

Conference Report: The 2nd Symposium of sudden cardiac arrest survival 📺

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Under the leadership of the heart project, “The 2nd Symposium of Sudden Cardiac Arrest Survival” was held with the cooperation of Hayatta Kal Derneği (Stay Alive Association) and İstanbul Kemerburgaz University Faculty of Pharmacy. The aim of the symposium was to find new approaches to increase the survival rate of out-of-hospital sudden cardiac arrest (SCA), which is unfortunately less than 1% in Turkey. Another purpose was to create a public awareness about the importance of first aid. The symposium was conducted by Mutlu Vural, MD and Abdullah Olgun, MD; both of them were directors and lecturers in the symposium.

New public spots about Hands Only Cardiopulmonary Resuscitation (CPR) and Mobile Health Project of Nearby Rescue have been watched during the opening ceremony of the symposium. Fifteen pharmacy students performed a ritual of life-saving chain activities and simultaneous cardiac massage according to 103 rpm rhythm of Hayatta Kal (Stay Alive) song. It was also the launch step of a major project of Ayaklı Cankurtaran (Nearby Rescue).

In the second part, M. Feridun Koşar, Atıla Bitigen, Nevzat Alkan, and Nesrin Özkaya were the speakers. Latest evidence-based guidelines regarding the use of 300 mg aspirin by chewing, as a first-aid pharmacotherapy in conscious patients with acute



Figure 1. A picture from the symposium. Actress Wilma Elles, who had a role for hands only CPR public spot together with Özhan Carda, sponsored 16 hours certified first aid course for 10 students

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coronary syndrome, were summarized. More importantly, it was described that SCA is a medical emergency and causes sudden cardiac death if not treated immediately. With fast and appropriate medical care, survival is possible. Sudden cardiac arrest is classified into in-hospital and out-of-hospital SCA. Cardiopulmonary resuscitation (CPR) is an evolving lifesaving technique of modern medicine which comprises a series of lifesaving actions that improve the survival rates following SCAs. In earlier days, CPR training was meant only for health care professionals. Later, it was noticed that many of these events occurred outside the hospital setting and that early CPR is needed to be performed by the bystanders who witnessed the event. Hence, CPR is said to be a skill for all people. They also described how to train community about the various first-aid techniques beyond a current standard 16-h-course. Automated external defibrillators (AEDs) contribute to standard CPR and also demonstrated an excellent survival from out-of-hospital SCA even with AED-only approach without performing CPR. Studies have shown that immediate CPR after collapse because of ventricular fibrillation doubles

or even triples the chances of survival. In contrast, survival chances decrease by 7%–10% for every min, if CPR is delayed. Contribution of an AED to CPR procedure within 1–2 min might increase the survival rate up to 80%. Because more than 100.000 people have SCA annually and only less than 1% could survive in Turkey, a mobile phone application of nearby rescue, which could be downloaded from www.nearbyrescue.com/org/net, will contribute to unskilled witnesses of SCAs. When the mobile application of nearby rescue is activated, first of all it calls 1-1-2 immediately. Simultaneously, the application searches for the nearest first aiders and an available AED. It then sends a Global Positioning System (GPS) location of the victim to them within a few seconds for early CPR and defibrillation.

Legal responsibility in the first aid for SCA was also discussed. It was also emphasized that a Good Samaritan Law has to be made in our country to encourage first aiders. At the end session, 13 students won the right to attend a certified 16-h first-aid course. All students and voluntary attendees underwent a Hands Only CPR course.



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