



April 2, 2008

State of Arizona to Use PocketCPR for Training Initiative on Hands-Only CPR

What:

PocketCPR™, an FDA-cleared, palm-sized device that assists a rescuer in the delivery of high-quality cardiopulmonary resuscitation (CPR) chest compressions will be used to teach chest compressions alone, or hands-only cardiopulmonary resuscitation (CPR), to over 600,000 middle school and high school students in Arizona.

This first-of-its-kind initiative is being conducted by the Arizona Department of Health Services' Bureau of EMS & Trauma System, the University of Arizona's Sarver Heart Center and the Department of Emergency Medicine at the Mayo Clinic. The team who was instrumental in developing the new life-saving CPR technique recommended in the American Heart Association scientific statement published this week is leading it. The Arizona team's continuous chest compression study was published in the March 12 issue of *Journal of the American Medical Association (JAMA)*.

Why:

According to a scientific statement in this week's issue of *Circulation: Journal of the American Heart Association*, "Chest compressions alone, or hands-only Cardiopulmonary Resuscitation (CPR), can save lives and can be used to help an adult who suddenly collapses."

"PocketCPR is a personal CPR coach providing real help – it can increase confidence and solidify training," said, Mark H. Totman, President of Bio-Detek, Inc., a subsidiary of ZOLL Medical Corporation and manufacturer of the PocketCPR. "We hope it will make the public more willing to help save a life."

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How:

“Bystanders who witness the sudden collapse of an adult should activate the emergency medical services (EMS) system and provide high-quality chest compressions by pushing hard and fast in the middle of the victim’s chest, with minimal interruptions,” the scientific statement says.

PocketCPR measures the acceleration and depth of each chest compression and coaches a rescuer to perform continuous compression CPR, adherent with the latest AHA scientific statement and the AHA 2005 Guidelines — compression depth of 1.5 to 2 inches and 100 compressions per minute.

“PocketCPR removes the subjective judgment about depth of compression during CPR training sessions and real-life emergencies,” said Totman. “The device helps ensure better depth of compression and more complete chest recoil,” he added.

When:

Planning for this statewide CPR training initiative is currently underway.

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