

# CENTRA**CARE** Heart & Vascular Center

Community Preparedness to save lives from out-of-hospital cardiac arrest

## **Outdoor SaveStation Grant Application**

### **Background**

The American Heart Association annual 2016 Heart Disease Statistics Update reported: In 2014, about 356,500 people experienced out-of-hospital cardiac arrests in the United States. Of those treated by emergency medical services, 12% survived. Of the 22,520 bystander-witnessed out-of-hospital cardiac arrests in 2014, 38.6 percent survived.

Out-of-Hospital Cardiac Arrest is the #1 cause of death in the United States with a mere overall survival rate of 8%. Due to this, **the CentraCare Heart & Vascular Center (CCHVC)** works to greatly improve survival rates through a community-wide approach for faster and better treatment.

### **Survival Timelines**

An estimated 1700 lives are saved in the United States per year by bystanders using an AED. In recent journal reviews, survival from cardiac arrest doubled when a bystander applied an AED before EMS arrived. Victims who received an AED shock from a bystander had approximately 57% near normal function compared to 33% waiting for emergency responders.

Bystanders have the potential to save lives.

Increasing rates of bystander CPR and promoting the use of early defibrillation is important for survival rates within our community. Improving efforts by increasing the number and access of AED's in the community can lead to improvement of out of hospital cardiac arrest rates.

- The average time nationally for the arrival of EMS personnel to an emergency scene is seven minutes. In rural areas, this can more than double.
- Approximately 90% of out of hospital cardiac arrests occur at home and in a public setting.
- Survival rates increase 75% if an AED is used within the first 10 minutes.

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## **Community Partners – Civic Engagement – Enabling Community-Wide Approach**

The CentraCare Heart & Vascular Center has partnered with the local Mended Hearts Chapter 10 and other partners to raise funds to increase the number of AED's in the community.

CentraCare Health expanded the grant program to include AED's that are housed outside in weather proof cabinets, SaveStations are available 24/7 - 365 days per year. CentraCare Heart and Vascular Cardiac Arrest Survival Improvement Fund will commit to 25 fully funded AEDs specifically designated for the outdoor SaveStations. Neighborhoods, businesses, civic organizations and communities raise approximately \$6000 each for the cabinet and provide ongoing maintenance.

The CCHVC offers a community program to increase survivability from **Out-of-Hospital Cardiac Arrest (OHCA)**. In an effort to prepare community members to take immediate action when someone has an OHCA, complementary public health education and Bystander training for Cardiopulmonary Resuscitation (CPR) and use of an Automated External Defibrillator (AED) is provided. In about 25% of the cases of OHCA, only the shock from an AED will get the heart back into regular rhythm. The more public access AEDs and citizens trained to recognize and perform CPR, the more lives will be saved. There's power in your community—bystanders ready to help save more lives from sudden cardiac arrest.

When a community member is admitted to St. Cloud Hospital for an OHCA, the most highly recommended aspects of the American Heart Association (AHA) Guidelines are provided to more than double neurologically-intact survivors of an OHCA.

**Goal** The primary goal is to advance the overall survival rate from OHCA from <8% to >20%. For the Community, one strategy is to offer complimentary trainings for Bystander CPR and how to use an AED. Included in the training is education about OHCA: how to recognize it and the immediate action needed to save the person's life.

Another strategy is to assist neighborhoods, businesses, faith groups, non-profits, and public entities (e.g. libraries, and schools) with equipping their buildings with an AED in a highly visible indoor SaveStation. In addition, we want to focus on outdoor SaveStations, which allow the AED to be available 24/7 – 365 days per year, to further enhance our strategy of improving the “Chain of Survival”.

**Grant** CentraCare Heart & Vascular Center Cardiac Arrest Survival Improvement Fund has committed to 25 AEDs to be used in a SaveStation.

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## Requirements of the grantee are as follows:

- Obtain donations in the amount of \$ 5,000-\$6,000 to cover costs for the SaveStation (includes AED weather proof enclosure, plus stand, if needed, and misc. electrical hookup and ongoing maintenance fund)
- Appointment of at least one prepared person to retrieve and operate the AED/SaveStation with sending notifications and periodic reminders to community/neighborhood/business.
- Appointment of an AED caretaker to maintain the device, i.e. monitor temperature, monthly checks, replace pads & battery at expiration.
- Registration of the AED with the MN/National AED Registry – they will send email reminders when electrode pads & battery will expire.
- Complete a complementary CentraCare Health Bystander CPR/AED 1-hour training for neighborhoods/members with refresher trainings at least every 2 years.

Questions? Contact Sharon Mentzer| Program Manager

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## AED Application

(NOT to exceed 2 pages)

Contact Name:

Community/Neighborhood:

Address:

Phone Number:

Email address:

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### Briefly Discuss:

Description of where AED station will be placed in the community/neighborhood/other.  
(building exterior or AED station stand)

Distance from any current AED or station:

Number of people served:

Distance from nearest First Responder (Fire/Police) and ambulance agency:

Location of external light sources to illuminate AED station area at night:

Who will be in charge of the AED for maintenance and in an emergency? A back-up person is necessary.

How will your community/neighborhood/other assist in furthering the goals of Heart Safe Community/ Healthy Heart Initiative (CPR trainings or Cardiovascular screenings) to increase survival rates for Out-of-Hospital Cardiac Arrest?

Please include additional information as needed.

## **Informational Sheet - AED Outdoor SaveStation Instructions**

Neighborhood/ Community is responsible for costs associated with purchase of the AED Outdoor SaveStation Smart Monitoring enclosure to be used to house an Automated External Defibrillator (AED). The approximate cost for the AED Outdoor SaveStation Smart Monitoring enclosure, stand, (if not building mounted), electrical to Save Station, concrete base and misc. signage is \$5500-\$5900.

The approximate monthly costs = \$14 (includes security light)

The annual ongoing cost for Software Access (Daily monitoring of unit and software updates) for the first 5 years is included in the initial purchase. Thereafter, the approximate annual costs is \$ 180.00 per year.

### **Apply to “Take Heart AED OUTDOOR SaveStation Grant”**

The cost of the AED only is covered at 100% by the AED Outdoor SaveStation Grant. Grant also includes CPR/AED training for Neighborhood/Community. Final approval is contingent upon necessary funds being raised for the AED Outdoor SaveStation and misc. costs associated.

The outdoor AED SaveStation cabinet must be installed within 90 days of application.

### **Preparation of AED SaveStation Location**

1. Review requirements of AED Grant.
2. Raise funds with commitment from neighborhood/community approximate \$6000
3. Choose an appropriate AED Outdoor SaveStation location keeping in mind site lines, nighttime lighting, access and other visual distractions.
4. Check with local authorities regarding
  - a. Zoning
  - b. Permit
  - c. Setback issues
5. Decide on decals for cabinet, reflectors, address, etc

### **Order AED Outdoor SaveStation (approximately 6 weeks for delivery)**

1. If paying cash, submit purchase order and 50% down payment to:

Action First Aid  
SaveStation  
102 Commerce Park Drive Unit 10  
Barrie, Ontario L4N 8W8  
Canada

Payment of the remaining balance-to SaveStation is due upon delivery.

2. If using “Crowd Fundraising” payment option, payment will be submitted via credit card to SaveStation Crowdfunding Platform.

### **Installation of AED Indoor/Outdoor SaveStation**

1. Pour concrete base and anchor bolts, (if stand is mounted)
2. Electrician needed for electrical wiring after AED SaveStation is installed
3. Install Station base and Smart Monitoring Cabinet to concrete base or building exterior
4. Pick up AED from Take Heart CentraCare after outdoor cabinet is installed-
5. Register AED to MN/National Registry prior to installation-need serial number
6. Insert AED into cabinet with connecting magnetic sensor to AED

### **Programming Smart Station**

1. Program Monitoring Station with assistance from Action First Aid
2. Call local 911 operator prior to the first test run. Let them know the physical location of the station and the planned test time.

### **Support**

Rich has installed a cabinet and AED in his neighborhood.  
Rich Feneis  
Cell 320-260-4040