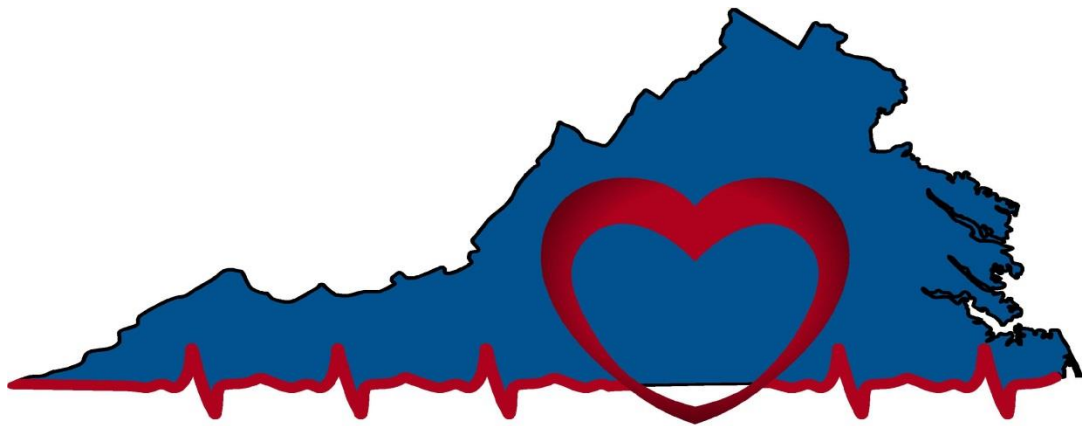


RAPPAHANNOCK EMS COUNCIL

# *Virginia HEARTSafe Community*

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***A HEARTSafe Community***

Application Packet



## DO YOU LIVE IN A Virginia *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?
- All cities and towns in Virginia have 9-1-1 as their emergency number. Some have enhanced 9-1-1. Can emergency operators in your local public safety dispatch provide instructions on how to handle an emergency before police, fire, or EMS arrives?
- Most cardiac arrests occur outside a hospital. 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 CPR in your community and are they prepared to administer it when necessary?
- Law Enforcement Officers are proven lifesavers when trained and equipped with automated external defibrillators. Does your community’s law enforcement department respond to medical emergencies? Are they trained and equipped with automated external defibrillators?
- Do your community’s municipal buildings and schools have effective medical emergency response plans? Where are automated external defibrillators (AEDs) located, and have staff been trained to use them appropriately?
- Early treatment of heart attack improves outcomes. Does your EMS service have 12-lead EKG capability and are they trained in Advanced Cardiac Life Support?

The answers to these questions could determine whether or not your community qualifies as a Virginia *HEARTSafe* Community.

The Rappahannock Emergency Medical Services Counsel (REMSC) and the American Heart Association aim to help the communities in Virginia improve their cardiovascular health and increase the chances that anyone suffering a cardiovascular emergency will have the best possible chance for survival.

Through the Virginia *HEARTSafe* Community program, Virginia communities can implement programs to:

- Strengthen what the American Heart Association has called the “Chain of Survival”
- Improve cardiovascular health
- Improve chances of survival from Sudden Cardiac Arrest & Stroke

## Chain of Survival – Critical Steps to Take in the Event of Sudden Cardiac Arrest:

### a) 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 Basic and Advanced Life Support response vehicles to the scene quickly.

### b) Early CPR

- CPR, when properly administered, buys precious minutes until a defibrillator is available.
- Public knowledge and awareness must be increased so that those trained in CPR will actually perform CPR when it is needed.

### c) Early Defibrillation

- Defibrillation is the delivery of electric shock to restore the heart's normal rhythm.
- Early defibrillation is considered to be the one of the most critical links in the Chain of Survival.
- Automated External Defibrillators (AEDs) are lightweight, sturdy, and easy to use and should be deployed so that a shock can be delivered within 3-5 minutes.

### d) Early Advanced Care

- An advanced Life Support response vehicle staffed with qualified EMS professionals delivers advanced care in a timely manner.
- Additional therapies delivered by these personnel can be critical to the survival of cardiac patients.



# Virginia HEARTSafe Community

## Designation

### Letter of Intent

It is the intention of the city/town/community of \_\_\_\_\_ to obtain designation as a Virginia *HEARTSafe* Community.

We have chosen \_\_\_\_\_ as the lead organization to oversee our Virginia *HEARTSafe* effort, earning our first 100 heartbeats towards our Virginia *HEARTSafe* Community designation.

The coordinator/contact for our Virginia *HEARTSafe* Community program will be:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Contact Number: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Our goal is an on-going Virginia *HEARTSafe* Community campaign resulting in awareness of the signs and symptoms of a cardiovascular emergency (heart attack, stroke or sudden cardiac arrest) and to have residents activate the 9-1-1 system for cardiovascular related problems at least 90% of the time in lieu of going to the hospital by privately owned vehicle. To have the elements of the Chain of Survival in place ultimately increasing the chances that anyone suffering a cardiovascular emergency will have the best possible chance for survival.

\*\*\*\*\*

Please return to:

Email application packet to:

Lori L Knowles [lknowles@staffordcountyva.gov](mailto:lknowles@staffordcountyva.gov)



# Rappahannock EMS Council

Application form for

## Virginia *HEARTSafe* Community

### Designation

The Rappahannock Emergency Medical Services Council (REMSC) and the American Heart Association (AHA) encourage and promote community awareness regarding cardiovascular health and the potential for saving the lives of persons with cardiac emergencies.

In order to increase this awareness, the REMSC in partnership with Stafford County Fire & Rescue Department, has launched an initiative to designate Virginia cities, towns and communities as Virginia *HEARTSafe* Communities.

A Virginia *HEARTSafe* Community VIGOROUSLY supports:

- Strategies that improve the chances of favorable outcome for victims of an acute event emergency such as heart attack, stroke, and cardiac arrest.
- Promotion of cardiovascular health and early detection.

Designation as a Virginia *HEARTSafe* Community is determined by gaining “HEARTBEATS” (points). The number of heartbeats necessary for designation depends on a community’s population.

To qualify as a Virginia *HEARTSafe* Community, please complete all the information requested in this form and score your community by selecting the category below that agrees most closely with your community’s population.

**Name of City/Town/Community seeking designation:**

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*City/Town/Community*

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*Address*

*State*

*Zip Code*

**Chief Elected/Appointed Official (or designee)**

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Name	Job Title
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Business Address	Business Phone
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Phone Number	E-Mail Address
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**Lead Organization for Coordination of Virginia HEARTSafe Designation (or designee):**

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Name

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Business Address	Business Phone
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Contact Person Name/Title	Phone Number	E-Mail Address
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**Indicate your community's population and the total number of heartbeats earned for designation. (See attached worksheet.)**

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Community Population	Total Number of Heartbeats Earned
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I attest that all information contained in this application is correct.

**Agency HEARTSafe Coordinator:** \_\_\_\_\_

Name (Print)

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Signature

Please **email** this application, worksheets, and supporting documentation to the address listed below:

**Lori L Knowles**

[lknowles@staffordcountyva.gov](mailto:lknowles@staffordcountyva.gov)

**Office Use Only:** \_\_\_ **Recommended** \_\_\_ **Not Recommended** (Explanation Attached)

Recommendation

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Name/Title (Print)

Signature

**AWARD PRESENTED:** \_\_\_\_\_

Date

Place

\*\*Designation is for life. It is understood and expected that work will continue to enhance your HEARTSafe Community.



## COMMUNITY CATEGORIES

**Community Population Category:** Please select the appropriate category that most closely conforms to your Community's actual total population. The population size will dictate the number of heartbeats required to be designated as a Virginia *HEARTSafe* Community.

- I. **Up to 5,000 population:** Minimum of 700 heartbeats required for designation.
- II. **5,001 – 30,000 population:** Minimum of 850 heartbeats required for designation.
- III. **30,001 – 50,000 population:** Minimum of 1000 heartbeats required for designation.
- IV. **50,001 – 100,000 population:** Minimum of 1150 heartbeats required for designation.
- V. **100,001 – 150,000 population:** Minimum of 1300 heartbeats required for designation
- VI. **150,001 population or more:** Minimum of 1450 heartbeats required for designation

## Public Access Defibrillation Program

The American Heart Association reports that sudden cardiac arrest victims who receive immediate CPR and an AED shock within three to five minutes have a much higher chance of surviving sudden cardiac arrest. As a part of the Virginia *HeartSafe* Community program public access AEDs should be deployed in target areas throughout the community. Consideration should be given to deploying AEDs so that a shock can be delivered within three to five minutes of the event occurring and members of the community are encouraged to use an AED when the need arises. Consider deployment of AEDs in the following locations.

- City/Town owned facilities-place a minimum of one AED
- Public, private and charter schools
- Nursing homes
- Health Clubs
- Churches
- Businesses/Business Parks
- Locations with large public gatherings
- Senior/Community Centers
- Tourist Attractions

HEARTBEATS will be awarded for each AED site the community – See “Heartbeat Worksheet”.

# HEARTBEAT Worksheet

## CPR & CPR/AED TRAINING

Community Population	Citizens Trained in CPR, CPR/AED Programs <u>Minimum</u>	<u>Actual</u>	HEARTBEATS X10 <u>Earned</u>
Up to 5,000	5		
5,001-30,000	5		
30,001 – 50,000	5		
50,001 – 100,000	5		
100,001 – 150,000	5		
150,001 or more	5		

**Note:** 10 HEARTBEATS per CPR or CPR/AED classes. Copies of rosters, dates and locations of programs must be available upon request. A signed letter from a certified instructor attesting to the number of successfully trained and certified with dates and specific certifications will be accepted. **A minimum of 50 HEARTBEATS must be earned.**

## PLACEMENT OF AED's

Community Population	AED sites <u>Minimum</u>	<u>Actual</u>	X10	HEARTBEATS <u>Total</u>
Up to 5,000	10			
5,001-30,000	15			
30,001 – 50,000	25			
50,001 – 100,000	75			
100,001 – 150,000	100			
150,001 or more	150			

**Note:** 10 HEARTBEATS per each distinct AED site. Attach a list of known AED sites. Does not include EMS, Fire or Law enforcement vehicles.

**TRACK DATA**

Total number of prehospital cardiac arrests where CPR was provided.	<b>20</b>
Percentage of prehospital cardiac arrests that received bystander CPR.	%
Percentage of prehospital cardiac arrests that had an AED applied prior to EMS arrival.	%
Average time from 911 call received (for cardiac arrest) to EMS arrival.	%

**Note:** HEARTSafe communities should track data regarding the quality of their cardiac care delivery. This is necessary in order to quantify the results of community efforts as well as to identify areas for continued improvement. Communities should strive for yearly improvement in these areas of emergency cardiac care. Data listed above should be for the most recent calendar year.

**Additional Virginia HEARTSafe Community Requirements**

**Heartbeats**

- A lead organization (e.g. fire, police, ambulance, board of health) is designated to oversee the *HeartSafe* effort involving community organizations (e.g. businesses, schools, churches) and coordinating with EMS.  
 (100) Heartbeats – Mandatory \_\_\_\_\_
- Enhanced 9-1-1 system in place.  
 (25) Heartbeats \_\_\_\_\_
- Local agency responsible for dispatching police, fire, and/or EMS has personnel trained in Emergency Medical Dispatch (EMD) and provides instructions to the caller for a zero-minute response time for medical care.  
**EMD Program Name:** \_\_\_\_\_  
 (50) Heartbeats



- An on-going community awareness campaign. Attach letter with dates of events. \_\_\_\_\_  
 (25) Heartbeats
- Local Law Enforcement Agency has trained personnel, is equipped with AEDs, and are dispatched to appropriate medical emergencies. \_\_\_\_\_  
 (50) Heartbeats - Mandatory
- Fire First Responders have trained personnel, are equipped with an AED and are dispatched to appropriate medical emergencies. \_\_\_\_\_  
 (50) Heartbeats – Mandatory
- Schools buildings have effective emergency response plans (ERP) that may include CPR and AED. \_\_\_\_\_  
 A letter from the school system verifying an ERP is in place must be available upon request.  
 (100) Heartbeats for ERP in schools-Mandatory
- A program is in place to track AEDs in public locations and to reduce response times to early defibrillation. AED locations are shared with local dispatch agencies to assure that dispatchers are able to help the caller get the AED off the wall and onto the patient. \_\_\_\_\_  
 (50) Heartbeats
- An information management system that links AEDs, citizens and sudden cardiac arrest victims so that a nearby AED is brought to the victim, decreasing the time to defibrillation. \_\_\_\_\_  
 (50) Heartbeats
- Advanced Life Support is dispatched to appropriate emergencies and the providers are defibrillation capable, have 12-lead ECG, and maintain certification in American Heart Association Advanced Cardiac Life Support. \_\_\_\_\_  
 (50) Heartbeats – Mandatory
- Advanced Life Support enhancements. (e.g. Therapeutic Hypothermia Induction (THI), 12-lead transmission, Automated CPR device) \_\_\_\_\_  
 (25) Heartbeats – Mandatory. Attach documentation.

- STEMI System in place decreasing time to diagnosis of a heart attack and ensuring definitive therapy is provided within ninety minutes of patient activating 9-1-1. Attach supporting documentation. \_\_\_\_\_  
 (25) Heartbeats – Mandatory
  
- Electronic data collection system in place (PPCR). \_\_\_\_\_  
 (25) Heartbeats
  
- Cardiac Arrest Survival Data collected (CARES Registry, CODESTAT, etc.) \_\_\_\_\_  
 (25) Heartbeats
  
- Stroke protocol in place in prehospital setting. Attach supporting documentation. \_\_\_\_\_  
 (25) Heartbeats – Mandatory
  
- Have an ongoing process to evaluate and improve the “Chain of Survival” and overall cardiovascular health in the community. \_\_\_\_\_  
 (50) Heartbeats

These activities and points can be allocated to your community’s process to improve and evaluate cardiovascular health in the community.

- Healthy Weight: Opportunities for obesity and overweight reduction. This would include sidewalks in neighborhoods, foot-paths, neighborhood parks, nutrition counseling, walking programs, access to support groups, and access to community gymnasiums and fitness centers. \_\_\_\_\_  
 (10) Heartbeats
  
- Access to Care: This would include ready access to screenings, counseling for risk reduction and referral to quality physicians to reduce risk. \_\_\_\_\_  
 (10) Heartbeats
  
- Tobacco Control: Adherence to the smoke-free worksite law, zero sales to minors, cessation and treatment opportunities available, accessibility to the patch and community counseling. \_\_\_\_\_  
 (10) Heartbeats.

- City/Town ordinance requirement of AED(s) placement in large buildings, multi-story buildings and/or buildings with large numbers of occupants where first responder access may be impeded due to building use, occupancy, location, layout, construction, or other reasons. \_\_\_\_\_  
 (50) Heartbeats
  
- Have an ongoing process to evaluate and improve cardiovascular health and prevention in the community. \_\_\_\_\_  
 (10) Heartbeats
  
- CPR and CPR/AED Training \_\_\_\_\_
  
- Placement of AED's. \_\_\_\_\_
  
- Total Heartbeats Earned:** \_\_\_\_\_

**Please use this space to describe your community's plan for evaluating and improving your "Chain of Survival". (Use extra pages if necessary.)**

**Please use this space to describe your community's plan for evaluating and improving cardiovascular health and prevention in the community.** (Use extra pages if necessary.)

**Please use this space to describe how your community will:** (use extra pages if necessary)

1. Keep people trained and certified in CPR
2. Work to increase the rate of bystander CPR
3. Monitor and maintain public access AED's
4. Expand the availability of AED's
5. Improve the EMS system response and performance.



## On-Going Community Awareness Campaign

Most people wait two hours or more to seek medical assistance after experiencing symptoms of a heart attack. Further, countless people travel to the emergency room by privately owned vehicles. Both of these issues are contributing factors to the high mortality rate associated with heart attacks. Ideally, people experiencing symptoms or those with someone experiencing symptoms will dial 9-1-1 right away for care and transport to a hospital in an ambulance.

An ongoing community awareness campaign should not only include information on how a person can reduce their risk of having a heart attack, sudden cardiac arrest or stroke, but just as importantly, what to do should it occur. Examples of inclusion in a community awareness program are:

- A unique marketing campaign that includes information on
  - Cardiovascular disease risk factors
  - Prevention techniques
  - Signs and symptoms of a cardiovascular emergency
  - Importance of The Chain of Survival
  - Importance of early activation of 9-1-1
  - How to call 9-1-1
  - Importance of immediate initiation of CPR
  - Knowledge of public access AEDs and the importance of available AEDs
  - *Virginia HeartSafe* program
  
- Development and implementation of a system to track and evaluate the effectiveness of various marketing tools and methods.

While prevention is the preferred method of reducing the loss of life from a cardiovascular emergency, history has shown if the focus is on prevention alone you will have little impact on decreasing the incidence of sudden cardiac arrest.

Our goal is community awareness of the signs and symptoms of a cardiovascular emergency (heart attack, stroke or sudden cardiac arrest) and at least 90% of the time residents activate the 9-1-1 system for cardiovascular related problems in lieu of going to the hospital by a privately owned vehicle.