

Michigan Society of Anesthesiologists Promotes Life-Saving Guidelines during National Safety Month

Anesthesiologists urge Michiganders to learn emergency-response updates that can save lives before first responders arrive

LANSING, Mich. – During National Safety Month, the **Michigan Society of Anesthesiologists** (MSA) is encouraging the public to learn updated emergency response guidance for situations during which immediate action can save lives before first responders arrive.

Each year in the United States, hundreds of thousands of people experience life-threatening emergencies such as cardiac arrest, choking and opioid overdoses. MSA is reminding the public to prioritize health and safety while being prepared for emergencies, especially new updates to guidelines issued by the **American Heart Association** (AHA).

“National Safety Month is a great reminder to prioritize our health and safety as well as those around us by learning how to respond in emergency situations,” said **Dr. Matt Dellaquila**, president of MSA. “As anesthesiologists, we are trained in critical care and emergency response, so we know firsthand how quick action in emergencies can save lives.”

Anesthesiologists are airway and resuscitation experts, training in intensive care units and operating rooms as licensed physicians. However, emergencies can happen anywhere, away from hospitals and medical facilities. In critical moments, minutes or even seconds can impact survival outcomes.

[Updated guidelines for cardiopulmonary resuscitation](#) (CPR) recently issued by the AHA address choking response and opioid-related emergencies after an extensive review of the latest science. The guidelines had not previously included guidelines for adults, and the new updates include changes to earlier guidance for children who are choking. The AHA recommends:

- Five back blows followed by five abdominal thrusts for conscious children and adults, until the foreign object is expelled or the person becomes unresponsive
- Alternating between five back blows and five chest thrusts using the heel of one hand for infants until the foreign object is expelled or the infant becomes unresponsive

AHA also provided instruction on when to use naloxone, a medication used to reverse or reduce the effects of opioids. MSA joins the AHA in urging people to recognize the signs of an opioid overdose, including:

- Slow, shallow or no breathing
- Choking or gurgling sounds
- Drowsiness or loss of consciousness
- Small, constricted pupils
- Blue or grey coloring of the skin, lips or nail beds

MSA encourages Michiganders to take a CPR certification course through local hospitals, the Red Cross or AHA to empower them to help others and act quickly in emergency situations.

National Safety Month is an annual observance in the United States and was established by the [National Safety Council](#) in 1996.