



A Tradition of Stewardship  
A Commitment to Service



# 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?
- ♥ Most cardiac arrests occur outside of 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 is prepared to administer it when necessary?
- ♥ Police are proven lifesavers when trained and equipped with automated external defibrillators (AEDs). Does your community’s police department respond to medical emergencies? Are they trained and equipped with AEDs?
- ♥ Do your community’s municipal buildings and schools have effective medical emergency response plans? Where are 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 Napa County *HeartSafe* Community.

The Napa County Emergency Medical Services Agency (NCEMSA) and the American Heart Association (AHA) aim to help the communities in Napa County, improve their cardiovascular health and increase the chance for survival for anyone suffering from a cardiovascular emergency.

Through the *HeartSafe* Community program, Napa communities can implement programs to:

- Strengthen what the AHA has called the “Chain of Survival”.
- Improve cardiovascular health.
- Improve chances of survival from Sudden Cardiac Arrest (SCA).



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# Chain of Survival

## Chain of Survival – Critical Steps to Take in the Event of SCA

### 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 level of service (ALS) 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 link in the Chain of Survival.
- 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 ALS 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.

### E. Integrated Post-Cardiac Arrest Care

- A comprehensive, structured, integrated and multidisciplinary, post-cardiac arrest / post-resuscitation system of care should be implemented in a consistent manner.

