

**Press Release**  
**For Immediate Publication**

## **Path-breaking 12-hour CPR Relay at Fortis Mohali**

*Hundreds of employees, and enthusiastic attendants of patients, participate in 12-hour uninterrupted activity to spread awareness about hands-only CPR to save lives of cardiac arrest patients in an emergency situation*

**Mohali, March 23, 2016:** Giving a further boost to Fortis Hospital Mohali's mission to rapidly spread public awareness about hands-only CPR to save lives of cardiac arrest patients in an emergency situation, hundreds of its employees today participated in a path-breaking **12-hour CPR Relay** in the hospital IPD Lobby. They were joined in learning the art of CPR by enthusiastic attendants of patients admitted to the hospital.

Close to 400 participants, from COO of Fortis Healthcare, to top doctors, nurses, administrative and support staff, performed this feat as part of an event titled 'Life Is a Relay'. The relay started at 9 am and lasted till 9 pm, with each person performing hands-only CPR on a mannequin for 2 minutes each. The doctors who participated in the relay included Dr TS Mahant (Executive Director, Cardiothoracic and Vascular Surgery), Dr HK Bali (Director Cardiology), Dr Ambuj Choudhary (Addl Director, CTVS), Dr R Muralidharan (Senior Consultant, Endocrinology), Dr AK Mandal (Head - Critical Care), Dr Ramesh K Sen (Director Joint Replacement), Dr Arvind Sahni (Director Gastroenterology), Dr Arun Kochar (Senior Consultant, Cardiology), Dr Rajat Sharma (Cardiac Electrophysiologist), Dr RK Behl (Head ER), Gynae-obs team (Dr Swapna Misra, Dr Sarla Malhotra, Dr Ritambhara Bhalla, Dr Preeti Jindal, Dr Suneet Tayal, Dr Rashmi Garg), Dr Atul S Joshi (Senior Consultant - General Surgery), and many other clinicians.

From the hospital administration, Mr Ashish Bhatia (COO - North & East), Dr Gurbir Singh (Regional Medical Director), Mr Abhijit Singh (Facility Director), Dr GBS Kang (Medical Superintendent), Cdr Jelson (Head - Administration), and heads of various departments participated.

"Close to 7.5 Lakh people who die due to sudden cardiac death in the country can be saved if people around know hands-only CPR. Since most of these sudden attacks occur outside the hospital, it becomes our duty as health providers to make the society CPR Smart," said **Mr Ashish Bhatia, COO (N&E), Fortis Healthcare Ltd.** CPR from a bystander can increase the chances of survival, and that's why Fortis aims to make tri-city CPR-Smart via our 'Hands on Heart Club', he added.

There are a lot of misconceptions about cardiac health, said **Dr Arun Kumar, founder-member of Fortis Hands on Heart Club**, an initiative that is aimed at raising awareness about Basic Life Support (BLS) and First Aid techniques in the society, thus making each person a potential lifesaver.

He added, “For instance, many think heart attack and cardiac arrest is the same thing. But the truth is cardiac arrest is not just another heart attack. A sudden cardiac arrest (SCA) occurs when the heart stops beating, abruptly and without warning. If this happens, blood stops flowing to the brain and other vital organs. In addition, if the heartbeat is not restored with an electrical shock immediately, death follows within minutes. Whereas, a heart attack is a condition which results in permanent damage to the heart muscle. It happens when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get enough oxygen.”

SCA takes one life every two minutes, claiming more lives each year than breast cancer, lung cancer, or AIDS. More than 350,000 deaths occur each year as a result of SCA. To decrease the death toll from SCA, it is important to understand what SCA is, what warning signs are, and how to respond and prevent SCA from occurring. “Essentially, if a society is trained in Cardiopulmonary Resuscitation, or CPR, chances of helping SCA victims become higher,” said **Dr Parvinder Chawla, the other founder-member of the ‘Hands on Heart Club’**.

Talking about the path-breaking event being organized, Dr Arun said, “Each participant had to perform chest compressions at 100 beats per minute, for 2 minutes, to ‘resuscitate’ the same mannequin, with no more than 5 seconds in between each participant’s turn.”

Those involved in the relay included top management and doctors of the hospital, nurses, emergency services, support office staff, security staff, housekeeping staff, F&B teams, and groups from almost every department of the hospital.

Under ‘Hands on Heart Club’, Fortis runs a dedicated CPR training programme for policemen, called ‘Suraksha’. “We’re happy to share that since its inception, we have organized close to 60 Suraksha sessions, training over 2,100 policemen from Punjab and Chandigarh. We have collaborated with NGOs and our effort was recently recognized by the Global Alliance for NGOs for Road Safety, which is spread over 100 countries,” said Dr Parvinder.

Soon, the hospital is going to start a training series for school bus drivers of the tri-city, said **Mr Abhijit Singh, Facility Director of Fortis Mohali**, adding, “Our programme runs very robustly in schools as we’ve found children very eager to learn BLS and First Aid techniques. We will further strengthen our efforts on this front.”

#### **The crucial steps during first 5 minutes:**

- 1) Early identification of cardiac arrest
- 2) Early call for help
- 3) Early initiation of chest compressions
- 4) Correct technique of chest compressions
- 5) Early defibrillation (if required)

#### **What is good quality CPR?**

- Push hard and fast – 5-6 cm deep at the rate of 100-120 beats per minute
- Allow complete chest recoil
- Minimize interruptions in chest compressions
- Rotate compressor every 2 minutes, or soon if fatigued
- Avoid excessive ventilation

#### **About Fortis Hospital Mohali**

*Fortis Hospital Mohali is a 355 bed, JCI and NABH-certified, multispecialty care hospital. The hospital commenced operations in 2001, and is today considered one of the most recognized cardiac hospitals of India. Located in the heart of Punjab over 8.22 acres, the tertiary hospital has a comprehensive team of clinicians delivering world-class patient care, supported by advanced technology. In July 2014, Fortis Hospital Mohali added the 55-bed 'Fortis Cancer Institute' on its premises to offer the latest and most comprehensive Medical, Surgical and Radiation Therapy modalities.*

**For more information, please contact:**

<p><b>Fortis Healthcare Limited</b> <b>Megha Sandhu</b>   9876710700 megha.sandhu@fortishealthcare.com</p>
--