



Critical Topics in Saving NC Lives

Focus Cardiac Arrest

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Regional Approach to Cardiovascular Emergencies *Cardiac Arrest Resuscitation System*



HeartRescue
PROJECT



Cardiac Arrest Resuscitation System



North Carolina: RACE CARS



- Challenges
 - EMS response times vary from 4-10 minutes, rural communities even longer
 - Victim's need CPR started within 4 minutes or brain damage begins to occur
 - At 10 minutes, without CPR, survival is not likely
- You can help by learning:
 - Early recognition of SCA
 - Early Access – call 911
 - Early CPR





Community Plans:

Goal: Increase the rate of bystander CPR and AED use

- Coordination by hospitals
 - Survey to understand what resources exist today
- Certification vs Education
 - AHA/Red Cross
 - RACE CARS developed materials
- AED devices – funding and identification
- Train all hospital employees of some level of CPR
- Train all heart patients and families on discharge

EMS, First Responders, and Hospitals will work together to off community education

Community Updates:

- [House Bill 837](#) -passed
 - requires students to learn CPR
 - pass a test showing proficiency in order to graduate
 - Effective with the Class of 2015
- [House Bill 914](#) -passed
 - requires at least one AED in every state building
 - state workers must be trained to use them



RACE CARS Community Report May 22, 2013

	July 1, 2012 To June 30, 2013	July 1, 2011 to June 30, 2012	July 1, 2011 to June 30, 2013
Metric	Count	Count	Total
# of participants trained:	8,426	10,230	18,656
Events	86	125	211
	Percentage	Percentage	
Method			
Discussion	21%	20%	
Lecture			
Demonstration	26%	21%	
Scenario		16%	
Handouts	24%	19%	
DVD	7%	3%	
Practice	22%	21%	
answers n=322			
Content			
Stroke	12%	13%	
Heart Attack	15%	15%	
Cardiac Arrest	17%	17%	
Recognition of Emergency	17%	17%	
Calling 9-1-1	17%	17%	
Compression Only CPR	17%	17%	
Breathing and compression CPR	2%	3%	
AED	4%	2%	
Counties Represented	16%	22%	



Stories:

- Pregnant Woman – Charlotte
- Legislator-Raleigh
- School Teacher-Charlotte
- Baseball Coach-Winston-Salem
- Former Girlscout performs CPR-Durham

Elements of success:

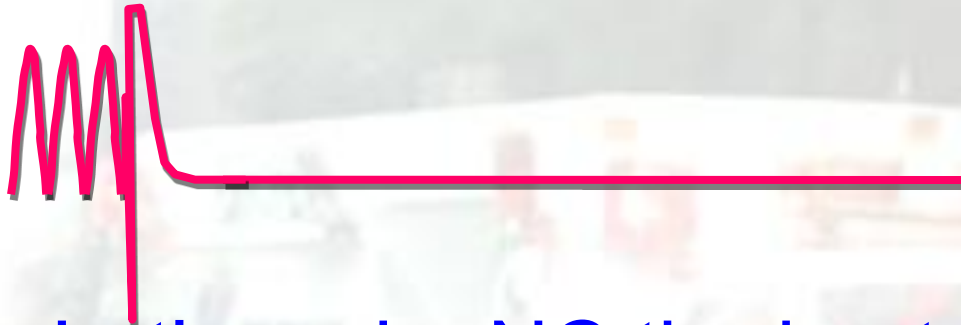
- Witnessed
- Recognition, 911
- Medical dispatch
- Bystander CPR
- 1st responder AED
- Hypothermia protocol





Project Summary:

- Context
 - Little has been done in 30 years
 - #1 Killer in the United States
 - NC survival rate likely < 5%
- Objective
 - Improve survival of OOHCA by 50% over 5 years
- Design and Setting
 - A quality improvement study that examines survival from OOHCA in 5 regions across NC
- Patients
 - Cardiac Etiology
- Interventions
 - AHA Guidelines for CPR, ACLS, Post Cardiac Arrest Care, Establishing systems of Care



Let's make NC the best place in the country to have a heart attack or a cardiac arrest!



Lisa Monk, Chris Granger, Jamie Jollis

