



RACE CARS Newsletter



NORTH CAROLINA is participating in a national project to improve survival from Sudden Cardiac Arrest (SCA).

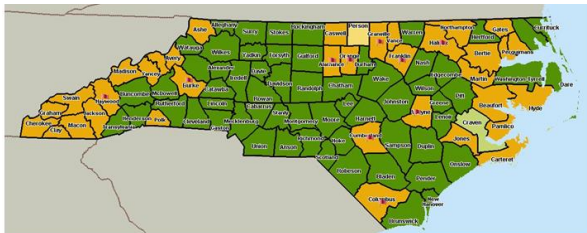
Currently, there are 8,000 SCA/year in NC and **LESS than 7% survive.**

Simple interventions in every link in the Chain of Survival will change these statistics!

CARES Registry- **join now**

Clark Tyson continues to recruit agencies to participate in the CARES registry. We can't improve if we don't know where we are! Clark can get you set up and train you on the site. We are hopeful to have all of NC counties covered by the end of 2013. Please contact Clark to join: clark.tyson@duke.edu

- 81% of NC's population covered
- 62 EMS Agencies and 80 Hospitals entering data
- 11,199 cases



- Reporting Counties
- Limited Reporting – only select agencies
- Site set up in progress
- Future Sites
- Priority for Recruitment (Population)

We've improved survival rates!

Recent CARES registry data shows that implementing Pit Crew CPR can improve survival rates!

Pit Crew CPR Goals-**improve your survival rates!**

- Rapid initiation of compressions
- Emphasis is on quality compressions:
 - Proper rate
 - Proper depth
 - Full Recoil
- Minimum interruptions of compressions
- Airway, vascular access and drug therapies without interrupting compressions
- Defibrillation timed with compressor rotation to minimize interruptions and peri-shock pause

Results with the Pit Crew CPR Implemented

Utstein Survival Rate	2010	2011	201
Agencies using Pit Crew CPR	32%	36%	40%
Agencies not using Pit Crew CPR	6%	19%	18%
Overall Survival w/ good Neurological Outcome			
Agencies using Pit Crew CPR	10%	13%	11%
Agencies not using Pit Crew CPR	3%	7%	7%

EMS Survey Results: **What you need to know!**

We recently surveyed EMS agencies to understand their practices around cardiac arrest care and if and when they implemented strategies to improve care. Here is what we learned.

52 agencies completed the survey

Areas for Improvement:

60% using the Pit Crew CPR Approach

46% of dispatch reviewing every cardiac arrest case

17% of agencies using survivor celebrations to unite and energize all members of the chain of survival

This survey demonstrates the need to continue to work to implement strategies that will improve survival rates from SCA.



The RACE CARS “Keys” to Improving Survival

- **Community Response**
 - Mass education on compression only CPR
 - Public access AED
- **Pre-hospital Response**
 - Dispatcher assisted CPR
 - High performance resuscitation using Pit Crew CPR
 - Post arrest hospital destination plans
- **Hospital Response**
 - Coordinated post cardiac arrest care
 - Therapeutic hypothermia
- **Collect Data**
 - Measure progress using CARES

CPR hits the big screen in NC movie theaters as part of the RACE CARS community educational program

CPR is ready for its close-up on the big screen this Fall, with a new educational video from North Carolina’s project, a statewide system for providing rapid coordinated care of cardiovascular emergencies.

This new hands-only cardiopulmonary resuscitation (CPR) educational video will be shown in front of this season’s biggest hit movies in select theaters through December through [NCM Media Networks](#). The 30-second spot will run in the *FirstLook* pre-show program before every movie showing, as well as in the cinema lobbies. With Hollywood coming off of the biggest summer in box office in history, this important new RACE CARS campaign is projected to reach an audience of over 3.2 million moviegoers.

North Carolina movie theaters featuring the RACE CARS video include:

- Asheville – [Regal Biltmore Grande Stadium](#)
- Concord – [Carolina Mall Stadium 8](#) & [AMC Concord Mills 24](#)
- Gastonia – [Regal Franklin Square Stadium 14](#)
- Greenville – [Regal Greenville Grande Stadium 14](#)

- Rocky Mount – [Premiere Theatre 14](#)
- Southport – [Surf Cinemas](#)
- Wilmington – [Regal Mayfaire Stadium 16](#)
- Winston Salem – [The Grand 18 - Winston-Salem](#)

What you can do to save a life: *Train your community!*

Set up a CPR station at any event in your community. You can keep it simple and cost effective.

2,800 Trained in CPR at the State Fair

125 volunteers representing 28 agencies

2 TV News Stories and Fair Facebook Page coverage

From Vidant Health –

“You don’t have to wear a cape to be a superhero,”



Visitors to the Winterville Watermelon Festival on Saturday discovered the power that a single pair of hands can wield.

Local first responders and representatives from the American Heart Association, Pitt County EMS and Vidant Medical Center were at the festival on Saturday promoting a new technique of saving lives using “Hands-Only CPR.”

Festival-goers participated in hands-on training demonstrations and, with funding from the Vidant

Community Benefits Foundation, received CPR Anytime kits to take home and share the technique with their loved ones.

We want everyone to learn hands-only CPR. The technique is simple, easy to understand and easy to remember should you come across a cardiac arrest. We want churches, schools, community centers and literally everyone to get passionate about learning this and then sharing their knowledge.

Holly Still followed her mother's lead and found, to her surprise, that she could do the techniques well enough to possibly save a life.

"It was pretty easy, and if it happens to my family member, maybe I won't have to see them die and be sad," she said.

Holly's brother, Colin said he felt pretty cool about learning the technique.

"You don't have to wear a cape to be a superhero," he said.

Survivor Stories: April 19, 2013 Paris White lives to tell her story!



HIGH POINT, N.C. — several members of the Wesleyan softball team used something they learned in school to save the life of a teammate.

It was a normal day of practice for the Wesleyan Academy Softball team.

"And I was at home plate hitting a ball and we was doing base running, and all of a sudden..." said Coach Donald Brewer.

That's when eighth-grader Paris White collapsed during practice

"So one of the girls grabbed a phone and started calling 911," Brewer said.

Paris' friend and fellow player Taylor Bisbee had just completed her mandatory CPR class the day before and jumped into action.

"It was scary to see her fall like that. Cause I wasn't expecting it," Bisbee said.

Within minutes, others arrived with one of the schools portable defibrillators.

"They hooked the defibrillator up and when they cut it on it said they needed to shock. The defibrillator said stand back and it shocked her and got her heart beating again," Brewer said.

An ambulance arrived on scene and took Paris to the hospital.

"It was really scary for me because it was the difference between life and death," said Bisbee.

Doctors still are not sure what happened to Paris, however she was treated at Duke University Hospital and is expected to make a full recovery.

Bisbee said the experience has convinced her to go into a career in medicine, possibly even motivating her to become a paramedic.

Upcoming Meetings

12/3/13 RACE Coordinator Meeting Greensboro

0900-1500

12/6/13 RACE CARS State Meeting Winston-Salem

12/13/13 RACE CARS State Meeting Raleigh

Time: 1000-1600 more information coming

Upcoming RACE CARS Education

4/15/14 NC 9-11 Training Greensboro

0900-1130

Please contact us if you are interested in hosting a Resuscitation Academy

Coming soon:

Development of Regional Plans to address community education efforts

Community Grants Program

Educational webinars on select topics

RACE CARS Coordinator Calls once a month beginning January 13, the 2nd Monday of every month

Web-site undergoing some updates

RACE CARS Events since July 1, 2013

170 attendees at the Resuscitation Academies

5,000 attendees to RACE CARS vendor/presentations

106 attendees at the RACE CARS luncheon at EM Today

53 attendees from North and South Carolina at the RACE/ACC Meeting in Asheville



So easy, even the “elevator lady” can do it!

Cheri Berry is the current NC Commissioner of

A cool statistic:

- Estimated Cardiac Arrest 2012: 7,189
- Estimated Survivors Overall 2012: 755
- **A 1% change in overall survival: = 72 lives saved!**



THANKS TO ALL OF THE **Labor.**
STAFF AND VOLUNTEERS FROM
ACROSS THE STATE THAT HELPED US
TRAIN 2,800 PEOPLE AT THE STATE
FAIR!

You efforts will help us save many
lives across North Carolina!



Contact Lisa Monk at lisa.monk@duke.edu or 919-451-6356 fc

<https://racecars.dcri.duke.edu/>

<http://www.heartrescueproject.com/>