

**NEW 2020
AHA GUIDELINES
FOR CPR AND ECC**

Released in October, the 2020 American Heart Association Guidelines for CPR and ECC are based on the most current and comprehensive review of resuscitation science, systems, protocols, and education. See key updates below and read the complete Guidelines at heart.org.



RECOVERY ADDED TO THE CHAIN OF SURVIVAL

Recovery was added as the sixth link in the Chain of Survival. "The process of recovering from cardiac arrest extends long after the initial hospitalization. Support is needed during recovery to ensure optimal physical, cognitive, and emotional well-being and return to social/role functioning."¹



REAL-TIME CPR FEEDBACK

The 2020 Guidelines continue to reinforce the importance of real-time CPR feedback and note, "Use of real-time audiovisual feedback is suggested as a means to maintain CPR quality."¹



PHYSIOLOGIC MONITORING OF CPR QUALITY

The 2020 Guidelines have been updated to reflect this: "It may be reasonable to use physiologic parameters such as arterial blood pressure or EtCO₂ when feasible to monitor and optimize CPR quality."¹



CLINICAL DEBRIEFING RECOMMENDED

The Guidelines encourage that "... debriefings should be supplemented by discussion of objective, quantitative data such as CPR quality performance data (chest compression rate, depth, and fraction); telemetry and defibrillation tracings; end-tidal CO₂ tracings; and resuscitation records."²



RESUSCITATION EDUCATION IS PARAMOUNT

The Guidelines discuss the importance of resuscitation education and now emphasize it as well. "The use of deliberate practice and mastery learning during life support training, and incorporating repetition with feedback and minimum passing standards, can improve skill acquisition."¹



¹Highlights of the 2020 American Heart Association Guidelines for CPR and ECC. American Heart Association website, www.heart.org. Accessed 28 Oct. 2020.
²Berg KM, et al. Circulation. 2020 Oct 14;142:5589-5604.
³Mayer SA, et al. Critical Care Medicine. 2004;32(12):2508-2515.
⁴Dinger MN, et al. Critical Care Medicine. 2004;32(2):559-564.
⁵Headwaters CW, et al. Critical Care. 2007;11:891.
⁶Heard KJ, et al. Resuscitation. 2010;81:9-14.
⁷Horn CM, et al. Journal of Neurointerventional Surgery. 2014 Mar;6(2):91-95.
⁸Knapik P, et al. Neurologia Polska. 2011;59(1):113-116.
⁹Schwartz RN, et al. COOL-ARREST: Results from a Pilot Multicenter, Prospective, Single-Arm Observational Trial to Assess Intravascular Temperature Management in the Treatment of Cardiac Arrest. Therapeutic Hypothermia and Temperature Management. 2019 Mar;9:156-62.

SAVING LIVES THROUGH INNOVATION 2021

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Z VENT The Z Vent® portable critical care ventilator features a full range of options in one easy to use, MRI-compatible device.					New Year's Day 1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	Martin Luther King, Jr. Day 18	19	20	21	22	23
24	25	26	27	28	29	30
31						

FEBRUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Groundhog Day 2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	Ash Wednesday 17	18	19	20
21	22	23	24	25	26	27
28	AMERICAN HEART MONTH Test your CPR knowledge with the Perfusion Master Quiz! Scan the code with your mobile device or visit the following link to take the quiz: zoll.com/zoll-cpr-quiz/					

MARCH

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
Daylight Savings Time Begins 14	15	16	St. Patrick's Day 17	18	19	20
21	22	23	24	25	26	27
Palm Sunday 28	29	30	31	RESQPOD ITD The ResQPOD ITD® is a simple, non-invasive device that delivers IPR therapy during basic or advanced life support CPR to enhance perfusion.		


APRIL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
ZOLL AED 3 BLS Placing your AED somewhere accessible helps ensure rapid response and the ZOLL AED 3® BLS defibrillator fits anywhere, from the cafeteria to the parking garage to the stairwell.				1	Good Friday 2	3
Easter Sunday 4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

MAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RESCUENET® CODENET® Now code data can be collected from your ZOLL defibrillator, merged and time-synced with the electronic code documentation, and saved as one complete record for facilitating data-driven debriefing.						1
2	3	4	5	National Nurses Day 6	7	8
Mother's Day 9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	Memorial Day 31					

JUNE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	
6	7	8	9	10	11	12
13	Flag Day 14	15	16	17	18	19
Father's Day 20	Summer Begins 21	22	23	24	25	26
27	28	29	30			

R SERIES
The R Series® monitor/defibrillator includes Real CPR Help® to help ensure high-quality CPR.

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ZOLL

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³Mayer SA, et al. Critical Care Medicine. 2004;32(12):2508-2515.
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⁷Horn CM, et al. Journal of Neurointerventional Surgery. 2014 Mar;6(2):91-95.
⁸Knapik P, et al. Radiology. 2011;319(1):1157-1163.
⁹Schwartz RN, et al. COOL-ARREST: Results from a Pilot Multicenter, Prospective, Single-Arm Observational Trial to Assess Intravascular Temperature Management in the Treatment of Cardiac Arrest. Therapeutic Hypothermia and Temperature Management. 2019 Mar;9(1):56-62.

SAVING LIVES THROUGH INNOVATION 2021

JULY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CELEBRATING PAUL M. ZOLL Dr. Paul Zoll's work in electrophysiology, internal and external defibrillation, cardioversion, and external pacing provided the foundation for ZOLL Medical Corporation.						
				1	2	3
Independence Day						
4	5	6	7	8	9	10
			Paul M. Zoll's Birthday	15	16	17
11	12	13	14			
18	19	20	21	22	23	24
25	26	27	28	29	30	31

AUGUST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	AUTOPULSE The AutoPulse® Resuscitation System provides automated high-quality CPR and can calm the chaos that surrounds a code, allowing clinicians to focus on patient assessment and care.			

SEPTEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
REAL CPR HELP Real CPR Help provides visual and audio feedback that guides rescuers to deliver CPR compressions fast enough and deep enough to meet the Guideline recommendations.						
			1	2	3	4
5	Labor Day Rosh Hashanah Begins at Sundown	7	8	9	10	11
12		14	Yom Kippur Begins at Sundown	16	17	18
19	20	21	Fall Begins	23	24	25
26	27	28	29	30		

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
X SERIES Weighing less than 12 pounds, the full-featured X Series® monitor/defibrillator is designed for all patients, including neonates. Plus, it's perfect for patient transport.						
					1	2
3	4	5	6	7	8	9
10	Columbus Day	12	13	14	15	16
17	18	19	20	21	22	23
24						
Halloween	25	26	27	28	29	30

NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
Daylight Saving Time Ends				Veterans Day		
7	8	9	10	11	12	13
14	15	16	17	18	19	20
				Thanksgiving Day		
21	22	23	24	25	26	27
Hanukkah Begins at Sundown			THERMOGARD XP Thermogard XP® rapidly and precisely manages the temperature of critically ill or surgical patients from the core. It reaches and maintains target temperature within ± 0.2°C 100% of the time. ^{3,9}			
28	29	30				

DECEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THEROX SSO₂ SYSTEM TherOx® delivers SuperSaturated Oxygen (SSO ₂) Therapy to a patient following an acute heart attack to reduce damage to the heart muscle and improve overall heart function.						
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
		Winter Begins			Christmas Eve	Christmas Day
19	20	21	22	23	24	25
Kwanzaa Begins					New Year's Eve	
26	27	28	29	30	31	