



4670

Special Release

08 October, 2023

RE: CARDIOPULMONARY RESUSCITATION (CPR)

The Vice Chancellor has approved that the following communication from the UHS be circulated widely in the University Community in view of recent unpleasant occurrences which may be traceable to poor knowledge, understanding and behaviour as they relate to health and in order to avoid/avert similar situations in the future.

CPR is an **emergency lifesaving procedure performed when the heart stops beating (Cardiac Arrest)**. CPR helps to temporarily pump enough blood into the brain.

Immediate CPR can **double or triple chances of survival after cardiac arrest**. We, all, are hereby, requested to carry out CPR when required.

The 5C's (Check, Call, Cover, Compress and Connect) is one of the ways of conducting CPR. It is a five-step procedure on how a regular person (a bystander) who is not necessarily a formally trained health practitioner can immediately respond to a victim who slumps presumably because the heart stops beating.

1. Check for breathing. Open the airway by lifting the head and tilting the chin forward.
2. Call for help. (08182541995, 09095379926) while ensuring your safety.
3. Cover the victim's mouth and nose with a cloth to protect anyone giving rescue breaths.
4. Compress the heart area of the chest quickly 30 times and follow with 2 rescue breaths i.e. breathe into the mouth and/or nose of the victim and ensure the chest rises;
5. Connect to a defibrillator if available or Continue Chest Compression & Rescue Breaths till arrival of professional help or otherwise indicated.

In conclusion, it should be emphasized that the most critical points of the above if constrained in any way are numbers 2 and 4. Also, chest compression should be continued even if rescue breaths cannot be provided for any reason.

Thank you.

G. O. Saliu, MANUPA, MNIM, MAUA
Registrar and Secretary to Council