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The CPR Teddy from Centra- Part 2

Wednesday January 10, 2007 1:16pm Posted By: [Webteam](#)



Lynchburg, VA - We want to invite back to the show Vicky Brunet with Centra Health ([website](#)) ([website](#)) . She was here a week or two ago talking about the CPR Teddy which I think is an incredible program. This is a method, a device, a way for us to learn CPR in the home for ourselves, our family and well, I guess if we came across that situation in public too.

Vicky Brunet, Centra Health - "That's right. The CPR Teddy is designed as a practice aid so that you can practice the skills that you learn in a class. You first start in a class. It does come with a DVD that goes over the step-by-step instructions so that if you took a class and then wanted to show a child care provider, other family members, they can practice with the bear."

Tab - "Yeah. Now, you mentioned the DVD and I know we captured a little bit of that. We can take a look at that as we talk about it. The instruction for learning CPR, it's not that difficult. I mean, there are some very specific things that you need to adhere to for the safety of the patient and yourself, actually, but it's not difficult."

Vicky - "It's not difficult and the American Heart Association recognizes that it was hard for people to remember numbers and everything to do so they've changed the mnemonic. It's 30 compressions to two breaths for everybody. It's just two fingers, the heel of one hand or two hands."

Tab - "There used to be some differences between the count for infants and children and adults. Speaking of children and adults, children can be taught this."

Vicky - "Yes. Children can be taught this."

Tab - "Is there...? Ten, eleven, twelve, thirteen, is there a beginning age?"

Vicky - "No. There's not a beginning age."

Tab - "Really?"

Vicky - "As long as they can understand the concept, yes. Of course, they couldn't do it on an adult because they don't have enough body weight."

Tab - "Right."

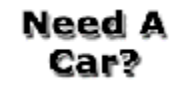
Vicky - "Right."

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Tab - "Yeah, I think the first time I learned CPR I was in boy scouts. I was probably 12 or 13, I suppose but this is something--my daughter's 12 now--so this is actually something she should be doing."

Vicky - "Yes. She should take a CPR class. Yes. Yes."

Tab - "Now, the classes, they are held at Centra Health. How are they organized? Are they on a regular schedule or can someone call and you put a class together for them? How does that work?"

Vicky - "They're on a regular schedule. They can call the Department of Education. Women and children have a special class for parents--new parents, new grandparents-- anybody can take the class. If you have a baby in the intensive care nursery, we offer classes once a week every Tuesday night and all they have to do is sign up. Parents who have babies in the intensive care nursery, because babies who are born prematurely, are more prone to need CPR in their future, we give them the CPR Teddy, give them the class and they have the steps to teach others."

Tab - "Do you find when people are learning CPR or even thinking about learning CPR that there's a bit of fear that they may actually have to use the skills they learn?"

Vicky - "Yes. Yes. Statistics show that people who take the classes and learn it someday will use it."

Tab - "Yeah. How does one overcome that fear? I'm presuming it's a natural fear and reaction."

Vicky - "I don't think you overcome it. I don't think you overcome it. I have been doing CPR classes for years and the first time I ever saw CPR being performed I had that same fear."

Tab - "Yeah. But I imagine too that would be better than not having the knowledge and the power to do anything and just standing by."

Vicky - "Correct. Changing the numbers to 30 and two for everybody makes it a little easier if you have to remember it's not different for everybody."

Tab - "You know, one of the things I think that's important for people to realize and know is that as a community we should have and take the responsibility for our own health particularly in the knowledge of things like First Aid and CPR. Many of the rescue squads that service the area, I know because I'm involved in the Bedford County one, one of the ones in Bedford County or volunteer rescue squads made up of men and women who have to travel from work, travel from home; response times can be 10, 15, 20 and maybe in some of the real rural areas up to a 30 minute response time. If you've got a CPR patient, that's not going to work."

Vicky - "That's not going to work and some people get exhausted doing CPR but if at least one family member knows CPR it gives you the best chance for survival."

Tab - "I imagine your goal and your advice would be that one or two members of every family, in fact, I guess your advice ultimately would be everybody..."

Vicky - "Everybody. Everybody."

Tab - "...know CPR."

Vicky - "That's correct."

Tab - "You know, it's not hard. Why don't we?"

Vicky - "Right. Right. I don't know. I can't answer that. It's the fear I think. I really think it's the fear because it's a one night class and for infants we do it in an hour so it's not that much time."

Tab - "Thank you so much for coming back in and sharing that. We greatly appreciate it."

Vicky - "All right. Thank you."

Vicky Brunet, of course, with Centra Health and here's some information. You can contact Centra Health and find out about the CPR Teddy and CPR program, (434) 947-4537. And of course there is a lot more information available for you by visiting Centra Health's website. [Click here to go there.](#)

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