

Do You live in a **HeartSafe** COMMUNITY?

If someone in your community suffers a sudden **cardiac arrest** tomorrow, how likely is he or she to survive due to rapid access to life-saving treatment?

How many residents and public safety officials in your community can **recognize the symptoms** of cardiac arrest and know how to get help "on the way, right away"?

Who knows **cardiopulmonary resuscitation** (CPR) in your community and is prepared to administer it when necessary?

Where are **automated external defibrillators** (AEDs) located, and who has been trained to use them appropriately?

The answers to these questions could determine whether or not your community qualifies as a **Kentucky HeartSafe COMMUNITY!**



KENTUCKY **HeartSafe** COMMUNITY

The Kentucky Department for Public Health, through its Heart Disease and Stroke Prevention Program, the Kentucky Board of Emergency Medical Services, and in collaboration with the American Heart Association, aim to help Kentucky's communities improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival.

WHY BECOME A **HeartSafe** COMMUNITY?

Cardiovascular disease is the leading cause of death in the nation and in Kentucky. Approximately 4,600 Kentucky residents die each year due to cardiac arrest which occur out of the hospital, away from advanced medical assistance and usually happen in the presence of a family member or friend.

Would you know what to do if it happened to one of your family or friends?

The **HeartSafe** COMMUNITY program focuses on strengthening each link in the cardiac 'Chain of Survival'. By taking action you can help save a life in your community.

QUALIFYING AS A **HeartSafe** COMMUNITY

The number of Heartbeats required to become a **HeartSafe** COMMUNITY depends on the size of your community. The larger the community, the greater the need, and therefore the greater the number of Heartbeats that are required. Heartbeats are allocated for a variety of activities to strengthen the cardiac 'Chain of Survival'. To become a **HeartSafe** COMMUNITY you must review the following criteria, complete the enclosed application, and mail or fax the application to the Kentucky Department for Public Health. The recognition is valid for a period of three years and is renewable through the application process.

DETERMINING YOUR STATUS

Communities up to 5,000

If your community population is 5,000 or less, 70 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of forty Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of two training programs and two AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of designated first responders, AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 5,001 to 15,000

If your community population is between 5,001 and 15,000, 130 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of hundred Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of five training programs and five AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 15,001 to 30,000

If your community population is between 15,001 and 30,000, 190 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of 160 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of eight training programs and eight AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 30,001 to 50,000

If your community population is between 30,001 and 50,000, 270 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of 240 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of twelve training programs and twelve AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 50,001 to 100,000

If your community population is between 50,001 and 100,000, 370 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of 340 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of seventeen training programs and seventeen AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 100,001 to 150,000

If your community population is between 100,001 and 150,000, 470 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of 440 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of twenty-two training programs and twenty-two AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 150,001 to 300,000

If your community population is between 150,001 and 300,000, 570 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of 540 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of twenty-seven training programs and twenty-seven AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

Communities of 300,001 and higher

If your community population is between 300,001 and higher, 630 Heartbeats are required to become a designated **HeartSafe** COMMUNITY. A minimum of 600 Heartbeats is required for CPR or CPR/AED training and placement of AEDs in the community. These requirements include a minimum of thirty training programs and thirty AED sites in public locations. In addition, a minimum of 30 Heartbeats from the required criteria of AED equipped first responder vehicles, advanced life

support personnel availability and an ongoing process to evaluate and improve the 'Chain of Survival' is required.

HEARTBEATS REQUIREMENTS

CPR, CPR/AED Training: The minimum number of programs is based upon community population. 10 Heartbeats are awarded for each training program with a minimum of five participants in each program.

Placement of AEDs: Permanent placements in public or private areas where many people are likely to congregate or be at higher risk such as shopping malls, supermarkets, theaters, health clubs, schools, libraries, town pools or beaches, town halls, sports complexes, convention sites, long-term care facilities, train and bus stations, and senior centers. 10 Heartbeats are awarded for each location. The AED Heartbeat total is dependent upon the community population.

Designated First Responders: Each community must have designated first responders with AED equipped vehicles and currently certified CPR/AED trained personnel. 10 Heartbeats.

Advanced Life Support: Each community must have advanced life support (ALS) personnel (Advanced EMTs or EMT-Paramedics) that will be dispatched to high priority medical emergencies as per guidance of their medical director. 10 Heartbeats.

Evaluation Process: The community must have an ongoing process to evaluate and improve the 'Chain of Survival'. This involves describing the process by which the community will continue to recruit and train people for CPR and CPR/AED, monitor and maintain AEDs, and possibly expand the availability of training and AED locations.

Special Acknowledgement:

Communities with smoke free ordinances earn an additional 10 Heartbeats.

Communities with ALS response vehicles that provide 12-lead EKG machines earn an additional 10 Heartbeats.

VITAL LINKS IN THE 'CHAIN OF SURVIVAL'

Early Access to Emergency Care

- Bystanders recognize the symptoms of cardiac arrest and call 9-1-1 immediately.
- EMS dispatchers are equipped with instructions for the caller and can get an Advanced Life Support response vehicle to the scene quickly.

Early CPR

- CPR is a simple, easily learned emergency procedure used when someone's breathing and heartbeat stop suddenly.
- When properly administered, CPR buys precious minutes until a defibrillator is available.
- CPR provides rescue breathing and chest compressions to the victim and is most effective when it is started immediately after the victim's collapse.
- In many cases CPR alone will not resuscitate the patient, however, it will help to keep the victim's brain and heart supplied with blood and oxygen until medical help arrives.

- Public knowledge and awareness must be increased so that those trained in CPR will actually use it when it is needed.

Early Defibrillation

- Defibrillation is the delivery of electric shock to restore the heart's normal rhythm.
- Early defibrillation is a critical link in the 'chain of survival'.
- New AEDs are light-weight, sturdy, and easy to use by anyone who has been trained.
- AEDs should only be used by individuals certified by defibrillation training programs that have medical oversight.

Early Advanced Care

- Advanced care is delivered by a response vehicle staffed by advanced life support personnel.
- Medications and oxygen therapy delivered by advanced life support personnel can be critical to the survival of cardiac arrest victims.

CLASSIC HEART ATTACK WARNING SIGNS

- **Chest discomfort.** Uncomfortable pressure, squeezing, fullness or pain in the center of the chest that lasts more than a few minutes or goes away and comes back.
- **Discomfort in other areas of the upper body.** Pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- **Shortness of breath** along with or before, chest discomfort.
- **Other signs** such as breaking out in a cold sweat, nausea or lightheadedness.

PROGRAM SPOTLIGHTS

The **HeartSafe** COMMUNITY program is intended to encourage all communities to strengthen every link in the cardiac 'Chain of Survival' in their community. Heartbeats are earned for CPR training, AED availability, and pre-hospital advanced life support.

Communities must apply through the Department for Public Health, Heart Disease and Stroke Prevention Program, by filling out the appropriate Heartbeat Application. Community is defined as one of the officially designated 120 counties in Kentucky. The application is available through the department website

<http://chfs.ky.gov/dph/info/dpqi/cd/cardiovascular.htm>

or by calling the Heart Disease and Stroke Prevention Program at
502-564-7996.

Communities receiving recognition will be entitled to two road signs (12" x 18") promoting your community as a **HeartSafe** COMMUNITY, a Governor's congratulatory letter and a press release.

The recognition is valid for a period of three years.

HeartSafe



COMMUNITY