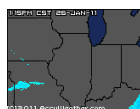


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## Organizations push for more people to receive CPR training

By CAITLIN MULLEN? - [cmullen@daily-chronicle.com](mailto:cmullen@daily-chronicle.com)

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As a former paramedic, Joe Herrmann said the people that survived prehospital cardiac arrest were the ones who received CPR before his arrival on scene.



**Instructor Steve Kimmel corrects a student (not pictured) sitting to his right by telling her that on infants, a nose should not be pinched when giving CPR. Rather, the person administering CPR should cover the nose and mouth of the infant with his or her mouth. Kimmel was the instructor for a CPR class at Community Coordinated Child Care in DeKalb on Monday evening. (Rob Winner – [rwinner@daily-chronicle.com](mailto:rwinner@daily-chronicle.com))**

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Herrmann, currently the EMS system coordinator for Kishwaukee Community Hospital, said the hospital has seen an increase in the number of people attending its CPR training and certification classes in the past few years. Knowing basic chest compressions can increase a person's chance of survival, Herrmann



American Heart

Association and the American Red Cross are advocating for increased awareness of hands only CPR training this year. The American Heart Association released an advisory earlier this month calling for state legislatures to mandate that high school students across the country receive CPR training and an overview of automated external defibrillators by the time they graduate.

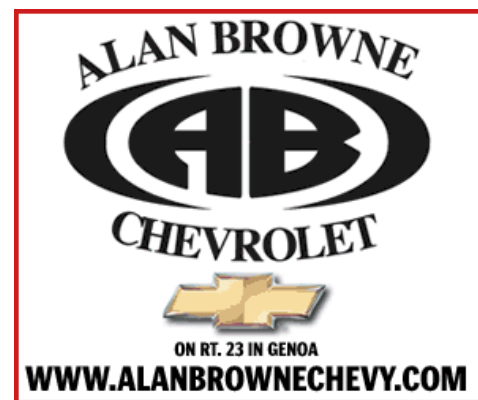
In addition, the American Red Cross recently began promoting "Hands Only Citizen CPR," encouraging the public to attend 30-minute classes that provide information on CPR chest compressions, according to Melissa McAvoy, health and safety director for the DeKalb County chapter of the American Red Cross.

The Red Cross aims to have 5 million people certified in hands only CPR by the end of the year, McAvoy said.

George Chiampas, an assistant professor of emergency and sports medicine at Northwestern University, said the American Heart Association's advisory is one the public should take seriously. Chiampas spoke on behalf of the organization.



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Being able to do chest compressions on a person who has collapsed is "probably one of the most critical pieces with regard to survival," Chiampas said. Providing circulation to the heart and brain through chest compressions is key, Herrmann said.

In Arizona, a statewide initiative introduced hands only CPR training through communities, schools and the Internet over the past five years, Chiampas said. During this time, survival rates of those who went into cardiac arrest outside of the hospital went from about 7 percent to 40 percent, he said.

Chiampas said he wants to see greater exposure to CPR training in Illinois. He said it's important to teach life skills, and high schools offer a place to do so.

"Pushing high school students, that's an area where we can incorporate it into curriculum," Chiampas said.

Students don't need to be CPR certified, he said; even a short video in health class can have an impact and offer the basic skills needed in an emergency situation.

"I think it happens in some high schools, but definitely not in all high schools," Chiampas said of such training. "Really, it needs to be across the board."

Doug Moeller, principal of DeKalb High School, said the school doesn't offer CPR training or certification. Brian Koehne, health teacher at Sycamore High School, said students receive CPR training but not certification during sophomore year health class. Students work with mannequins and take a skills test as part of the curriculum, he said.

The Red Cross' goal is to make more people feel comfortable taking control in emergency situations, which can increase the chance of survival for those affected, McAvoy said. They plan to offer two of the 30-minute training sessions in March, she said.

Herrmann said Kishwaukee Community Hospital offers a few classes each month for CPR certification or training, including a Heartsaver AED/CPR class and a "friends and family" awareness class that offers basic training without any evaluation.

Libby Faivre, the hospital's training center coordinator, said they try to let people know how easy it is to be trained in CPR chest compressions. She said it's been found that people were hesitant to perform CPR, even if they were certified, because they didn't want to put their mouths on strangers' mouths. Hands only CPR has proven effective and is "nothing to be afraid of," she said.

Of the increased awareness of CPR training, Faivre said: "I expect we'll see a lot more of that this year."

#### CPR training

- For more information about Kishwaukee Community Hospital's Heartsaver CPR training, call 815-756-1521, ext. 153618 or 153626.
- For more information on CPR training through the DeKalb County chapter of the American Red Cross, contact Melissa McAvoy at mcavoy@usa.redcross.org.

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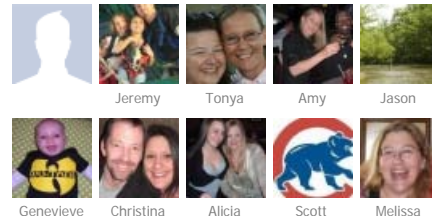
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