



New 2010 Guidelines and Here

The 2010 CPR guidelines focus even more on chest compressions than ever before. The rate is still 30 compressions to 2 ventilations but now we start with compressions and not breaths. It is a big change but studies have shown that keeping oxygenated blood in the body moving is more beneficial to the victim. Higher survival rates have always been the goal. So if this technique is better, great! Now think C - A - B - C for compressions, airway, breathing, and compressions.

In addition to high priority compressions, the new guidelines want the compressions to be high quality. They seek to ensure maximum chest recoil. Staying in contact with the skin causes the rescuer to actually lean on the victim's chest. You must make sure the palms of your hands reach a point of zero pressure on the chest even, perhaps, coming off of the chest slightly. Doing this takes considerable extra effort, so be prepared to relieve the person doing chest compression every two minutes.

Defibrillation is changing too. The new guidelines seek to minimize time off the chest - really minimize it. You should take no more that two to four seconds to deliver a shock! And, believe it or not, it is safe to stay in contact with the patient during defibrillation!

New textbook and class materials should be available soon. However, Heart Safe La Plata classes are already covering the new guidelines. If you have any questions or would like to schedule a class, give J.T. Coyne a call at 769-7473.

“Hands Only” CPR

With the new focus on compressions, consider the “hands only” technique. The 2010 Guidelines show that starting chest compressions right away is the best thing you can do. The goal of the 2010 Guidelines with “hands only” is to get even more untrained bystanders to at least do compressions. “Hands only” or chest compressions only, have been shown to have the same survival rates as traditional CPR for the first three to six minutes. After three to six minutes traditional CPR must be performed.

By encouraging “hands only” we are hoping every untrained bystander will at least do compressions and keep blood flowing to the vital organs. In those three minutes, the 911 Center can be called and a trained CPR provider may be there to help.

Public Response Crucial To Survival

According to a recent article in *The Journal of Emergency Medicine*, the response of the community to an out-of-hospital cardiac arrest with an Automated External Defibrillator significantly improves a patient's chance of survival. The authors encourage increasing the placements of AED in strategic locations throughout the community. This is exactly what we have been doing for seven years now! Congratulations to all of our community members who help make our rural area a safer place to live and work.

Welcome - San Juan Basin Health Dept.



Heart Safe La Plata received an AED from Colorado Rural Health Care (through the Southwest Regional Emergency and Trauma Advisory Council) in late December. After quick deliberation, the

Board decided to place the AED with San Juan Basin Health Department in Bodo Park. The photo shows Patsy Ford (RN) and Leon Vinci (Director) accepting their new AED.

This is an organization which deals with many public health issues. Their published goals include preventing disease & disability, promoting healthy lifestyle choices, preserving & restoring the environment, and assuring basic health services for all people. Among their more visible programs are giving immunizations and travel vaccinations, providing skilled home health care, providing testing and treatment for sexually transmitted infections, performing water & sewer testing, performing restaurant inspections, and issuing birth and death certificates. San Juan Basin Health Department sees a tremendous number of patients and employs many people. Heart Safe La Plata is happy to welcome them into our program.

Board Members

Mark Rich, President	375-0806
Amy Knight, Vice-President	749-3239
Scott Sholes, Treasurer	382-6039
Barbara Lawson, Secretary	884-2406
J.T. Coyne, Program Coordinator	769-7473
Patty Egger, Member-at-Large	382-6031

Current AED Placements

AccountTax CPAs, Main Mall
Animas Dental Associates
Bank of Colorado
Bank of the San Juans (All 3 branches!)
Bar D Chuckwagon (summer only, sponsored by Mountain Bike Specialist)
Bayfield Marshall (2 units)
Bayfield Parks & Rec (sponsored by High Noon Rotary)
Bayfield Realty at Vallecito
Bayfield School District 10 JTR (5 units)
Bayfield Senior Center (sponsored by Pinnacle Surveying)
BP America (15 units)
Dr. Ronald Caldwell (2 units)
Christ the King Lutheran Church
City of Durango
 Chapman Hill
 City Hall
 General Services
 Library
 Mason Center
 Police Dept.
 Rec Center
 Transit Center
City of Durango Police Department (13 officers)
Colorado Department of Transportation (2 in Durango, 1 in Alamosa)
Colorado Trails Ranch
Country Market at Vallecito
Dalton Ranch & Golf Club
Department of Motor Vehicles (sponsored by DTW Properties)
Dental Associates of the Southwest (Bayfield and Durango)
Digestive Health Associates
Durango & Silverton Narrow Gauge
 5 trains
 Dispatchers Office
 Ticket Office
Durango Adult Education Center (sponsored by High Noon Rotary)
Durango Arts Center (sponsored by Colorado Grand)
Durango Dental Associates, 3235-A Main Ave.
Durango Dental Clinic, 2323 W. 2nd Ave.
Durango Fire & Rescue Authority
Durango Herald
Durango Mountain Resort
 Purgatory Village Hotel
 Cascade Village
 Dante's (winter only)
 Powder House (winter only)
 Security
 Ski Patrol (winter only)
 Tamarron Lodge
Durango Mountain Master Association/Durango Mountain Club
Durango School District 9R (15 units)
Durango Sports Club (2 units)
Durango Urgent Care
Dr. Eich, Oak Family Dentistry
Falls Creek Ranch Homeowners (2 units)
First National Bank (all 5 branches, including Wal-Mart!)
First United Methodist Church
Fitness Solutions 24/7
Fort Lewis College
 Miller Student Center – main lobby across from Native American Center
 Student Life Center – main lobby behind desk
 College Union Building – main lobby near information desk
 Natatorium – first aid room

Fort Lewis College (con't)
 Whalen Gymnasium – south end near Exercise Science offices
 Physical Plant – near Service Center offices
 Center of Southwest Studies – main lobby
 Community Concert Hall – main lobby
 Head Athletic Training Office located in Whalen Gymnasium
 Intramural Teams (2 units)
Fort Lewis Police (3 units)
Four Corner's Heart Clinic
Four Corner's Materials
Glacier Club (4 units)
Heartwood Cohousing - Bayfield
Health Services Center
Ignacio School District 11 JT (5 units)
La Plata County
 County Courthouse
 Fairgrounds
 Ballfields (summer only)
 Extension Offices
 Klatt Arena (summer only)
 Jail
 Old Main Post Office
 Road and Bridge
 19 Sheriff's Officers
La Plata County Airport (2 units)
La Plata Electric Association (Durango & Pagosa Springs)
La Plata Family Medicine
La Plata Senior Center, 2424 Main Ave.
Ladies Workout Express, 16 Town Plaza
Medical Reserve Corp
Mind & Body Works, 129 E 32nd
Dr. Jeff Nelson, 125 CR 250
Our Place at Grandview (sponsored by United Methodist Church)
Pine River Valley Bank
Red Cedar Gathering (5 units)
Rivergate Physical Therapy
Mark Rich
Rocky Mountain General Store at Vallecito
San Juan Basin Health Department
San Juan Public Lands
 Bayfield
 Durango (2 locations)
 Silverton
Silverton Public Schools (2 units, sponsored by Iron Horse Bicycle Classic)
Southern Ute Tribe
 Annex Building
 Community Center (3 units)
 Growth Fund Building
 Head Start/Early Start
 Justice and Regulatory Building
 Public Health Clinic (4 units)
 Public Health Nurses Vehicles (4 units)
 Southern Ute Lodge and Casino (9 units)
 Tribal Admin Building (2 units)
St. Columba Catholic Church & School (2 units)
St. Mark's Episcopal Church
Strater Hotel
Tall Timbers (2 units)
Tech Center Plaza, 10 Burnett Court
Three Springs Development
Town of Ignacio
 4 Police Units
 Town Hall, 540 Goddard
Upper Pine River Fire Protection District (2 units)
Vista de Oro Homeowners

Heart Safe La Plata - www.heartsafelaplata.org

La Plata County EMS Council

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