

学会急救法提高存活率

高健康 报道

学会急救法 提高存活率



高健康 报道

jiankang@sph.com.sg

掌握心肺复苏法和学用自动心脏除颤器，可提升心脏骤停者的存活率！

在本地，每年只有2.7%的心脏骤停者可以活命，也就是每35个病人中，只有一人存活，远远低于美国西雅图和瑞典哥德堡的40%存活率。

为培养更多有急救技能的国人，新加坡心脏基金会将从本月12日起推出专业急救课程，传授心肺复苏法及怎样使用自动心脏除颤器。

自动心脏除颤器的作用是当有人因心脏骤停而

突然倒下时，通过电击刺激心脏，恢复心跳。多数购物中心和酒店都备有这种仪器。

在课程中，基金会将播放美国歌唱组合Bee Gees的70年代金曲《活命》(Stayin' Alive)，让学员在摇滚乐的伴奏下牢记心肺复苏术的步骤。

新加坡心脏基金会总裁江孟达说：“选择这首歌，是因为它每分钟的节奏达103下，符合心肺复苏按压速度的要求。调查显示，听歌练习5周后，学员在无需听歌的情况下仍保持快速按压113下，

▲新加坡心脏基金会推出心肺复苏急救课程，以提高心脏骤停者的存活率。

达到急救的要求。”

课程将于每个月的第二个星期六下午1时30分开班，课长4小时，地点是碧山第八站的新加坡心脏基金会。

报名表格可向新加坡心脏基金会办事处索取或上网www.myheart.org.sg下载。

每名学员都将获得价值60元的急救包，里头有一个人体模型和心肺复苏术指导手册，可和家人一起练习。

Grasping heart survival skills and learning CPR increases the chances of "Staying Alive".

There are 2.7% of heart attack sufferers who survive every year which equates to 1 survivor for every 35 patients.

In order to promote CPR to the public, Singapore Heart Foundation will hold professional courses starting this December.

Learning CPR prepares anyway to resuscitate a victim suddenly suffering from a heart attack. Many shopping centres and hotels are equipped with the heart resuscitation machine.

During the course, SHF plans to imitate the hit song from the 70's 'Staying Alive' by the Bee Gees to expose attendees to

"We picked this song because" says Mr Vernon Kang, CEO of The Singapore Heart Foundation.

Classes will be conducted every second Saturday afternoon of the month at 1.30pm and will go on for 4 hours. The venue will be at Junction 8's Singapore Heart Foundation.

Interested participants may register on SHF's website, www.myheart.org.sg

Every student is entitled to a health pack that's worth \$60, inclusive of items such as an inflated human dummy and a user guide that can be practiced with family members.