



Citizen CPR Foundation HEARTSafe Community Resources and Implementation Guide

These resources are provided to aid in meeting HEARTSafe Community criteria. It includes research, eBooks and videos which you may find useful on your journey towards creating a community that is heart safe.

Generally useful

- **10 Steps for Improving Survival from Cardiac Arrest.** 10 Steps for Improving Survival from Cardiac Arrest is designed to serve as a guide that lays out 10 steps that will lead to an increase in cardiac arrest survival in your community. http://www.resuscitationacademy.org/downloads/ebook/TenStepsforImprovingSurvivalFromSuddenCardiacArrest-RA-eBook-PDFFinal-v1_2.pdf
- **Challenging Sudden Death.** Challenging Sudden Death shows how to ensure that it does, providing tips on community mobilization, funding, legal issues, defibrillator training, true stories about lives saved and more.
- Measure to Improve
- The Resuscitation Academy Cardiac Arrest System Assessment uncovers and prioritizes the most impactful opportunities to improve survival.
- Survival from Out-of-Hospital Cardiac Arrest (OHCA) may be improved when best practices are implemented.
- The Cardiac Arrest System Assessment offers tools and services that help communities prioritize Chain of Survival improvement efforts. <https://rqipartners.com/casa/>

Criteria

1. A lead organization (e.g., police, fire, EMS provider, hospital or municipal office) is designated to oversee and coordinate the HEARTSafe efforts.
 - Improving cardiac arrest is a team effort. Your HEARTSafe committee should ideally be led by an EMS director and supported by a medical director. Here is some general guidance on strategies for effective committees. <https://www.tripbuildermedia.com/2017/05/committees-top-five-principles-committee-effectiveness/>
2. The community has a plan for the collection and analysis of cardiac arrest data. Enrollment in CARES is recommended - access to CARES data for your city/town or locally developed and compatible methods are acceptable.
 - CARES helps communities measure performance and identify how to improve cardiac arrest survival rates. By joining CARES, communities gain more than just access to information that will help them improve performance and save lives. <https://mycares.net/>
 - An ongoing registry of cardiac arrest is a major tool to improve survival. The Resuscitation Academy has created an Access template that can be customized to your agency. The variables meet Utstein criteria and map directly to the Cardiac Arrest Registry to Enhance Survival (CARES).
 - Contact info@resuscitationacademy.org for a copy of the CATS database to be emailed to you free of charge.
 - Scandinavian Journal of Trauma, Resuscitation and Emergency Medicine - The importance of cardiac arrest registries. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4123185/>
 - 10 Steps for Improving Survival from Cardiac Arrest is designed to serve as a guide that lays out 10 steps that will lead to an increase in cardiac arrest survival in your community. http://www.resuscitationacademy.org/downloads/ebook/10_steps_2018.pdf
3. A minimum of 15% of the community population has been trained in the last 12 months and plans exist to train an additional 15% each year. All forms of training are acceptable including hands-only CPR, certification training at any level and views of approved ultra-brief instructional videos.
 - Hands-Only CPR information from the American Heart Association https://cpr.heart.org/AHA/ECC/CPRECC/Programs/HandsOnlyCPR/UCM_475604_Learn-More-about-How-to-Save-a-Life-with-Hands-Only-CPR.jsp
 - AHA Mass CPR Guide (coming soon)
 - ARC Mass CPR Guide. <https://www.slideshare.net/Hiltz/arclaerdal-mass-cpr-guide>
 - Importance and Implementation of Training in Cardiopulmonary Resuscitation and Automated External Defibrillation in Schools, A Science Advisory From the American Heart Association. <https://www.ahajournals.org/doi/10.1161/CIR.0b013e31820b5328>



- Approved ultra brief videos:
 - ARC <https://www.youtube.com/watch?v=-Yqk5cHXsko>
 - AHA https://www.youtube.com/watch?v=O_49wMpdews
 - Played in movie theaters. <https://dcri.org/new-race-cars-hands-cpr-video-will-coming-movie-theater-near/>
 - Build your own CPR kiosk. <https://www.ems1.com/ems-products/cpr-resuscitation/articles/2174038-AEMT-builds-a-hands-only-CPR-kiosk/>
4. Laypersons who perform CPR in an effort to save a life are formally recognized for their efforts where possible and appropriate.
- In addition to forms of recognition provided by local authorities, several organizations offer acknowledgment.
 - Heartsaver Hero (AHA): <https://volunteer.heart.org/apps/forms/Pages/Heartsaver-Hero.aspx>
 - Lifesaving Award (ARC): <https://www.redcross.org/take-a-class/lifesaving>
 - Example stories from the SCAF: <https://www.sca-aware.org/the-nominees>
 - Lay Bystanders' Perspectives on What Facilitates Cardiopulmonary Resuscitation and Use of Automated External Defibrillators in Real Cardiac Arrests <https://www.ahajournals.org/doi/pdf/10.1161/JAHA.116.004572>
5. The community has developed and implemented strategies to increase public awareness of sudden cardiac arrest and encourage bystander intervention. Examples include public demonstrations with hands-on practice, improving access to certification courses, utilization of social media and ultra-brief instructional videos, billboards, newspaper articles and other innovations.
6. Telephone CPR (T-CPR) Program
- A. The emergency communications center(s) have committed to providing effective T-CPR in accordance with the American Heart Association Telephone CPR Program Recommendations and Performance Measures or the equivalent.
- B. Community leaders will engage with local and state agencies, including their local American Heart Association advocacy team, to get TCPR legislation on the priority list and support efforts to get it passed into state statute.
- Telephone CPR (T-CPR) Program Recommendations and Performance Measures (AHA) https://cpr.heart.org/AHA/ECC/CPRA/ECC/ResuscitationScience/TelephoneCPR/RecommendationsPerformanceMeasures/UCM_477526_Telephone-CPR-T-CPR-Program-Recommendations-and-Performance-Measures.jsp
 - Be an advocate (AHA). https://www.youarethecure.org/about_us
 - CPR LifeLinks is a national initiative to help EMS and 911 save more lives through the implementation of high-performance and telecommunicator CPR programs. Numerous resources, including a how-to guide for agencies, have been developed to improve cardiac arrest survival rates. <https://www.ems.gov/projects/cpr-lifelinks.html>
 - Telephone CPR Can Optimize Bystander Action in Out-of-Hospital Cardiac Arrest; The 911 telecommunicator's role in increasing OHCA survival rates: <https://www.iems.com/articles/supplements/special-topics/five-years-10-000-saves-just-getting-started/telephone-cpr-can-optimize-bystander-action-in-out-of-hospital-cardiac-arrest.html>
 - Guide was prepared by faculty of the Resuscitation Academy. <http://www.resuscitationacademy.org/downloads/DACPRToolkit1010.pdf>
 - Resource links from the Citizen CPR Foundation. <https://citizencpr.org/lifesaving-strategies/dispatch-cpr/>
7. Schools and municipal buildings have effective emergency response plans for cardiac arrest.
- Medical Emergency Response Plans-Schools (MERPS). https://cpr.heart.org/idc/groups/heart-public/@wcm/@ecc/documents/downloadable/ucm_487599.pdf
 - MERPS PowerPoint. <https://www.slideshare.net/Hiltz/medical-emergency-response-planning-schools>
 - MERPS resources. https://cpr.heart.org/AHA/ECC/CPRA/ECC/Programs/CPRI/Schools/UCM_477994_Cardiac-Emergency-Response-Plan.jsp
8. Permanent placement of AEDs in public or private locations where many people congregate or may be at higher risk for cardiac arrest such as shopping malls, supermarkets, theaters, health clubs, parks, recreational centers, transportation centers and other appropriate venues.
- AEDs placed at athletic fields, parks, beaches and public gathering spots should be accessible on a 24/7 basis whenever possible.
 - The Automated External Defibrillator-Key Link in the Chain of Survival https://www.ahajournals.org/doi/10.1161/circ.102.suppl_1.1-60



- When Time Is Not On Your Side (Webinar). <https://www.ehstoday.com/webinars/webinar-when-time-not-your-side-best-practices-cpr-and-defibrillation>
 - Placing AEDs-Where and How Many? http://www.quickmedical.com/downloads/pdf/zoll/placing_aeds.pdf
 - Automated external defibrillator accessibility is crucial for bystander defibrillation and survival: A registry-based study. [https://www.resuscitationjournal.com/article/S0300-9572\(18\)30987-0/fulltext](https://www.resuscitationjournal.com/article/S0300-9572(18)30987-0/fulltext)
 - AED Implementation Guide from the AHA. https://cpr.heart.org/idc/groups/heart-public/@wcm/@ecc/documents/downloadable/ucm_480036.pdf
9. Community has established or participates in an AED registry. AED locations are mapped and integrated with your 911 system and/or local Public Safety Answering Point (PSAP).
- Localized example using Google Maps. <http://heartsafewesterly.org/map.php> and http://www.westerlyambulance.org/apps/public/news/newsView.cfm?News_ID=52
 - Good explanation for having AEDs in public locations www.strykeremergency.com/globalassets/assets/clinical-information/aed/its_about_time_when_sca_strikes.pdf
10. First Responder agencies (law enforcement/fire department) are defibrillation capable, with appropriate training, device maintenance plan, dispatch policies, event debriefing, and medical direction.
- Death from Cardiac Arrest is a Real Crime! Can Law Enforcement Reduce Time to CPR and First Shock? PowerPoint. <https://www.slideshare.net/Hiltz/death-from-cardiac-arrest-is-a-real-crime-can-law-enforcement-reduce-time-to-cpr-and-first-shock>
 - Death from Sudden Cardiac Arrest is a Preventable Crime! What is the Role of Law Enforcement in Saving Lives? Article. <https://www.slideshare.net/Hiltz/lead-49429122>
11. The local Emergency Medical Services (EMS) provider practices “high-performance” CPR and has supportive protocols, technology and equipment for resuscitation and effective post-resuscitation care.
- High performance CPR resources from the Resuscitation Academy. <http://www.resuscitationacademy.org/high-performance-cpr/>
12. Local EMS provider agency has a QI process for cardiac arrest data review, facilitated debriefing, access to patient outcome data and active medical direction and provides appropriate feedback for improvements to community preparedness and response.
- Four Ways EMS Can Achieve Higher Cardiac Arrest Survival Rates-JEMS article. <https://www.jems.com/articles/print/volume-41/issue-2/features/four-ways-ems-can-achieve-higher-cardiac-arrest-survival-rates.html>
13. The community has established secondary public health measures supporting cardiovascular wellness, such as education, prevention, and systems of care for stroke and myocardial infarction.
- Worksite Wellness Programs for Cardiovascular Disease Prevention. <https://www.ahajournals.org/doi/full/10.1161/CIRCULATIONAHA.109.192653>
 - Early Heart Attack Care®, or EHAC®, is a public awareness campaign intended to educate the public about the signs of an impending heart attack and that these signs and symptoms can occur days or weeks before the actual event. These early symptoms need to be recognized and treated to avoid the damage caused by a full-blown heart attack. <https://deputyheartattack.acc.org/>
 - Mission Lifeline. <https://www.heart.org/en/professional/quality-improvement/mission-lifeline>
 - Cooking and nutrition programs. (example TBD)
 - Walk at work. (example TBD)
 - Cholesterol and glucose screenings. (example TBD)
 - Stroke awareness programs. <https://www.stroke.org/stroke-resources/raise-awareness-of-stroke/>
 - <http://www.nationalacademies.org/hmd/Reports/2015/Strategies-to-Improve-Cardiac-Arrest-Survival.aspx>