

# Our Project:



## NATIONAL:

Sudden Cardiac Arrest (SCA) is among the leading killers of Americans, claiming an estimated 350,000 people each year. More than 90 percent of people who experience SCA die, representing a national survival rate that has not significantly changed in more than 30 years.

- Initiated and funded by the Medtronic Foundation, the HeartRescue project is designed to improve how SCA is recognized, treated and measured in the United States.
- HeartRescue Partners and their partner agencies will work to improve SCA survival rates by expanding and replicating successful city and county out-of-hospital cardiac arrest response programs to statewide levels.

## NORTH CAROLINA:

We are building on our success with the RACE and RACE ER STEMI Projects.

Regional Approach to CV Emergencies: Cardiac Arrest Resuscitation System

(RACE CARS) will work to improve survival from SCA by 50%.

- NC has a less than 5% survival rate from SCA
- Only 1 in 4 victims receive bystander CPR
- Less than 1% of victims receive AED use by a bystander

**WE NEED YOUR HELP TO CHANGE THESE STATISTICS IN NORTH CAROLINA!**

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<b>Community Training Videos</b>	<b>1</b>	The 5 C's of CPR
	<b>2</b>	CPR demonstration with the 5C's of CPR plus voice prompt
	<b>3</b>	CPR demonstration



# Instructions:



Use this manual with the video taped sessions for NCCOR. Complete the Review sheet for each module. If you missed any questions, please review the slide set for clarification. There is a certificate of completion for each module.

We recommend reviewing all modules to gain an understanding of what others roles are in cardiac arrest care. There are 3 community training videos, I have included certificates if you watch them. The slide set for the 5 C's of CPR is included in this manual under the community section.

There are ongoing state and regional meetings and training for the RACE CARS Project. Attendance at these events will give you the tools that you need to improve survival from SCA in your community.

Contact Lisa Monk at [lisa.monk@duke.edu](mailto:lisa.monk@duke.edu) for questions.

Please visit the Heart Rescue Project website:  
<http://www.heartrescueproject.com/index.htm>



Many of these materials were taken from our partners and adapted for this presentation. A special thanks to:

- The Medtronic Foundation Heart Rescue Project

- Our partners:

- AMR Medicine
- Arizona
- Minnesota
- Pennsylvania
- Washington



References:

- AHA 2010 Guidelines
- HeartRescue: A Community Response Planning Guide for SCA
- On the slides where applicable
- A more detailed list can be supplied upon request