

# CPR EZY

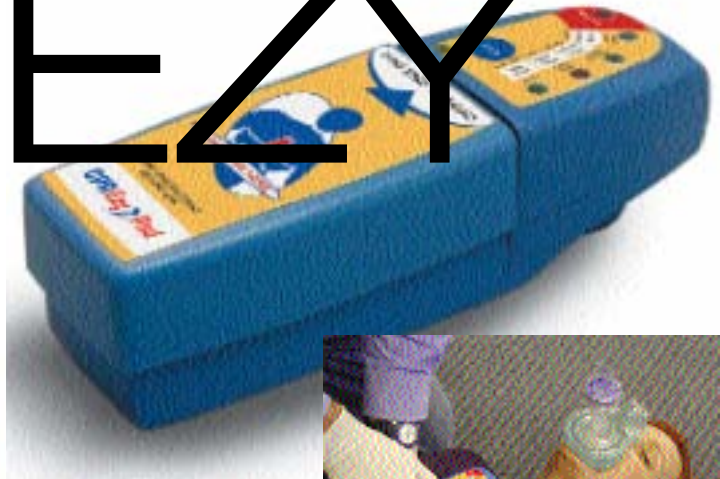
**COST:** £199.00 (exc VAT)  
**ORIGIN:** Australia  
**WEIGHT:** 260g (pad only)  
**DIMENSIONS:** 55x180x50mm

The CPR Ezy Pad is a compression aid for 'first aiders' intended to assist in maintaining proper depth and speed of compressions throughout the CPR process. This is an Australian product invented by GP and emergency doc Dr Andrew Davaris and colleague Mr George Karlis. He identified the difficulties of prolonged compressions and how the variance in effort could lead to broken ribs and associated injuries as well as entirely inefficient compressions. The manufacturers state that CPR Ezy was designed to:

- Overcome the fear and reluctance of having to make contact with the patient to perform mouth to mouth resuscitation.
- Locate the correct area on the sternum (breastbone) to place the hands for external cardiac compression.
- Remember how much force to apply to the chest during external cardiac compression.
- Perform external cardiac compression at the optimal rate of 100 beats per minute.
- Perform CPR effectively for periods of 20 minutes or more.
- Avoid succumbing to fatigue/exhaustion and the impact this has on effective CPR.
- Try to assess whether fatigue is having a negative effect on the adequateness of the CPR being delivered.
- Remember the correct sequence of events to perform effective CPR. CPREzy would probably have been an averagely enthusiastic review for this magazine with a reasonably positive conclusion on the merits of the device if it weren't for the fact that we may be about to see a radical change in resuscitation guidelines and priorities which have a direct bearing on the importance of CPREzy.

**CONSTRUCTION**

The CPR package is in two parts - CPR Ezy unit itself which forms the basis of this review and a specially designed face mask. The compression unit is a shaped plastic box divided into a bottom and a 'lid'. The 'lid' is mounted on a pretensioned spring that provides resistance to the compression forces applied by the rescuer. The head of the unit has a series of LED lights that illuminate when the correct pressure is applied and go out when pressure is released (thus ensuring decompression). There is also a metronomic LED indicating the required rate (as well as a re-programmable 60dB (at 30cm)audible guide) and a low battery indicator. The base of the unit has a soft foam strip and a



battery compartment housing a 9v 6F22 battery. A diagram on the compression 'lid' shows precisely where the unit should be placed on the casualty and how it should be aligned.

**IN ACTION**

We've seen something similar to the aims of this device a number of years ago with Ambu's plunger like ACD resus device. That device certainly identified a very real need and achieved part of its aim very well but it proved too unwieldy and inefficient and didn't catch on. But it was inadvertently right on the button from a concept point of view. It provided regulated compression depth and a suction based forced decompression to assist cardiac refill. CPR Ezy only fulfills half of that aim since it DOESN'T DECOMPRESS THE CHEST but it does achieve the first aim well. The vast majority of rescuers cannot maintain effective compressions for more than a few minutes, some can't achieve that aim from the word go! This unit illustrates how tiring truly effective compressions actually are - they are deep (5cm), regular (100/min) and sustained, possibly lasting percentages of an hour rather than just a few minutes. CPREzy cannot be used on children under about 7rs which is a shame because correct compression depth on kids can be difficult to judge but the majority of recipients of CPR will be later age adults. If CPR were being carried out well there would be virtually no requirement for CPREzy but that is very rarely the case. So this is an adjunct NOT a direct invention life saving tool but it will have the same positive affect. With CPREzy positioned on the sternal notch the rescuer has to locate directly over the device and any tendency to push off-centre will cause the device to slip or make hand positions uncomfortable. This is a design advantage that may be accidental but is effective nonetheless.

Having said that, the design is very basic and if it didn't so adversely affect cost you might expect a more ergonomic design for comfort of the hands. A number of users have complained that the palm of the hand suffers more in pushing against a hard surface than against a more compliant chest, there was even one example of a hand getting caught in the gap in CPREzy's pad but that's more of a punishment for incorrect technique and won't occur when used correctly. We had some concerns about the battery compartment which is located on the bottom (body-contact) face because it is not sealed to ingress of water or body fluids. There are moves afoot to produce a tactile rubber 'boot' to address this but the majority of incidents are felt to be non-trauma related cardiac emergencies with no significant body fluids though we'd expect water rescuer to be an issue worth addressing. There is absolutely no doubt that the majority of those using CPREzy would not be able to sustain effective compressions if left to manual chest compression- depth and speed of compressions invariably drop off within only a few minutes of starting. And the importance of effective compressions is now more important than ever. Those more familiar with regular CPR may decry CPREzy as part of their response pack (rather than simply a training school aid). But what about giving this to a bystander so that you can have some guarantee of quality of compressions while you attend to other things? It's not a cheap item at £200?? but with an operational as well as training role it's a little easier to justify. In training terms it is certainly smaller, lighter and cheaper than a quality mannequin with the added bonus of being of assistance in exactly the same manner of function at an actual incident. That's an unusual and extremely useful feature.

**Tel + 61 7 3380 2133**  
**info@cprezy.com**  
**Tel +44 (0)20 89055999**  
**info@healthaffairs.co.uk**

