

Exploring the Practice of Cardio-Pulmonary Resuscitation (CPR) in Lebanon

One-Day workshop discussing practices, challenges, and latest updates at AUBMC

(May 30, 2016) Beirut, Lebanon – The Continuing Medical Education Office (CME), the CHAMPS Fund at the American University of Beirut Medical Center (AUBMC), and the Vascular Medicine Program (VMP) in joint collaboration with the Center for Research and Academic Collaboration at the Law School, Lebanese University organized a one-day conference where the latest updates in Cardio-Pulmonary Resuscitation (CPR) were presented. With a primary focus on the challenges of implementing current CPR Guidelines in Lebanon, the conference detailed previous work and conveyed the importance of making international CPR guidelines more culturally sensitive in the Middle East while adhering to the corresponding legal requirements.

Held on May 28, 2016 at Bathish Auditorium, West Hall, AUB, the event was attended by dignitaries, physicians, nurses, public health and medical professionals, lawyers, judges, paramedics, in addition to representatives from insurance companies. Religious figures from the different Lebanese sects were also in attendance. They included the Excellent Jaafarite Mufti Sheikh Ahmad Kaban, Sheikh Sami Abdel Khalek representing his Eminence Sheikh Akl of the Druze Community the Sheikh Naim Hassan, Sheikh Dr. Mohamad Anis Al Arwadi representing the Grand Mufti Abdel Latif Derian, and a representative of the Christian Orthodox Church.

In his opening speech, Dr. Hussain Isma'eel, Assistant Professor of Medicine, and Co-Director of the Vascular Medicine Program Division of Cardiology at the Faculty of Medicine at AUBMC, identified the obstacles facing the CPR practice and introduced the day's program. He shed light on the importance of combining experiences as "Saving a life is worth the efforts of many, and that is why we need effective CPR guidelines." Dr. Isma'eel added, "While the performance of CPR in USA is guided by laws and medical guidelines, in Lebanon we lack the needed laws and the culturally acceptable medical guidelines. Furthermore, local data is showing that some CPR practices are unnecessary and when performed, they prove harmful to the patients and their families."

In her session, Dr. Mona Osman, Instructor of Clinical Specialty, Department of Family Medicine at AUBMC and Founder of the Champs Fund focused on the importance of CPR and Automated External Defibrillators (AED) in increasing the chances of survival of young athletes in sudden cardiac arrest when used within the first few minutes after the athlete collapses. She discussed the activities of the Fund namely the free cardiac screening and training programs for coaches and physical education teachers on CPR and AED, highlighting the faced challenges resulting mainly from absence of governing laws.

Several speakers put forward different topics that highlighted the current CPR practices, the challenges and barriers that face the implementation of effective CPR guidelines, and recommended future actions. Dr. Mazen el Sayed, Associate Professor of Clinical Emergency Medicine and Director of Clinical Operations at AUBMC covered the topic of improving survival from cardiac arrest when it occurs outside healthcare facilities. Dr. Samar Nouredine, Professor, MSN Adult Care Gerontology Track coordinator, and Assistant Director for Academic Affairs at Hariri School of Nursing at AUB, discussed

the practice of CPR performed by Lebanese physicians and factors that influence resuscitation of out of hospital cardiac arrest victims while Dr. Dina Al Mawla, Professor of Law at Filiere Francophone and Lebanese University and President of Research and Academic Center in Lebanese University-Law School, highlighted the legal infrastructure behind CPR guidelines and the contradictory laws. Dr. Bernard Abi Saleh, Assistant Professor of Medicine Division of Cardiology at the Faculty of Medicine at AUBMC, shared with the audience a brief background on global moves towards CPR, the bystander effect, AED and the importance of ECG screening. Dr. Ahmad Husari, Assistant Professor, Internal Medicine at AUBMC and Dr. Hussein Ismail presented four different clinical scenarios that address controversial issues related to the CPR practice, where the views of religious figures and legal representatives were sought.

Sudden cardiac arrest, or loss of mechanical activity of the heart, can be caused by a heart attack. According to the American Heart Association, recent studies have shown that only about 10 percent of people who suffer cardiac arrest outside the hospital survive. In Lebanon, this drops to only 5.5% with only 2% leaving the hospital with good neurologic situation. But effective treatment by CPR can greatly increase a victim's chance of survival.

CPR conference highlights AUBMC's leading role and commitment to its 2020 Vision in exploring and discovering the most advanced healthcare offerings that are lifesaving to the community served in Lebanon and the region. AUBMC remains dedicated to the passionate pursuit of improving the health of the community in Lebanon and the region through the delivery of exceptional and comprehensive quality care to its patients.

End

About AUBMC

Since 1902, AUBMC has been providing the highest standards of care to patients across Lebanon and the region. It is also the teaching hospital for the Faculty of Medicine at AUB (established in 1867), which has trained generations of medical students and physicians, and whose graduates can be found at leading institutions around the world. AUBMC is the only medical institution in the Middle East to have earned the four international accreditations of JCI, Magnet, CAP, and ACGME-I attesting to its superior standards in patient-centered care, nursing, pathology/laboratory services and graduate medical education.

The Faculty of Medicine has graduated over 4,000 medical students and physicians; the Rafic Hariri School of Nursing provides excellent education for the nursing staff, and the Medical Center meets the healthcare needs of over 360,000 patient visits annually.

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