



## 2017 INFANT CPR AND CHOKING FACT SHEET

### THE IMPORTANCE OF INFANT CPR: WHY LEARN?

In the event of a cardiac arrest, **survival depends on immediately receiving CPR from someone nearby**. Parents and caregivers are among the most important people to be trained in infant CPR and choking relief, which can make a life or death difference for infants who suffer cardiac arrest or whose airways become blocked by food or objects.

**More than 7,000 children suffer an out-of-hospital cardiac arrest annually**. While the reported number of infant out-of-hospital cardiac arrests varies widely, survival to hospital discharge averages 6.2 percent for children less than one year old who experience an out-of-hospital cardiac arrest.

According to the National Center for Injury Prevention and Control, unintentional choking and suffocation are a leading cause of all injury deaths for infants under the age of one.

### INFANT CPR TARGET AUDIENCE

Whether in a private home or public venue, infants are in the company and/or care of a diverse group of people on any given day. The list below represents a sampling of individuals who should equip themselves with CPR knowledge and training.

- Expectant parents
- New parents
- Grandparents
- Siblings
- Extended relatives (aunts, uncles, cousins)
- Friends and neighbors
- Babysitters
- Day care providers

### BE THE DIFFERENCE FOR THE LITTLE ONE YOU LOVE

Seventy percent of cardiac arrests (adult and infant) occur at home. If called on to perform CPR in an emergency, be prepared. Learn the facts, take an AHA **Heartsaver® Pediatric First Aid CPR AED Course** and invest in the AHA's **Infant CPR Anytime® Kit**.



#### Heartsaver Pediatric First Aid CPR AED Course

- The AHA's Heartsaver Pediatric First Aid CPR AED teaches students to respond to and manage illnesses and injuries in a child or infant, including cardiac arrest, in the first few minutes until professional help arrives. This course is designed to meet the regulatory requirements for child care workers in all 50 U.S. states.
- The AHA trains more than 19 million people in CPR annually. To find a course, visit [www.heart.org/findacourse](http://www.heart.org/findacourse). To learn more about CPR, visit [heart.org/cpr](http://heart.org/cpr).

#### Infant CPR Anytime Kit (developed in coordination with the American Academy of Pediatrics)

- Teaches the core skills of infant CPR and relief of choking in 22 minutes.
- Focuses on infants from newborn to 12 months.
- Includes an infant CPR manikin, 22-minute training DVD and two "Quick-Reference Skills Reminders."

#### DID YOU KNOW?

**Heart attack, cardiac arrest** and **sudden cardiac death** are often used as if they are synonymous, which is incorrect.

- **Heart Attack:** occurs when the blood flow supply to the heart muscle through a coronary artery is severely reduced or cut off completely. Typically, this is from a clot, leading to damage to the affected muscle.
- **Cardiac Arrest:** occurs when the heart has an abnormal rhythm, which causes the heart to quiver and stop pumping blood to the brain, lungs and other organs. A heart attack increases the risk for cardiac arrest, but most do not lead to cardiac arrest. Cardiac arrest can happen in the absence of a heart attack.
- **Sudden Cardiac Death:** an unexpected death due to a heart problem. It presents soon (generally within one hour) after adverse heart symptoms begin in a person who may or may not have heart disease.

#### BY THE NUMBERS: CARDIAC ARREST STATS

- Approximately **90 percent** of people who suffer out-of-hospital cardiac arrests die. CPR, especially if performed immediately, can double or triple a cardiac arrest victim's chance of survival.
- Only **46 percent** of out-of-hospital cardiac arrest victims receive the immediate help they need before professional help arrives.