

Bystander cardiopulmonary resuscitation: Equipping communities to save lives

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ABSTRACT

Majority of the occurrences of cardiac arrest happen outside the hospital and are associated with poor survival due to delay in recognition and provision of early cardiopulmonary resuscitation (CPR). Bystanders are often the first witness to these occurrences. Early CPR provided by trained bystanders would play an effective role in saving

the patient through the golden hour. So equipping them with CPR knowledge and skill will empower them to act in times of need and improve outcomes in cardiac arrest.

Key words: Cardiac arrest, out of hospital, bystander cardiopulmonary resuscitation
