

New CPR guidelines issued for heart attacks

Heart association says to 'push hard, push fast' during chest compressions

The American Heart Association recently released new Cardio Pulmonary Resuscitation (CPR) guidelines for the successful resuscitation of cardiac arrest patients. The most significant change to CPR is to the ratio of chest compressions to rescue breaths – from 15 compressions for every two rescue breaths in the old guidelines to **30 hard and fast compressions for every two rescue breaths** in the 2005 guidelines.

The 30-to-two ratio applies for CPR that a single lay rescuer provides to adults, children and infants (excluding newborns). The recommendations contend that the more times someone pushes on the chest, the better off the patient is.