***Skipness Defibrillator Group***

This press cutting from a recent Glasgow Herald highlights the reluctance of people in this country to acquire the simple skills that can save lives and use them in an emergency.

**“ UK Heart Attack Victims ‘worst off ‘**

**People suffering a cardiac arrest fare worse than abroad because bystanders are less willing to attempt cardiopulmonary resuscitation, a new report suggests. Data shows that members of the public who witness a cardiac arrest in the UK perform CPR in fewer than 4 out of 10 cases. This compares with rates of almost three quarters in Norway, where survival rates are up to 3 times as high. Every minute without CPR or resuscitation using a defibrillator cuts a person’s chance of survival by around 10%. After 10 minutes without CPR or defibrillation, a person has a 2% chance of survival. Defibrillators are now stationed across the UK in public places including shopping centres and supermarkets. They can be used by any member of the public to deliver an electric shock to the heart when someone is having a cardiac arrest and can boost survival significantly. A report from the British Heart Foundation (BHF) has revealed that 60,000 cardiac arrests occur out of hospital every year across the UK. The charity wants to raise awareness among the public that survival chances can be increased up to 40% through the early use of CPR and defibrillators. Its report, Resuscitation to Recovery, says that simply waiting for the emergency services to arrive means that lives are lost that could be saved. It also calls for all children in secondary schools to learn CPR. Professor Nilesh Samani medical director at the BHF said: There is the potential to save thousands of lives but we urgently need to change how we think about cardiac arrest. It’s clear that we need a revolution in CPR by educating more people in simple life saving skills and the use of external defibrillators, and for the subsequent care of a resuscitated patient to be more consistent. “**

The Defibrillator Group is readdressing the situation with the community defibrillator and propose joining a programme of training, either to refresh skills or introduce new people to the machine. We have been invited to join Carradale First Responders, on the first Monday of the month (7pm, with car sharing a possibility). Members of the Skipness group were made very welcome when they attended one of these meetings and found it very useful to refresh their hands on experience of defibrillator and CPR. A defibrillator is easy to operate with instructions at each stage. Come along and see for yourself. No commitment

Anyone interested in finding more about the service is welcome to join us. Please get in touch via contact us page.