

Defibrillators in Redbridge

What is a defibrillator?

A Defibrillator is a device that works by giving a high energy electric shock to the heart through the chest wall in someone in cardiac arrest. The high energy shock called defibrillation works by restoring the heart to a normal rhythm.

Defibrillators are designed to be used by people with little or no training, guiding the operator through the process by verbal instructions and visual prompts.

They are safe and will not allow a shock to be given unless the heart's rhythm requires it, and can be used on adults and children (over 12 months of age).

What's the difference between a cardiac arrest and a heart attack?

People often think that a cardiac arrest and a heart attack are the same thing, but this is not the case.

A heart attack happens when a clot in the coronary arteries cuts off the blood supplying the heart muscle, in most cases causing chest pain. The heart is still sending blood to the body and the person will be conscious and breathing.

A cardiac arrest is when your heart suddenly stops pumping blood round your body, commonly because of a problem with electrical signals in your heart. When your heart stops pumping blood, your brain is starved of oxygen. This causes you to fall unconscious and stop breathing.

A person having a heart attack has a high risk of experiencing a cardiac arrest.





Both a heart attack and a cardiac arrest are life-threatening medical emergencies and you should call 999 immediately.

In the event that you come across someone who is unconscious, unresponsive, not breathing or not breathing normally, they're in cardiac arrest and you should immediately call 999 and then start CPR. CPR keeps the blood flowing to the brain and around the body. After a cardiac arrest, every minute without CPR and defibrillation reduces someone's chance of survival by 10 per cent.


If you're on your own, don't interrupt the CPR to go and get a defibrillator, if possible send someone else to find one.

AED DEFIBRILLATION AND CPR



LONDON
HEARTS




The use of a Defibrillator alongside CPR can dramatically increase the chance of survival from a cardiac arrest.




Before treating the patient, check that it is safe to do so. Dangers could include falling debris, electricity, fire, or traffic.




Check for a response from the patient. Gently shake their shoulders, and ask if they can hear you. Do not move the patient unless they are in danger.




If the patient isn't responding, call 999 immediately. Get a bystander to help you if you can.




If the patient is unresponsive, ensure their airways are clear. Look into their mouth to check for obvious obstructions. Open the airway by lifting the chin and tilting the head back. Look, listen and feel for breath.



If able, send someone to fetch the nearest Defibrillator. Commence compressions. Your hands should be interlocked with the heel centred on the patient's chest.



If giving rescue breaths, after 30 compressions, seal the patients' nose and breathe steadily into the patient's mouth, giving two breaths. Repeat compressions and breaths at a ratio of 30:2 until AED or ambulance arrives.



When the AED arrives, switch it on and follow instructions. Pads should be applied to the patient as shown above. If a shock is required, ensure no one is touching the patient when shock is delivered.

Use this video to see how easy it is to use an automatic external defibrillator

<https://www.youtube.com/watch?v=1O9RK63mkPI&feature=youtu.be>

How to maintain a 'Healthy Heart'

What causes a cardiac arrest?

Cardiac arrests are most commonly caused by the abnormal heart rhythm called ventricular fibrillation (VF) which is where electrical activity of your heart becomes so chaotic that the heart stops pumping and quivers or 'fibrillates' instead.

The most common cause of developing this abnormal heart rhythm is a heart attack. Other heart problems can also cause it including coronary heart disease, enlargement of the heart as part of the condition heart failure and heart valve disease.

Follow the below link and find out how old your heart is?

<https://www.nhs.uk/oneyou/for-your-body/check-your-health/heart-age-test/>

You can lower your risk of developing heart disease by living a healthy lifestyle.

This includes:

- Stopping smoking – <https://mylife.redbridge.gov.uk/redbridgeonthemove>
- A healthy balanced diet - <https://mylife.redbridge.gov.uk/healthy-eating>
 - Low levels of saturated fat – found in foods such a meat, lard, cakes.
 - Low levels of salt – aim for less than 6g a day
 - Low levels of sugar
 - Increase fiber
 - Eat more fruit and vegetables - at least 5 portions of each per day
- Exercise regularly - 150 mins of moderate activity a week eg brisk walk, cycling – <https://mylife.redbridge.gov.uk/redbridgeonthemove>
- Cut down alcohol – try not to exceed limit of 14 alcohol units per week in men and women – if you drink this amount try and spread over 3 days – <https://mylife.redbridge.gov.uk/drugs-and-alcohol>

Other causes of cardiac arrest include heart diseases you are born with including structural and electrical conduction problems, inflammation of the heart muscle, electrocution, drug overdose, losing a large amount of blood and drowning.

For further Information visit these NHS Choices and:

<https://www.nhs.uk/live-well/eat-well/>

<https://www.nhs.uk/live-well/exercise/>

<https://www.nhs.uk/live-well/alcohol-support/calculating-alcohol-units/>