



The lack of CPR teaching in Mexico

La falta de enseñanza de RCP en México

Jorge Álvarez de la Cadena-Sillas*

Cardiovascular diseases are the leading cause of death in the world. Among them, the presence of sudden cardiac death (SCD) stands out.¹ The prompt activation of the emergency medical service (EMS), the early initiation of CPR by witnesses, and the use of the AED improve the prognosis of survival and complications of the victim.² In this context, international CPR recommendations increasingly insist on teaching these maneuvers to first responders and witnesses, especially in the context of out-of-hospital cardiac arrest (OHCA),³ which is where witnesses are the ones who can initiate the rescue maneuver's attention to victims.⁴ In Mexico, there is no free CPR training program for the open population either at the government level or by Non-governmental Organizations (NGOs). There are only separate efforts, and most of them are not free and are taught mainly to people who request them and at some cost. Furthermore, we think that the fact that SCDs are mostly produced as OHCA and the evidence that the performance of early detection by witnesses leads to greater survival. It should be the reason for providing education that reaches the majority of the population,⁵ as I said before, for free. In this sense, we think that the recommendations made by ANCAM in its initial program to save a life with just your hands should be a turning point to extend CPR education to the Mexican population by an NGO, but taking advantage above all of the learning capacity of the school population⁶ this should also be a government program at the national level in primary schools. Multiple studies show that teaching CPR and CPR

maneuvers in schoolchildren is accompanied by a⁷⁻⁹ reduction in morbidity and mortality in patients with OHCA. We think that this type of writing should raise awareness among political authorities to consider the importance of teaching this type of maneuver in training not only at the level of the school population but also at the secondary level where it is shown that the population is more receptive and potentially suitable for the application of CPR maneuvers and make it mandatory in high-risk populations such as those seeking to obtain a driving license, and places with a high concentration of people such as airports, stadiums, shopping centers, airports, gyms, sports centers, etc. Finally, the idea is to reduce a real health problem that causes great deterioration in the health of Mexicans, their families, and their workplaces, and that also translates into economic problems for the country since most of the victims are people of productive age.

Let us help raise awareness in the general population and especially in our governments and make it easier for the teaching of CPR to reach the majority of Mexicans finally.

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* Cardiólogo,
práctica privada San
Miguel de Allende
y del Instituto de
Corazón de Querétaro
Querétaro, México.

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Correspondence:

Jorge Álvarez de la Cadena-Sillas

E-mail: jalvarezdelacadena@gmail.com