

# First Aid – Young Vit Education Days



Presented by Ian Quinn  
on behalf of Hawke's Bay Winegrowers

- A selective refresh from your first aid courses\*

# Unconscious Person - DRSABCD

## DRSABCD

<b>D</b>	<b>Dangers?</b> Ensure the area is safe for yourself, others and the patient.	
<b>R</b>	<b>Responsive?</b> Can you rouse the patient? Shout, shake and pinch. A response is any movement, opening eyes or communication.	
<b>S</b>	<b>Send for help</b> Call 111 for ambulance or if anyone there to help nominate person to call	

<b>A</b>	<b>Open Airway</b> Extend the neck and lift the chin, - check for obstruction. If necessary, sweep with two fingers to clear the air way.	
<b>B</b>	<b>Normal Breathing?</b> Listen at their mouth, feel for breath on your cheek and look for the chest rising. Nothing after 10 seconds? Start CPR.	
<b>C</b>	<b>Start CPR</b> 30 chest compressions in the centre of the chest at the rate of 100-120 beats/mins. Compress 1/3 of the chest depth then do 2 breaths.	
<b>D</b>	<b>Attach defibrillator (AED)</b> For unconscious adults who are not breathing, apply AED and follow the instruction	

# Cardiac Arrest In New Zealand, 2020/21

Every minute without CPR or the use of an AED (defib) decreases the chance of survival by 10-15 percent.

## Community help can double survival

When community defibrillation occurred prior to EAS arrival both event survival and 30-day survival were increased.

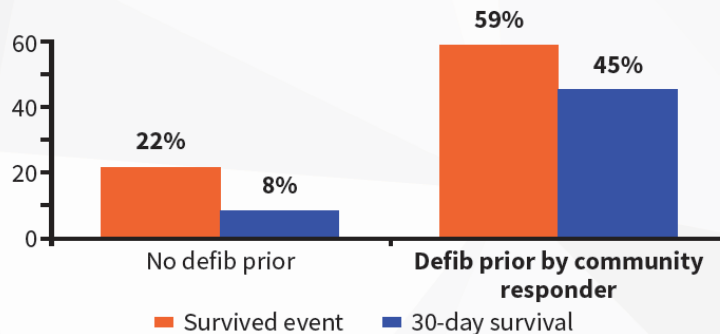


Figure 1: Influence of community defibrillation on outcomes (all events, adult, resuscitation attempted)<sup>a</sup>.

When a GoodSAM responder was present both event survival and 30-day survival were increased compared to events where there was no GoodSAM responder.

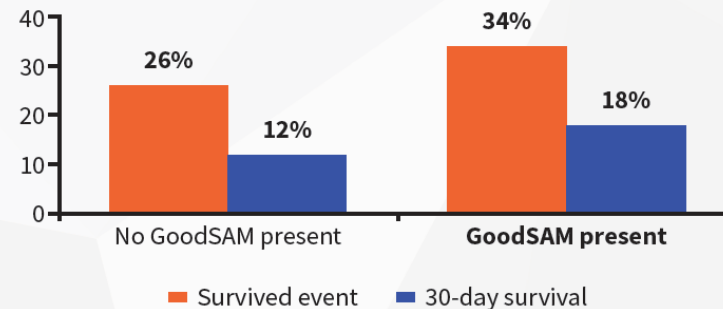
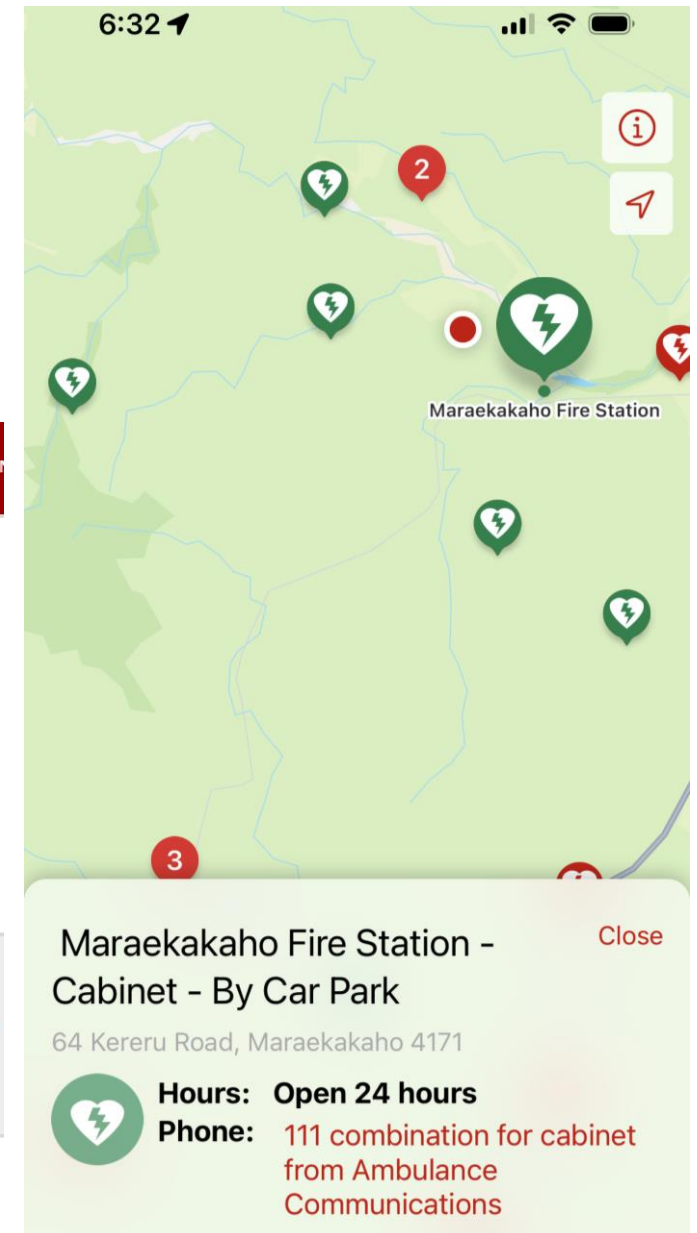
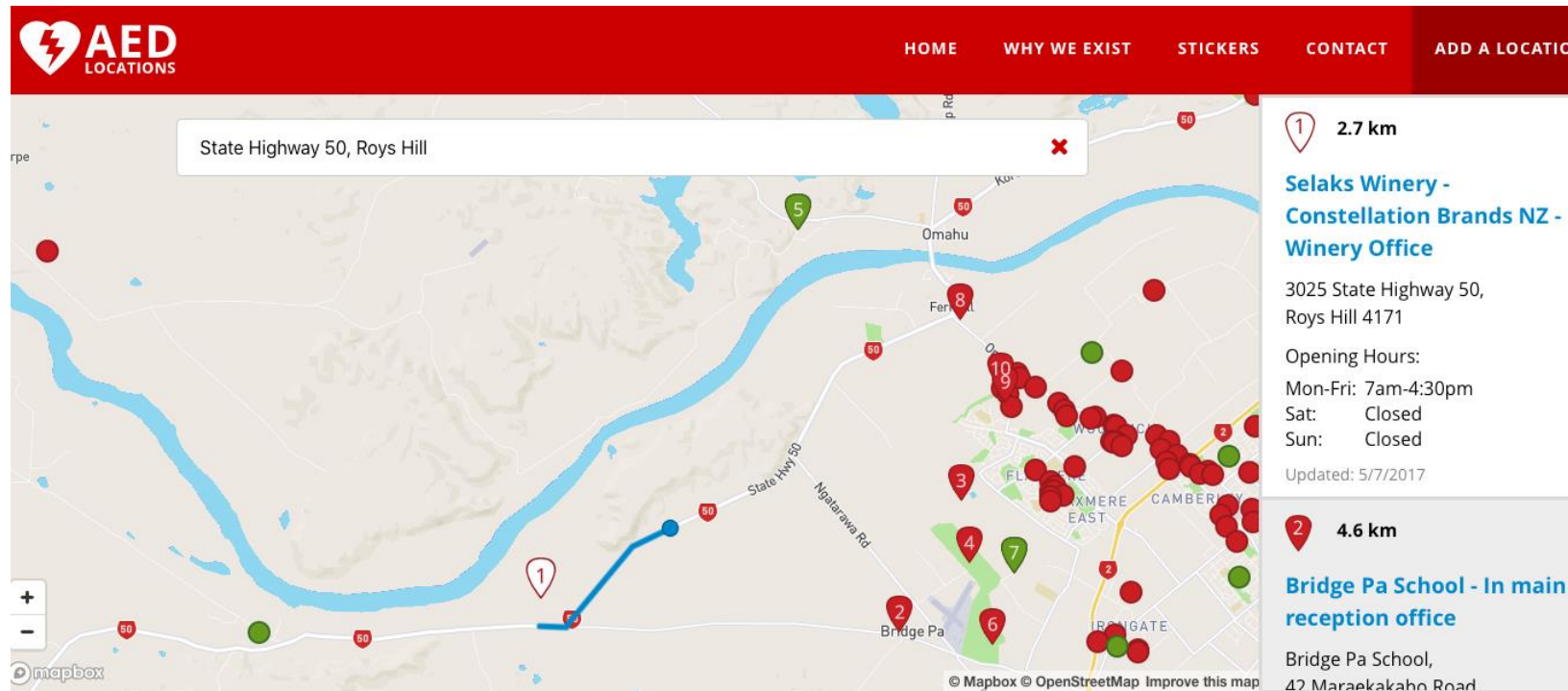


Figure 2: Influence of GoodSAM responder presence on outcomes (all events, adult, resuscitation attempted)<sup>a</sup>.

\*Out-of-Hospital Cardiac Arrest Registry report (2020/21)

# AED Locations App

- Available on your favourite smartphone App Store





# Public AED's



Maraekakaho Village



Raukawa Hall



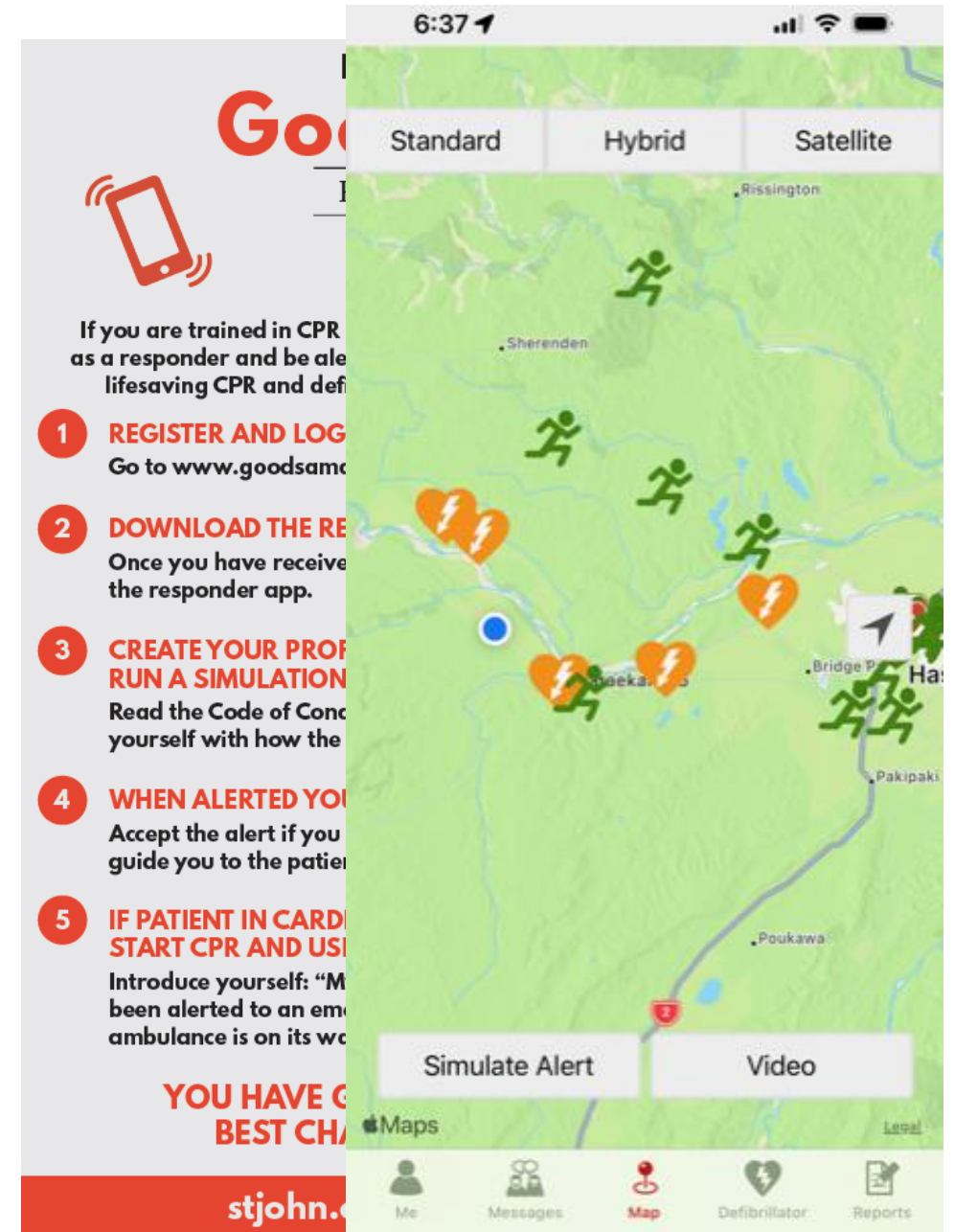
Mid-Kereru Road



Mid-Whakapirau Road

# GoodSAM

- [www.goodsamapp.org](http://www.goodsamapp.org)
- Enables people in the neighbourhood to assist
- Only requires
  - Current first aid certificate
  - Comfortable doing CPR
- Ambulance receive 111 call, likely to require CPR
  - Dispatch Ambulance, Fire
  - Alert 3 closest GoodSAM
- Completely voluntary



Thanks!