



MedStar Health

Sports medicine **monthly.**

Proud partner of Montgomery County Public Schools.

November 2023

After the on-field collapse of Buffalo Bills player Damar Hamlin earlier this year, there was a national conversation about CPR and automated external defibrillators (AEDs). Knowing CPR and how to use an AED can help save a life. That's why we teamed up with local professional sports teams to help spread awareness and address disparities.

Did you know?

Women and Black and Hispanic adults are less likely to receive CPR should they have a cardiac arrest in public.

Source: Society of Critical Care Medicine

Recent studies show women and Black and Hispanic adults are less likely to receive CPR should they have a cardiac arrest in public. In fact, a January 2022 study of CPR in the Washington, D.C., area shows the nation's capital is below the national average for bystander CPR rates and zip codes with higher proportions of white people had higher rates of bystander CPR. The same goes for the Baltimore area.

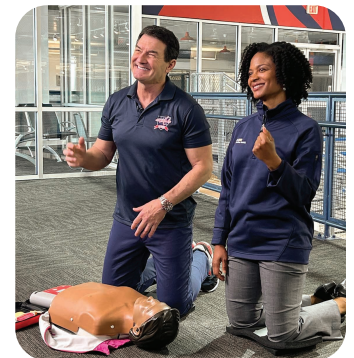
MedStar Health and MCPS believe it is important to engage with the community and make CPR feel more accessible to everyone. All paid MCPS coaches and staff are required to perform CPR/AED training. As licensed medical providers, MCPS athletic trainers are CPR/AED certified and are currently undergoing instructor certification to streamline education and certification to their athletics staff.

As the trusted medical provider of the pros, we teamed up with the Capitals to create an instructional video on CPR and AED so the community can be better informed. Please take a few minutes to watch. Bystander CPR saves lives, and we hope these videos will help you overcome any fears or hesitations. As they say in the videos, "it's super easy" and that "anyone can do it!"

Recent changes to the way CPR can be administered should also make the public feel more comfortable performing CPR:

- No need for mouth-to-mouth.
- No certification needed.
- Only chest compressions are required and should be fast and two inches deep.
- Good Samaritan laws in all 50 states plus the District of Columbia protect bystanders who try to help someone in distress.

Please take a few minutes to [watch this video](#) and learn how to perform CPR and administer an AED. You may help save a life.



"CPR is a simple yet powerful tool that can be easily learned and utilized by individuals from all walks of life. Furthermore, its importance in black and Hispanic communities cannot be overstated, as it has the potential to bridge healthcare disparities, increase survival rates, and ultimately contribute to the well-being and health equity of these populations."

Aubrey J. Grant, MD, Sports Cardiologist