

## **CPREzy – “Making CPR Easy”**

Basic life support training (Chest compressions and ventilations) has the same issues as any other area of training that is not used, or is used after long periods of time - primarily that people forget what to do and even when they do remember they can't apply the knowledge. Indeed the Resuscitation Council (UK) have stated that after 6 months typically 90% of CPR training has been forgotten. Consequently, a large element of guesswork then comes into play.

CPR has it's own issues in terms of good performance.

- Knowing, remembering and being able to apply and maintain the **correct compression rate**.
- Knowing and being able to apply the **correct pressure**.
  - Too little - ineffective
  - Too much - broken ribs, wasted energy etc.
- **Fatigue**
  - CPR performance can decline as much as 80% in the first minute due to rescuer fatigue
- **Skill loss**
  - Research confirms skill loss starting from 2 weeks
  - Skill retention may be as low as 10% after 6 months (RCUK)
- **Lack of Confidence**
  - Results in fear and hesitation
- **Potential Health Issues** in providing mouth to mouth resuscitation
- **Incorrect Hand Positioning**
  - Can result in punctured lungs
  - Ineffective chest compressions

What does this all mean?

It means that although you can be sure your people have been trained, you can't be sure that they are **competent**.

**With CPREzy available, you can be sure that your First Aiders are competent in delivery of chest compressions and consequently maximise the chances of survival until the defibrillator is available.**

**CPREzy** consists of a pad to ensure delivery of consistently effective chest compressions during cardiac arrest and training, and a mask designed to overcome the lack of confidence in delivering ventilations.

It is designed to be totally complementary to existing guidelines and training (i.e. ILCOR/AHA/ERC/Resuscitation Council UK)

## CPREzy - Pad

- Indicates the correct force and frequency
  - Visual and audible flashing metronome ensures correct rate
  - LED's indicate correct pressure **for correct and consistent chest compression, for different size patients**
  - Potentially **reduces the risk of chest injury**
  - Assists with **full release of force** between compressions
  - **Reduces rescuer fatigue** due to effectiveness of delivery
  - **Add value** to a training course
  - **Gives the rescuer confidence to perform by taking the *guesswork* out of chest compressions**

## CPREzy - Mask

- **Rescuer is approx 3ins away from face of victim** thereby overcoming most of the reservations linked with mouth to mouth resuscitation
- One-way valve **prevents blow-back** of fluids
- Unique patient tube delivers air directly into the mouth
- **Automatically blocks** the victim's nose (all nose types)
- **Overcomes lack of confidence to perform ventilations**

**Often chest compressions are not carried out due to fear of doing mouth to mouth resuscitation. If this fear is overcome, it is more likely that chest compressions will also be attempted.**

In the absence of a defibrillator, effective CPR is paramount to the victim's chances of survival. **If CPR is not administered correctly, survival rates are considerably reduced.**

## In summary;

- There are a great many heart attacks each year
- **90% of First Aider's CPR skills are lost within 6 months**
- There are problems with normal CPR performance, particularly in the application of correct compression rates and pressures
- CPREzy complements existing training and resuscitation guidelines
- **Many first aiders do not have the confidence to start CPR**
- CPREzy assists trained people to perform CPR correctly and raises the standard of first aid training and practice
- CPREzy should be used in conjunction with all AEDs to work towards optimal resuscitation

- Training on CPREzy is simple and available throughout the UK and Ireland by Direct First Aid UK.
- There is no other product available in the world like CPREzy
- CPREzy increases the chances of saving a life by ensuring competency in delivery of chest compressions

#### **INSTRUCTIONS FOR USE**

The CPREzy is simple to use and requires very little extra training, however each kit comes with full instructions both in a manual and on a CD Rom.

More information is available on our website [www.healthaffairs.co.uk](http://www.healthaffairs.co.uk)

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