



American Heart Association®

You're the Cure

CERPs



Cardiac Emergency Response Plans

WHAT IS CARDIAC ARREST?

CARDIAC ARREST occurs when the heart malfunctions and stops beating unexpectedly.

Cardiac arrest is triggered by an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia). With its pumping action disrupted, the heart cannot pump blood to the brain, lungs and other organs.



Cardiac arrest is an **"ELECTRICAL"** problem.

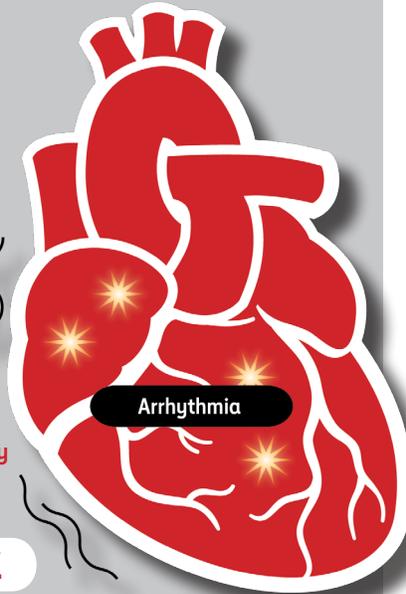
WHAT HAPPENS

Seconds later, a person becomes unresponsive, is not breathing or is only gasping. **Death occurs quickly if the person does not receive immediate CPR.**

VS. HEART ATTACK

CARDIAC ARREST IS NOT A HEART ATTACK.

A heart attack is a "plumbing" problem caused by a blockage or bleed. Heart attacks can lead to cardiac arrest.



CHAIN OF SURVIVAL



The **6 LINKS** in the adult out-of-hospital Chain of Survival are:

- Recognize cardiac arrest and **activate** the emergency response system
- Early **cardiopulmonary resuscitation (CPR)** with an emphasis on chest compressions
- Rapid **defibrillation** from an AED
- Advanced resuscitation by Emergency Medical Services and other healthcare providers
- Post-cardiac arrest care
- Recovery (including additional treatment, observation, rehabilitation, and psychological support)

AEDs (Automated External Defibrillators)

- AEDs can be used by anyone to save a life.
- Inside the AED box are pads and a diagram that shows where to place them on the bare skin. Once the device is turned on, a voice tells the person using it exactly what to do.
- The first thing the AED will do is determine whether an electric shock is needed by analyzing the person's heart rhythm. You cannot hurt the person, An AED will not shock the individual unless they are in cardiac arrest.
- 9 in 10 people who experience cardiac arrest who receive a shock from an AED in the first minutes live



SCAN HERE for a demonstration on what an AED is and how to use it.



SIMPLIFIED ADULT BLS

Unresponsive. No breathing or no normal breathing (only gasps)

Activate emergency response



Get defibrillator



Start CPR



Check Rhythm/ Shock if indicated
Repeat every 2 minutes



PRESS HARD + PRESS FAST
In the center of the chest
2 inches deep



You don't have to be trained as a first responder to save a life. CPR, if performed immediately, can double or triple a person's chance of survival. For every minute without CPR, chances of survival decrease by 10%.



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SUDDEN CARDIAC ARREST IN YOUTH



More than **23,000** children under the age of 18 experience cardiac arrest outside of a hospital each year in the U.S. Approximately 40% of these events are sports-related.

WHY CERPs?

- With 821,260 students enrolled in Minnesota public schools, 48,805 teachers, plus numerous staff, it is important for school facilities to have a plan in place to address cardiac arrest.¹
- Everyone, everywhere deserves the chance to survive a cardiac arrest. Survival more than doubles when people nearby take action by dialing 9-1-1, starting CPR and using a publicly-available AED while waiting for first responders to arrive.
- We've all seen incredible stories of survival, but those stories don't just happen by accident. A Cardiac Emergency Response Plan can increase survival rates by 50% or more through a coordinated, practiced response plan where individuals and teams are trained and empowered to administer lifesaving care until EMS arrives.
- Increasing the number of people ready to take action in a cardiac emergency is especially important in rural areas of our state, where emergency response may take longer.
- In schools with AEDs, approximately 70% of children survive cardiac arrest – that's seven times the overall survival rate for children.

WHAT'S INCLUDED IN A CERP?



Share



Practice

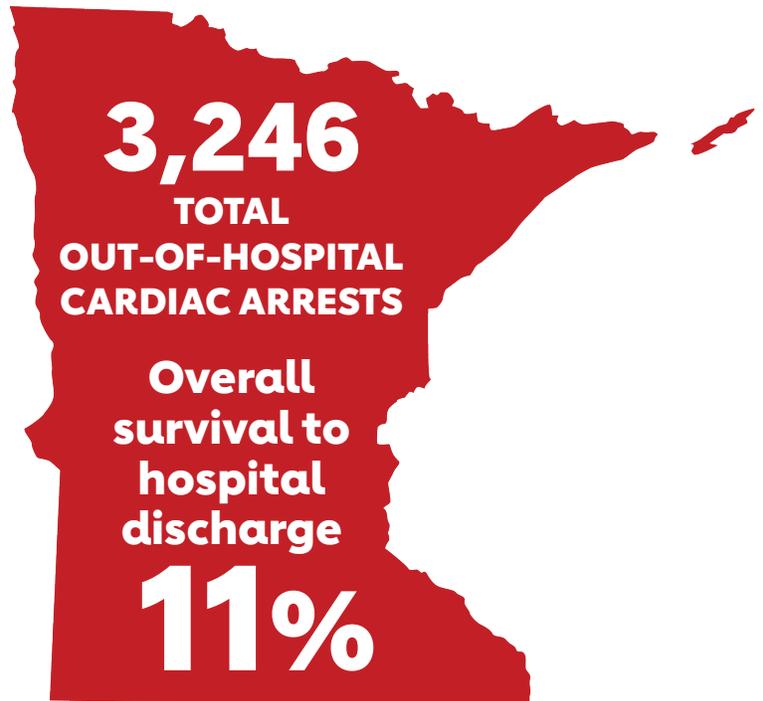


Activate

1. Developing a Cardiac Emergency Response Team
2. Activating the CERP Team during an emergency
3. Placing and maintaining Automated External Defibrillators (AEDs)
4. Communicating the plan throughout the school campus
5. Training in CPR and AED Use
6. Working with local EMS on implementing the plan
7. Reviewing and evaluating the plan at least annually

CARDIAC ARREST IN MN

CARDIAC ARREST is a leading cause of death in the U.S. and Minnesota.



37.4%

**BYSTANDER
CPR RATE**

10.8%

**PUBLIC
AED USE**



Data Source: CARES State Public Reporting by Year, 2021

CALL TO ACTION

Support HF 4008 and SF 42923 to help save Minnesota lives!



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¹ https://ballotpedia.org/Public_education_in_Minnesota