



A NATION OF LIFESAVERS IN INDIA

98%

People in India are **not trained in CPR**

80%

Road accident victims do not receive any emergency medical care

Recent high-profile media reports have emphasized the critical need for community CPR education in India. An alarming trend of sudden heart attacks is claiming the lives of Indian men under 50 years old across the country.¹ Other reports detail incidents where CPR in the community saved or could have saved a life, especially during roadside accidents. Early recognition and simple interventions can prevent death and disability, but most people do not know how to recognize or act in a cardiovascular emergency.



The difference between life and death

Sudden cardiac arrest is the abrupt loss of heart function. It requires immediate quality CPR to maintain blood flow to organs until advanced care is available and a shock from an automated external defibrillator to reset the heart's electrical rhythm.

Survival from cardiac arrest largely depends on how quickly CPR is started and the quality of CPR given. People who receive effective bystander CPR are **2-3 times more likely** to survive sudden cardiac arrest. Learning how to give Hands-Only CPR in times of a cardiac emergency is the most fundamental skill to begin the chain of survival.



Building a nation of lifesavers in India



The American Heart Association (AHA) has advanced resuscitation science since the 1960's when we first funded research showing the efficacy of CPR

during a cardiac arrest. **The All India Institute of Medical Sciences (AIIMS)** is a group of autonomous government public medical universities of higher education under the Ministry of Health and Family Welfare. AIIMS was declared by an Act of Parliament an Institute of National Importance. The AHA is partnering with AIIMS, Bathinda and AIIMS, Bhubaneswar to build a nation of lifesavers.

The AHA and AIIMS are creating a Hands-Only CPR training program with the goal of training students, community healthcare workers and the public each year. AHA will offer **training materials, logistics, resource, and program implementation support.**

The "train the trainer" model ensures maximum scalability and is easy to replicate throughout India.

AHA will support with equipment, logistics and staffing.



*Two additional AIIMS locations pending.

The future of this important program depends on the generosity of people like you.

www.heart.org/CPRLivesaversIndia