



ACHUB BYWYD CYMRU | SAVE A LIFE CYMRU

**Cyflwyniad i Gartrefi Cymunedol Cymru
Presentation to Community Housing Cymru**

24/11/2021

Save a Life Cymru

Established in 2018 by Welsh Government to:

- increase the number of people who survive an out of hospital cardiac arrest (OHCA)

Currently:

- over 6000 annually in Wales
- less than 5% survive
- ~80% happen in the home
- Survival rate Eng 10%, Scot 9%

Achub Bywyd Cymru

Sefydlwyd yn 2018 gan Lywodraeth Cymru i:

- gynyddu nifer y bobl sy'n goroesi ataliad y galon y tu allan i'r ysbyty (OHCA)

Ar hyn o bryd:

- dros 6000 y flwyddyn yng Nghymru
- llai na 5% yn goroesi
- ~80% yn digwydd yn y cartref
- Cyfradd oroesi Lloegr 10%, Alban 9%

Chain of Survival

No other medical situation relies on the community intervening.

The intervention of family, friends, neighbours, colleagues and even strangers is crucial within the first 3-4 minutes following a collapse.

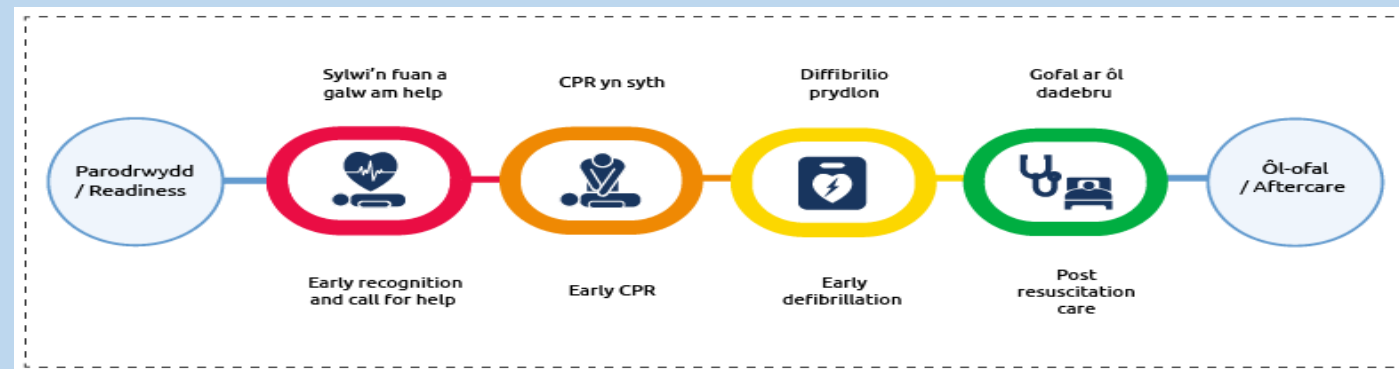
The chain of survival is the series of actions, than can reduce mortality following an OHCA.

Y Gadwyn Oroesi

Nid oes unrhyw sefyllfa feddygol arall sydd mor ddibynnol ar ymyrraeth y gymuned.

Yn dilyn cwmp mae ymyrraeth teulu, ffrindiau, cymdogion, cydweithwyr a hyd yn oed diethriaid o fewn y 3-4 munud cyntaf yn hanfodol.

Y gadwyn oroesi yw'r gyfres o gamau a all leihau marwolaethau yn dilyn OHCA.



Every second counts

Mae pob eiliad yn bwysig

For **every minute without** intervention (**CPR** and **defibrillation**), a patient's chances of **surviving a cardiac arrest is decreased by 10%**.

Am **bob munud** heb ymyrraeth (**CPR** a **diffibrillio**), mae siawns claf o **oroesi ataliad y galon yn gostwng 10%**.

Save a Life Cymru objective:

**To increase survival rate towards 25%
by 2025:**

- by encouraging the population to undertake or refresh their CPR & defibrillation training
- through investing in a behaviour change campaign to increase the confidence of the population to 'have a go' at CPR and defibrillation
- by better understanding of the importance of defibrillators in the community
- by working in collaboration with partners and stakeholders

Amcan Achub Bywyd Cymru:

**I gynyddu'r gyfradd oroesi tuag at 25%
erbyn 2025:**

- drwy annog y boblogaeth i ymgymryd neu adfywio eu hyfforddiant CPR a diffibrilio
- trwy fuddsoddi mewn ymgyrch newid ymddygiad i gynyddu hyder y boblogaeth i 'roi cynnig' ar CPR a diffibrilio
- trwy wella dealltwriaeth o bwysigrwydd diffibrilwyr yn y gymuned
- drwy gydweithio â phartneriaid a rhanddeiliaid.

Free defibrillators

Many defibrillators in Wales:

- not accessible to public/community 24/7
- not registered on [The Circuit](#) (the National Defibrillator Network)
- never get used because emergency services don't know where they are located
- not ready for an emergency

Di-ffibiau am ddim

Mae llawer o ddiffibrilwyr Cymru:

- ddim ar gael i'r cyhoedd/gymuned 24/7
- heb eu cofrestru ar [The Circuit](#) (y Rhwydwaith Diffibriliwr Cenedlaethol)
- byth yn cael eu defnyddio am nad yw'r gwasanaethau brys yn gwybod ble maent wedi'u lleoli
- ddim yn barod ar gyfer argyfwng

Application form

Agree to the following:

- identify the best place to site a defibrillator (the 500m suggestion)
- have a heated defibrillator cabinet installed on an external wall accessible 24/7
- electricity supply to prevent the battery and pads from deteriorating
- ensure the defibrillator will be available for public use 24/7
- register the defibrillator on The Circuit
- appoint a defibrillator guardian for regular maintenance
- have a backup guardian to cover absence
- ensure awareness sessions for individuals involved in the organisation/group on CPR/defibrillation skills
- www.gov.wales/save-a-life-cymru

Ffurflen gais

Cytuno i'r isod:

- nodi y lle gorau i leoli'r diffibriliwr (awgrym 500m)
- Sicrhau cabinet wedi'i wresogi ar wal allanol ar gael 24/7
- sicrhau cyflenwad trydan i atal y batri a'r padiau rhag dirywio
- sicrhau y bydd y diffibriliwr ar gael at ddefnydd y cyhoedd 24/7
- cofrestru'r diffibriliwr ar y 'Circuit'
- penodi gwarcheidwad i gynnal a chadw
- cael gwarcheidwad wrth gefn
- sicrhau cynnal sesiynau CPR/diffibriliwr ar gyfer unigolion sy'n ymwneud â'r sefydliad/grŵp
- www.llyw.cymru/achub-bywyd-cymru