

PREFACE

More than 460,000 Americans die each year from sudden, unexpected cardiac arrest. Despite the fact that there have been more than 50 years of scientific, experimental, and clinical studies since the introduction of modern cardiopulmonary resuscitation (CPR) by researchers at Johns Hopkins University in the 1950s, survival remains dismal. Only 1 out of 5 adults survive in-hospital, and less than 1 in 10 survive out-of-hospital, cardiac arrest. Thus, there is ample room for further discovery and enhancement of resuscitative interventions.

CPR is at best an inexact science spanning many different specialties and medical disciplines. Organizations such as the American Heart Association, the Canadian Heart and Stroke Foundation, the European Resuscitation Council, and the International Liaison Committee on Resuscitation develop and publish guidelines for resuscitation approximately every 5 years. Many of the authors in this book are active members of these organizations and contribute regularly to these international guidelines documents. The purpose of *Cardiopulmonary Resuscitation* is to provide physicians, nurses, paramedics, and other members of the in- or out-of-hospital emergency response team with the latest information on the science and practice of CPR. Unlike the *American Heart Association Guidelines in Cardiopulmonary Resuscitation and Emergency Cardiovascular Care* or the *Advanced Cardiac Life Support* textbook, *Cardiopulmonary Resuscitation* explores the physiology behind current state-of-the-art clinical resuscitation in depth.

Generous portions of this book translate resuscitation physiology and principles into practical bedside recommendations, clinical tips, and expert techniques. The collective wisdom of the authors—an international, stellar group of resuscitation thought leaders—on how best to approach difficult resuscitation decisions should be of great benefit to in- or out-of-hospital resuscitation team members. The book reviews major ongoing research in resuscitation science that will likely affect the next set of international resuscitation guidelines. Finally, there is an extensive discussion of ethical issues surrounding resuscitation of both children and adults.

Cardiopulmonary Resuscitation is dedicated to the countless victims of sudden, unexpected cardiac arrest, and to their families, friends, and loved ones. If our readers can learn from this book even one new, practical technique that can save a life, our efforts will not have been in vain.

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<http://www.springer.com/978-1-58829-283-4>

Cardiopulmonary Resuscitation

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2005, XVI, 764 p. With CD-ROM., Hardcover

ISBN: 978-1-58829-283-4

A product of Humana Press