



A **Heart Attack** is a blockage to an artery that prevents blood from reaching part of the heart.

HEART ATTACK

A heart attack, sometimes referred to as a myocardial infarction (MI), is caused by a clot forming in one of the arteries that supplies blood to the heart muscle. This prevents oxygen getting to a particular region of the heart. As a result, cells in this region start to die. The longer this continues, the more damage is caused to the muscle. This damage is permanent. A heart attack is a serious life-threatening emergency that requires immediate treatment and can lead to a cardiac arrest.

The common signs and symptoms of a heart attack are:

- ♥ Chest pain or tightness, like a belt or band around the chest
- ♥ Pain which may spread to neck, jaw, back and arms
- ♥ A dull ache or 'heavy' feeling in your chest
- ♥ Feeling sick, sweaty, short of breath, lightheaded, dizzy or generally unwell along with discomfort in your chest

*Please note, not all people experience pain or discomfort

WHAT TO DO

Call 999

Make the person comfortable, sit them down and reassure them.

A HEART ATTACK OR CARDIAC ARREST?

DID YOU KNOW?

In the UK, approximately 60,000 people suffer a cardiac arrest outside of hospital and 30,000 are treated by emergency medical services each year.

Early cardiopulmonary resuscitation (CPR) and the use of an Automated External Defibrillator (AED) significantly increases a person's chances of survival.

CARDIAC
SMART



A **Cardiac Arrest** is when the heart stops beating and circulating blood around the body.

CARDIAC ARREST

Sudden cardiac arrest happens when your heart stops pumping blood around the body. It is triggered by a failure of the normal electrical pathway in the heart causing it to go into an abnormal rhythm. The most common cause of a cardiac arrest is an abnormal rhythm called 'ventricular fibrillation'.

With the normal rhythm disrupted, the heart stops pumping and circulating oxygen to the brain and the body's other vital organs. You will lose consciousness almost at once and your breathing will be affected. If basic life support is not provided immediately, the chances of survival are greatly reduced.

Ventricular fibrillation can be treated using an AED to help restore the heart's normal electrical rhythm and CPR to circulate oxygen to the body's vital organs.

For further information, or if you would like to learn more about CPR and the use of AEDs, as well as find out what's going on in your area, please visit: www.cardiacsmart.nwas.nhs.uk or www.nwas-responders.info.

What can cause a cardiac arrest?*

There are many reasons why someone may suffer a cardiac arrest. It can happen at any age and may be caused by:

- ♥ Heart and circulatory disease (e.g. a heart attack)
- ♥ Extreme blood or fluid loss
- ♥ Extreme body temperature (too high or too low)
- ♥ A lack of oxygen
- ♥ A punctured lung
- ♥ Blood clot/s in the lung or coronary arteries
- ♥ Poisoning
- ♥ A collection of blood around the heart – usually after an injury, such as a stabbing

The common signs and symptoms of a cardiac arrest are:

- ♥ Unresponsive and no signs of life
- ♥ Breathing has stopped or is not normal

*Please note, these lists are not exhaustive

WHAT TO DO

- D Danger**
Make sure it is safe for you to help
Keep calm and stay in control
- R Response**
Shake the shoulders gently and speak clearly saying "Can you hear me?" or "Are you alright?"
- S Shout for help**
- A Airway**
Ensure the person is on their back
Gently tilt the head back and lift chin
This is important to open the airway
- B Breathing**
Look, listen and feel for normal breathing for up to 10 seconds
Look for the chest rising and falling
Listen for any breath
Feel the breath on your cheek
- C Cardiopulmonary Resuscitation (CPR)**
If no breathing or they are not breathing normally, call 999 and start CPR
Give 30 chest compressions followed by two rescue breaths. If you are unwilling to do rescue breaths, just do hands-only CPR
Give chest compressions at a rate of two per second, at a depth of 5-6 cm
If you can access a defibrillator, use it

Contact Us

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Arabic

إذا كنت تحتاج لهذه الوثيقة بلغة أخرى أو بشكل آخر يرجى الاتصال بنا

Chinese

如果您需要本文件任何其它语言或格式的文本，请直接与我们联系。

Gujarati

જો તમને આ દસ્તાવેજ બીજી કોઈ ભાષા કે સ્વરૂપમાં જોઈતો હોય, તો કૃપા કરીને અમારો સંપર્ક કરો.

Polish

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Somali

Haddii aad ku rabto xaashadan luqad ama qaab kasta oo kale fadlan nala soo xidhiidh.

Urdu

اگر آپ کا پڑھنے کی اور زبان یا صورت میں شکوک ہو تو ہم سے رابطہ کریں۔

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