

Can YOU and Everyone You Know do Hands-Only CPR?

It is Your Peace of Mind to be able to give an adult victim a choice they might not have otherwise.



Just to be clear, my husband, Paul did not die from lack of attention the morning of November 17, 2012. I watched him go down not more than 8 feet away from me in our home. I had my iPhone in hand and was at his side as he hit the ground. Because of our involvement in disaster preparation, we had become American Heart Association Instructors. I followed what we taught; only pausing after I found no pulse to open the front door and turn on the light to help the responders get in. I had an open line to 911 as I worked and I heard a rib crack, so I knew I was getting some compression depth. Our responders were on scene within minutes and transported Paul to Hoag as soon as they got him ready.

I share this to encourage you not to be afraid to try because you are afraid you might fail and don't feel like a failure if the patient does not survive. I am at peace with Paul's decision and do not feel I am responsible for his not still being here. I encourage everyone to know Hands-Only CPR for their own peace of mind, because then you have an opportunity to try to give an adult victim a chance to make a choice rather than have no choice at all.

In Honor of Paul is a project resulting from this event. The project goal is to give everyone who lives, works or visits Costa Mesa an opportunity to learn Hands-Only CPR this year.

I am available to help you and your organization confirm you know Hands-Only CPR and share that simple skill with everyone you know. What fits your need – to have me come tell my story (above), to help train key people to train others, to help in a large train-out? It can be the simple “In Honor of Paul” Action Plan found by its title here <http://cmprepared.com/PaulProject.html>. This free training does not take long, but can make a life-saving difference. Quoting from the American Heart Association report on the back of the Action Plan flyer, “Culture change and novel training strategies are needed so that it becomes unacceptable for a patient with a witnessed cardiac arrest not to receive bystander CPR.”

You are in a key position to help change the culture in Costa Mesa. Please accept the opportunity and make your efforts count. Contact me with your questions or your results. Now is a good time to do something.

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