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CPR is right move during heart attack

SIBU: When a person suffers a heart attack, the first thing to do is to apply cardiopulmonary resuscitation (CPR).

Sibu Malaysian Medical Association adviser Dr Hu Chang Hock said a victim could most probably die if no CPR was given before the ambulance arrived.

He said the victim's heart would usually continue to beat but blood flow would be blocked.

"Usually when there is a person with heart attack, people will be crowding around him to watch. This is dangerous as it deprives the victim of air. It is also not the right thing to do by massaging and applying acupuncture on the victim as most people do when they come across a heart attack victim," he said.

Instead, the right move was to apply CPR.

CPR involves chest compressions of at least 5cm deep and at a rate of at least 100 per minute to create artificial circulation by manually pumping blood through the heart.

In addition, the rescuer may provide breaths by either exhaling into the subject's mouth or utilising a device that pushes air into the subject's lungs.

"However many people are scared of doing CPR as they are worried of getting infectious diseases like tuberculosis or HIV," said Dr Hu.

He said those with CPR skills should make full use of it when it was required.

"It is best that in a family, at least one member should know how to do CPR."