

## Heart and Stroke Foundation of Canada

### POSITION STATEMENT ON COUGH CPR

Performing Cough CPR has been suggested for the victim in cardiac arrest- to cough forcefully just prior to losing consciousness. Theoretically, cough CPR may be effective because coughing increases intra-thoracic pressure and generates blood flow to the brain to maintain consciousness. However these conditions are only present during the first 10 - 15 seconds of a cardiac arrest and assume that the victim knows that he/she is in the process of having a cardiac arrest.

Recommendations:

1. Cough CPR is limited to clinical situations when the person's cardiac rhythm is monitored and the impending arrest is recognized by a health care professional before the person becomes unresponsive.
2. The HSFC does not teach cough CPR.
3. The best strategy is to recognize the warning signals of a heart attack and react by calling 911 or the local emergency number.



Approved by Board of Directors, October 2001

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