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Community CPR Training: ARC NSW Position Paper Summary

The survival of cardiac arrest victims requires that a patient in cardiac arrest (or close to cardiac arrest) is:

- 1) Identified as requiring immediate care.
- 2) Emergency medical services are called.
- 3) Early CPR and early defibrillation are administered.
- 4) Good post-resuscitation care is provided.

The recognition and early care of the out-of-hospital cardiac arrest victim is in reality in the hands of community members and family, due to urgency of treatment and the unavoidable delays associated with the arrival of emergency medical care.

To survive a cardiac arrest, a victim must receive immediate, continuous, effective CPR and if required, defibrillation within the first 10 minutes.

Community members report that their reluctance to provide CPR / AED is based on a 'fear' of further harming the victim, arising from a lack of knowledge and general confusion around how to administer CPR.

More CPR training will increase the likelihood that a victim will receive prompt and effective CPR – thus saving lives.

Bystanders trained in CPR are more likely to take action than those who are not trained.

Case study – in Seattle survival after out-of-hospital cardiac arrest is 48% as a result:

- Sustained program of community BLS / CPR training
- Widespread placement of publicly accessible AEDs,
- Cardiac arrest registry
- Changes to ambulance delivered life support that emphasised continuous, high quality chest compressionsⁱ

The ARC NSW proposes:

The urgent establishment of state-wide program of community BLS / CPR / AED training.

- ARC NSW to design and pilot a BLS / CPR / AED course, in collaboration with the NSW government, member organisation and health professionals, to be freely available to the public, targeting those least likely to access formal first aid courses.
- The NSW Ministries of Health and Education, in collaboration with ARC NSW, member organisations and health professionals, to perform a strategic planning exercise to implement a long-term structured program of BLS / CPR education throughout the NSW community.
- These need to be guided by epidemiology, the understanding of reasons for cardiac arrest in NSW and initially targeted towards those who may benefit the most.

Full version of the position paper can be read here ([link to full version of the paper](#))
