

Press Release

Fortis Malar Hospital conducts Free CPR Training Workshop for all

Chennai, 7th September, 2013: The awareness on heart diseases and emergencies has significantly improved but the ability to handle cardiac emergencies is still in question. “Around 65% of the cardiac emergencies occur at home and people usually panic in these situations, as they don't know exactly what needs to be done. As most of the cardiac emergencies occur at home it is essential for all to know what to do. Calling medical help (105010) should always be the first step, however before medical professionals arrive, immediately performing cardiopulmonary resuscitation (CPR) will double the chances of survival.” said **Dr. Madan Mohan, Consultant Cardiologist Fortis Malar Hospital.**

When an individual suffers an out-of-hospital cardiac arrest, his survival depends greatly on receiving immediate CPR from a bystander. However, according to the American Heart Association (AHA), less than one-third of these individuals receive the help they need, because most bystanders are untrained in CPR and are afraid they will do something wrong. Furthermore, recent studies shows that CPR is not only effective for an adult suffering a cardiac arrest but also effective in children and adolescents who suffer from non-traumatic cardiac arrest due to drowning, electrocution, or choking.

Fortis Malar Hospital, therefore introduces the ‘Fortis Heart Saver initiative’ to conduct free CPR training workshops for the community. We hope that at least 200 vigilant citizens can be trained every month and thousands can be trained through this initiative in the days to come.

What is CPR?

A person in cardiac arrest needs immediate CPR (Cardio Pulmonary Resuscitation).It is an emergency maneuver which is performed in an effort to manually preserve the brain function until further measures are taken to restore spontaneous blood circulation and breathing in a person in cardiac arrest.

How does CPR help?

CPR is a combination of Chest compressions and rescue breaths. When heart is not beating, chest compressions are needed to circulate blood containing oxygen. Given together, rescue breaths and chest compressions help to take over for the heart and lungs. When administered in the right manner the cells of the brain and other important organs can be kept alive until all of the oxygen in the blood is used.

Signs of Cardiac arrest:

- ⇒ Unconsciousness
- ⇒ Lack of Breathing
- ⇒ No Carotid Pulse

The Free -CPR Training Session is held on alternative Saturdays at the Auditorium, Fortis Malar Hospital, Adyar and also across various IT Companies like TCS etc. The session is a 2 hour long session conducted by American Heart Association Certified Trainers for Basic Life Support, Advanced Cardio Vascular Life

Support, International Trauma Life Support and Advanced Trauma Life support **Dr. Adeline Dhivya Israel, Head of Accident and Emergency Department, Fortis Malar Hospital, Chennai** and **Dr. Ravi Pratap, Emergency Medicine Specialist, Fortis Malar Hospital.**

About Fortis Malar Hospitals Ltd

Fortis Malar Hospital (formerly known as Malar Hospital) was acquired by Fortis Healthcare (India) Limited in early 2008. The hospital founded in 1992, is established as one of the largest corporate hospitals in Chennai providing quality super specialty and multi specialty healthcare services. Fortis Malar Hospitals, with 180 beds, focuses on providing comprehensive medical care in the areas of Cardiology and Cardiac Surgery, Neuro Surgery, Gynaecology, Orthopaedics, Gastroenterology, Neurology, Pediatrics, Diabetics, Nephrology and Internal Medicine.

Fortis Malar Hospital has a state of the art Cath Lab and multiple dedicated cardiac operation theatres and intensive coronary care units. Several rare and complex Adult and Pediatric Cardiac surgeries, Orthopedic and Joint replacements, Neurosurgeries and Plastic reconstruction surgeries have been performed at this hospital. The hospital's Obstetrics and Gynaecology services are among the busiest in the city, successfully performing many complicated deliveries and surgeries. They are supported by a dedicated Neonatology unit.

About Fortis Healthcare Ltd

Fortis Healthcare Limited is an integrated healthcare delivery service provider in Asia. The healthcare verticals of the company span primary care, diagnostics, day care speciality and hospitals, with a healthcare network spanning 8 countries. Currently, the company operates its healthcare delivery services in India, Hong Kong, Singapore, Dubai, Mauritius and Sri Lanka with 65 healthcare facilities (including projects under development), over 10,000 potential beds, over 600 primary care centers, 240 diagnostic centres and a team strength of more than 18000 people.

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