

## **PocketCPR and the New 2010 CPR Guidelines - Published 18 October 2010**

PocketCPR manufacturer today announces that these CPR Assist Devices will be fully compliant with the new 2010 CPR Guidelines as published on 18 October 2010 by the American Heart Association, the International Liaison Committee on Resuscitation, and the European Resuscitation Council. We will make a public announcement when orders can be taken for this model incorporating the 2010 Guidelines, inclusive of availability for U.S. distribution when FDA Clearance has been obtained.

The new CPR guidelines strongly recommend the use of CPR feedback devices (AHA Class IIa LOE B) for both training and rescue use. The AHA and ERC publications both repeatedly emphasize the need for high quality chest compressions as the most important component of CPR.

Read the full guidelines here:

### **American Heart Association**

[http://www.heart.org/HEARTORG/CPRAndECC/Science/Guidelines/Guidelines\\_UCM\\_303151\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/CPRAndECC/Science/Guidelines/Guidelines_UCM_303151_SubHomePage.jsp)

### **European Resuscitation Council**

<http://www.cprguidelines.eu/2010/>

These new CPR recommendations require the following procedures for adult CPR:

- Chest compression depth of "at least 2 inches or 5 centimeters"
- Chest compression rate of "at least 100 per minute"
- CPR protocol should begin with 30 chest compressions before the patient's airway is opened or rescue breaths are delivered. The new algorithm is C-A-B, for Compressions-Airway-Breathing.

PocketCPR devices already provide a visual and audible metronome to coach the rate of chest compression at 100 per minute, previously deemed the optimal compression rate. This feature will continue to coach rescuer compression rate.

PocketCPR devices already coach compression depth to AHA/ERC standards and a future update will slightly increase the minimum acceptable compression depth.

PocketCPR devices currently sold with European Resuscitation Council guidelines already prompt the user to immediately start compressions before giving rescue breaths and after determining unresponsiveness and calling for help. AHA 2010 protocol programmed devices will reflect this change in voice prompting in the near future. All current devices can be used as is, and the user is free to begin the initial cycle of 30 compressions while omitting the first two rescue breaths. The visual metronome coaches the proper rate, and after the brief pause for breaths, compression coaching feedback lights will illuminate.

Stay tuned and check this website often for news on any PocketCPR upgrade program. All existing units and newly purchased units may be upgraded with the new voice prompts and features when available.