New cardiopulmonary resuscitation guidelines Few medical treatment pathways are as well standardized as cardiopulmonary resuscitation (CPR). Already in 1974, the American Heart Association (AHA) published the first standards for CPR. Although the guidelines published thereon were updated from time to time with the newest research results and big efforts were made in the education and training of lay rescuers and medical professionals, survival after sudden cardiac arrest remains poor. The reasons for this phenomenon are lack of willingness to help of cardiac arrest witnesses, poor quality of performed CPR measures and unsystematic therapy after return of spontaneous circulation. Therefore, the new guidelines were designed to facilitate learning and retaining of CPR measures by simplification, reduce no-flow-time, and implement the latest scientific results on post-resuscitation care.
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