

 TORONTO EMS

# CARDIAC SAFE CITY



## *Getting Started*

### A Guide to Public Access Defibrillation



2010 Edition



Dear Client,

Thank you for your efforts in helping to make your community *Cardiac Safe!*

Since its launch in 1997, the Toronto EMS Cardiac Safe City Program, has been committed to saving lives in communities like yours by supporting and implementing public access defibrillation programs.

Sudden cardiac arrest (SCA) kills over 30,000 Canadians each year. Approximately 20% of these SCA incidents occur in public places. The current national survival rate from SCA is less than 5%.

Time is of the essence for SCA victims. Currently in Toronto, emergency services can on average, provide defibrillation to SCA victims in just 8.1 minutes – a great response time. Despite our paramedics' and firefighters' best efforts, only 2.5% of SCA victims in Toronto survive. For each minute that passes when SCA strikes, the victim loses up to 10% chance of survival.

You can help save lives. Public access defibrillation programs, when properly set-up and maintained are able to deliver the first shock from an automated external defibrillator (AED) to the SCA victim within just 3 minutes. This quick response by trained responders or a Good Samaritan gives the victim a 70% chance of survival!

Enclosed is information that will help you plan, implement and maintain a quality public access defibrillation program in your workplace or public place. Please feel free to contact the Cardiac Safe City Program at 1-877-233-2489 for further details or to arrange a comprehensive site assessment.

Thank you for your commitment to helping save lives in your community.

Sincerely,

Gayle Pollock  
Commander  
Cardiac Safe City Program  
Toronto EMS



## What is an AED?

Automated external defibrillators or AEDs are the latest technological advancement available to the public for the treatment of sudden cardiac arrest.

These lifesaving machines quickly, safely and accurately evaluate the SCA victim's heart rhythm and determine whether or not an electrical shock from the defibrillator is required to restore proper heart function. AEDs guide users through the rescue attempt with easy-to-follow voice prompts.

AEDs vary in price, special features and technical specifications.



## Site Assessment & Emergency Response Plan

The Cardiac Safe City Program has expertise in the field of defibrillation. Our Site Officers will come to your site to complete a site assessment. The site assessment report will be forwarded to the site contact. This report will detail recommendations for number of AEDs required, optimal placement of AEDs, number of Targeted AED Site Responders that should be trained and advice on how to integrate the AED response with your existing Emergency Response Plan. If you do not have an existing Medical Emergency Response Plan, the Cardiac Safe City Program will assist you in preparing this plan.



## Other Health Canada approved AEDs

### **Medtronic Emergency Response Systems**

Manufacturers of Physio-Control Lifepak series

6733 Kitimat Rd.

Mississauga, Ontario L5N 1W3

1-888-879-0977 [www.aedhelp.com](http://www.aedhelp.com) [www.medtronic-ers.com](http://www.medtronic-ers.com)

### **Philips**

Manufacturers of HeartStart®

281 Hillmount Road

Markham, Ontario L6C 2S3

1-800-291-6743 [www.medical.philips.com/heartstart](http://www.medical.philips.com/heartstart)

### **Zoll Medical Corporation**

Manufacturers of AEDs

5266 General Road

Unit #15

Mississauga, Ontario L4W 1Z7

1-866-442-1011 [www.zoll.com](http://www.zoll.com)

### **Cardiac Science**

Manufacturers of Survivalink® and Cardiac Science

Fastec Medical Inc.

820 Long Drive

Burlington, Ontario L7T 3J9

1-905-634-1218 [www.cardiacscience.com](http://www.cardiacscience.com)

### **Welch Allyn**

Manufacturers of AED-10 & AED-20

160 Matheson Blvd. E. Unit #2

Mississauga, Ontario L4Z 1V4

1-800-561-8797 [www.welchallyn.com/medical](http://www.welchallyn.com/medical)

### **Defibtech**

Manufacturers of Lifeline™/ReviveR™

SOS Emergency Technology

14 Benworth Ave.

Toronto, Ontario M6A 1P3

416-789-7689 [www.defibtech.com](http://www.defibtech.com)

### **HeartSine Technologies**

Manufacturers of Samaritan® PAD (SAM PAD) AED

Rescue 7 Inc.

245 Riviera Drive

Markham, Ontario L3R 5J9

905-474-0770 [www.rescue7.net](http://www.rescue7.net)



## What about training?

Although in an emergency anyone can safely and legally operate an AED, facilities implementing a public access defibrillation program must according to recent recommendations from the Heart & Stroke Foundation of Canada:

- Have trained Targeted Responders – CSC will train your Targeted AED Site Responders
- Have a planned and practiced response – CSC will assist your site with 90-day refresher activities &/or articles. CSC performs an annual audit for quality assurance.
- Have medical direction from a certified physician or healthcare provider – Dr. Marty Friedberg of Toronto Emergency Medical Services is the Medical Director for the Cardiac Safe City Program
- A link with your local EMS – We ARE Toronto EMS
- Have continuing quality assurance measures in place – CSC performs annual site audits, has a continuous link with the site through PADministrator web-based system and is available 24/7 for support (416-392-3491)
- Have annual renewal training – CSC Paramedic Partners will come to your site for renewal training of staff and any new staff.

## Training Programs?

The Cardiac Safe City program offers clients a comprehensive approach to program implementation. The following are our most popular training options:

\*Minimum class size of 8 students.

### **Targeted AED Site Responder Course**

**With Level C CPR**

**With Level A CPR**

### **Targeted AED Site Responder Course including:**

**Initial AED use, Level C CPR and Standard**

**First Aid Training – 16hrs (2-day course)**

### **Targeted AED Site Responder Renewal Course**

**With Level C CPR**

**With Level A CPR**

All AED courses are taught at your facility by Cardiac Safe City program *Paramedic Partners*.

The training costs cover the site assessment, Medical Direction, 24/7 support, annual site audit, assistance with Emergency Response Plan, access to Staff Psychologist for Critical Incident Stress Debriefing, registration with EMS dispatch centre, registration and login for AED tracking software and staff training.



## What about medical direction?

Medical direction for responders in sites trained by the Toronto EMS Cardiac Safe City program is provided by Toronto Emergency Medical Services physician Dr. Marty Friedberg. Emergency physician Dr. Marty Friedberg fully reviews all aspects of the Cardiac Safe City program and works closely with program staff to ensure the highest of standards are maintained throughout all our sites.

Dr. Marty Friedberg personally reviews each SCA incident, liasons with the receiving hospital's physician, and meets with the *Targeted AED Site Responders* involved in the rescue attempt. Critical incident de-mobilization sessions are also offered to responders.

**All medical direction fees and associated services are included in Cardiac Safe City program training costs.**

## What about everything else?

The Cardiac Safe City program ensures your AED and *Targeted AED Site Responders* are always ready to respond to an on-site emergency. As part of our program's added value, your site will be tracked by the outstanding on-line AED and responder tracking program PADministrator™. This valuable tool tracks AED maintenance dates, responder certification status and will even send you automated emails reminding you when your AED is due for inspection. All this, at no additional charge!

The screenshot shows the PADministrator web application in Microsoft Internet Explorer. The browser address bar shows the URL: http://localhost/PADminTesting/sc/scaedsmaintenance.aspx. The application has a navigation menu with links for Home, Responders, Courses, AEDs, Incidents, Admin, and Help. The main content area is titled 'Site AEDs Information' and contains a table with the following data:

AEDModel	AEDSerial#	Electrodes Expiry	Battery Expiry	Service
LIFEPAK 12	AD321466	Primary: 15-Feb-2004 Spare: 15-Feb-2004	17-Feb-2005	Next Service Date: Next Monthly Check: 15-Feb-2005
LIFEPAK 12	CX326775	Primary: 15-Feb-2004 Spare: 15-Feb-2004	17-Feb-2005	Next Service Date: Next Monthly Check: 15-Feb-2005
LifePak 500	BH456788	Primary: 10-Oct-2003 Spare: 10-Oct-2003	10-Oct-2004	Next Service Date: Next Monthly Check: 10-Oct-2004

Below the table are two forms for editing AED information:

**General Information:**

- AED Model: LIFEPAK 12
- AED Serial #: AD321466
- Location: seo desk
- Installation Date: 2/17/2003

**Maintenance Information:** (All the dates in mm/dd/yyyy format)

- Electr Model: Best Electr
- Electr Change Date: 2/17/2003
- Electr Expiry Date: 2/15/2004
- SPARE: Best Electr
- SPARE Change Date: 2/17/2003
- SPARE Expiry Date: 2/15/2004
- Batt Model: Best Batt
- Batt Change Date: 3/19/2003
- Batt Expiry Date: 2/17/2003
- Comments: me
- Correction:

Buttons at the bottom include: Edit Info, New AED, Save, Cancel, AED Inventory Report, and AEDs Service History.



## What's next?

The following check list will assist you in implementing a quality public access defibrillation program:

- Contact Cardiac Safe City to arrange a Site Assessment**
- Have you identified an in-house AED Site Coordinator?**
- Have you identified who your Targeted Responders will be?**
- Have you arranged for a Medical Director?**  
(Cardiac Safe City Program includes Medical Direction)
- Have you contacted your local emergency medical service?**  
Cardiac Safe City is operated by Toronto EMS
- Have you developed an on-site Emergency Response Policy?**  
Cardiac Safe City will assist you in your development of your emergency response plan
- Arrange for the purchase of your AED**

**Call the Cardiac Safe City program anytime to discuss all aspects of your public access defibrillation program and to arrange for a comprehensive site assessment and *Targeted AED Site Responder* training:**

**Phone: 1-877-233-2489**

**Fax: 416-392-3492**

**Web: [www.cardiacsafecity.org](http://www.cardiacsafecity.org)**

**Email: [cardiacsafecity@toronto.ca](mailto:cardiacsafecity@toronto.ca)**

**Commander**

**Gayle Pollock: 416-338-0475**

**Email: [gpolloc@toronto.ca](mailto:gpolloc@toronto.ca)**