a blood clot. This window, however, is just three hours long and patients and their families rarely meet this time-frame because they do not recognise or suspect a stroke. The FAST assessment process for stroke recognition can help to identify stroke patients early and ensure they receive the appropriate care rapidly.

FAST ASSESSMENT

- **F** = FACIAL WEAKNESS
Can the patient smile? Have the eyes or face drooped?
- **A** = ARM WEAKNESS
Can the patient raise both arms equally and hold for five seconds?
- **S** = SPEECH PROBLEMS
Can the patient speak clearly and understand what you say? A good way of checking is to ask the patient to repeat a sentence.
- **T** = TIME TO CALL 112 OR 999
Call 112 or 999 immediately if facial or arm weakness is identified or if there is a speech problem.

Free Training:

Anyone who wants to help their community to combat heart attack and stroke, can become a Community First Responder.

No previous medical experience or training is necessary although you will obviously need a caring attitude and be able to cope with potentially distressing situations. Community First Responders are trained in Cardiopulmonary resuscitation (CPR), the use of Automatic External Defibrillators (AED's), and Oxygen Therapy. This initial training is provided by qualified instructors from the Ambulance Service and local qualified instructors. It takes place over

weekends or evenings. Certificates will be issued after completion of the course. All participants are assessed throughout the course and will demonstrate their skills in a short test before being able to act as a Responder. Once qualified, Community Responders continue training and are required to re-qualify every 3months.

Anyone who does not wish to become a Community Cardiac First Responder, but still want to take part in the course is also welcome, and invited to become a member of the programme. Being able to perform CPR and use an AED is a skill that can save lives.