

COMMUNITY DESIGNATION PROGRAM GUIDE



SOUTH DAKOTA
DEPARTMENT OF HEALTH



SOUTH DAKOTA
CARDIOVASCULAR
COLLABORATIVE

Cardiac Ready Community Designation

OVERVIEW

Cardiac Ready Community

The Cardiac Ready Communities (CRC) Program focuses on educating, equipping, and empowering local community members to be better prepared and more confident in helping a patient experiencing a cardiac event before the ambulance arrives. The CRC Program runs through a partnership of the SD Department of Health (DOH) and the Cardiovascular Collaborative, a voluntary group of SD medical and public health professionals working to improve the quality of life through the prevention and control of heart disease and stroke. Since 2017, the South Dakota Cardiovascular Collaborative has been working to improve the quality of life for all by preventing and managing cardiovascular disease and its associated risk factors. In 2018, the Cardiovascular Collaborative initiated the CRC Program. The CRC Program focuses on advancing health equity, optimizing health through chronic disease prevention, improving response to acute cardiovascular incidents, and supporting disease management. The CRC Program promotes the American Heart Association (AHA) Chain of Survival, which can improve the chances of survival and recovery for victims of cardiac events.

Please visit [Cardiac Ready Communities | South Dakota Department of Health \(sd.gov\)](https://www.sd.gov/health/crc) for more information and to hear about other communities that have achieved this designation.



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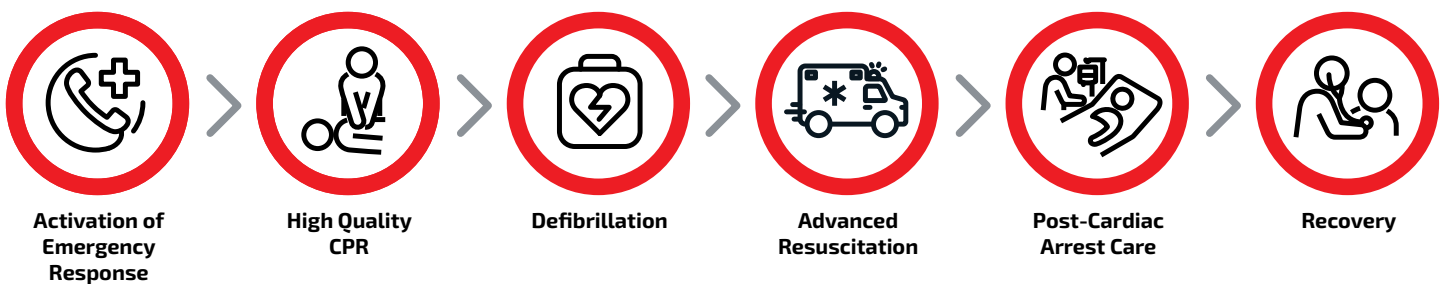
What is a Cardiac Ready Community?

Communities that have been designated as Cardiac Ready have a documented increase in bystander CPR (cardiopulmonary resuscitation) rates, bystander use of an automated external defibrillator (AED), and increased survival rate of Sudden Cardiac Arrest (SCA). Any South Dakota community is eligible to apply for the Cardiac Ready Community Designation.

- If someone in your community suffers an SCA tomorrow, how likely will they survive due to rapid access to life saving treatment?
- How many residents and public safety officials in your community can recognize the symptoms of cardiac arrest and know how to help?
- Do all of your buildings, auditoriums, and meeting areas have adequate emergency response plans? How many public AEDs are available and ready in an emergency?

The answers to these questions highlight the importance of achieving the Cardiac Ready Community Designation. The answers to these questions could also determine whether your community qualifies as a Cardiac Ready Community.

The mission of the Cardiac Ready Community Designation is to help communities evaluate their readiness for cardiac events. It includes evaluation, planning, and development of new awareness, prevention programs, CPR & AED training, and AED location information. The South Dakota Department of Health administers this program with support from the South Dakota Foundation for Medical Care and aims to help communities improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival. Through the Cardiac Ready Communities program, a community can strengthen what the American Heart Association has called the “chain of survival,” which has six critical steps.



Chain of Survival



Early Access to Emergency Care

- Bystanders recognize the symptoms of cardiac arrest and call 9-1-1 immediately.
- Emergency medical system (EMS) dispatchers are equipped with instructions for the caller.



High-Quality CPR

- Early hands-only CPR buys precious minutes until a defibrillator is available, increasing the chances of effective defibrillation.
- Tools are available to assist untrained individuals in performing hands-only CPR



Defibrillation

- Early defibrillation is the most critical link in the chain of survival.
- AEDs are lightweight, sturdy, and easy to use by anyone.
- AEDs should be available for public use and emergency ready.



Advanced Resuscitation

- Basic and advanced care provided by EMS is critical to the survival of cardiac arrest victims.



Post-Cardiac Arrest Care

- Post-resuscitation care at an appropriate Advanced Cardiovascular Life Support (ACLS) facility, followed by cardiac rehab, is an integral step in SCA long-term survival and recovery.



Recovery

- Additional treatment, observation, rehabilitation, and psychological support can enhance long-term survival and recovery.

The first three links in the chain of survival are also the most important and happen with the public. Along with community-wide prevention efforts, these are the areas where you can make the most difference in your community.

Application Information for Cardiac Ready Communities

Overview

The South Dakota Department of Health encourages and promotes community awareness of the potential for saving the lives of sudden cardiac arrest victims through the use of CPR and increased public access to defibrillation. Cardiac Ready Communities is a replicable model that seeks to strengthen the six links in the Chain of Survival, which has been documented to increase survival rates for cardiac arrest victims.

Communities achieve the Cardiac Ready Community Designation by developing and implementing an action plan that includes providing CPR with Automated External Defibrillator (AED) training, helping community members recognize the warning signs and symptoms of heart attack & sudden cardiac arrest, and training the public to call 911 and use CPR and AEDs, as medically appropriate. Recognized Cardiac Ready Communities will place AEDs in strategic locations where they are readily available to use in a cardiac emergency and develop emergency response plans that further the goal of saving lives from cardiac arrest.

While the primary focus of the Cardiac Ready Communities program is on the Chain of Survival, we are also committed to helping prevent sudden cardiac arrest (SCA) and other acute cardio and cerebrovascular events. Accordingly, an essential component of your Cardiac Ready Community designation is an intentional focus on community heart health through measures like blood pressure control, encouraging physical activity, and preventing tobacco use.

The application process for a Cardiac Ready Community Designation includes several steps. This process can take as little as a few months or, in some cases, more than a year to accomplish everything. However, a key factor is not only applying and receiving the designation but also the effort and plans that your community will put together for ongoing awareness and education about sudden cardiac arrest, CPR training, and AED location identification. The Cardiac Ready Community Designation lasts three years, after which communities must reapply.

The following pages describe the program requirements, steps to apply, and helpful resources. The Cardiac Ready Community application is a separate document. It can be filled out as you are earning heartbeats or at the completion using your own records; however, it is recommended that you read the application completely before beginning to know what you will need to document for the final application. For questions or technical assistance, contact South Dakota Cardiac Ready Communities Program Coordinator Stephanie Hanson at 605-595-2062 or Stephanie.hanson@sdfmc.org.

Acknowledgments

This version was adapted by the Cardiac Ready Communities Committee and the South Dakota Department of Health with permission from the Minnesota Department of Health. We want to acknowledge the following contributors and extend to them our sincere thanks: Heart Safe Minnesota, South Dakota Cardiovascular Collaborative, South Dakota Foundation for Medical Care, and the American Heart Association.

Cardiac Ready Community Requirements

What is a “Heartbeat?”

Heartbeats are points. Every activity and step your team identifies and plans will have a point value. Points can vary for each part of the application. You should calculate heartbeats based on what you know about your community in the planning stages to gauge the following steps and how many you will need to become designated.

Chart of Requirements: Communities (population based)

There is a minimum number of total heartbeats required for designation. There are minimum heartbeats required to come from CPR/AED training, AED identification, new training events, and a minimum number of public AEDs to be identified. All numbers listed in the chart below represent the minimum requirements within these categories. In addition, a lead organization and champion are to be identified, and a sustainability plan is created.

Community Daily Population	Required Total Heartbeats	Required Heartbeats for CPR/AED training and identification of AEDs	Minimum new training events & AEDs Identified	Required Heartbeats for Early Advanced Care -Transport Plan	Required Heartbeats for Community Health Health - Any Initiative	Required Heartbeats for Sustainability Plan - CPR/AED Plan, AED assistance plan, Community Event Plan
<1,000	250	80	Four new training events and 4 AEDs were identified	10	10	30
1,000 - 5,000	350	120	Six new training events and 6 AEDs were identified	10	10	30
5,001 - 20,000	500	200	Ten new training events and 10 AEDs were identified	10	10	30
> 20,001	1000	400	20 new training events and 20 AEDs identified	10	10	30

Steps to Become a Cardiac Ready Community

Step 1: Build your Heart Safe Team

Identify a Champion who will lead your designation effort, a lead organization, and key partners, and assess current activities. The Champion will act as a catalyst to help other members articulate and achieve the requirements to become Cardiac Ready designated. The lead organization and key partners will help gain community buy-in.

Potential champions and key team members could include local EMS, law enforcement, fire department, a cardiac arrest survivor/family, faith-based groups, youth organizations, school members, community volunteer groups, and the business community.

Step 2: Identify Community and Fiscal Needs

Review the requirements for your community to achieve the designation. Gauge where your community has already placed efforts and identify where additional work is needed. Many groups find that programs are already in place that achieve some goals. Work to form strong partnerships and identify ways that you can improve what has already been done.

Identify any expenses that may be needed to perform planned events or actions throughout your process and work with your partners on resources to assist. Grant money, donations, and other special funds are often available for volunteer organizations and public programs.

Step 3: Letter of Intent

Fill out the letter of intent and email to:

Stephanie.hanson@sdfmc.org

or Mail:

Stephanie Hanson

2600 W 49th St

Suite 102

Sioux Falls, SD 57105

By completing this letter, you are notifying the South Dakota Cardiac Ready Communities Committee of your intent. You will have two (2) years from the date the letter of intent is submitted to complete the designation process and will earn your first 20 Heartbeats toward your designation (added under bonus heartbeats). The committee can also be a resource as you are developing goals. If you prefer, you may copy the letter text below into your own organizational letterhead.

Step 4: Implementation

Implementation can progress in a variety of ways. Each community will determine the best possible plan for accomplishing their goals. Use the application as a tool to follow for recommended heartbeats. Hosting a kickoff event and other large public events may help gain interest in your program and train large groups of people in CPR. Determine the best way to record and track the number of people you train in CPR. Decide who will locate AEDs in your community and verify they are emergency ready and registered. Develop materials to advertise your program as desired.

For questions or technical assistance, contact South Dakota Cardiac Ready Communities Program Coordinator Stephanie Hanson at 605-595-2062 or Stephanie.hanson@sdfmc.org.

Step 5: Submit Application

Using your completed worksheets, complete the Cardiac Ready Community application and submit it to:

E-mail: Stephanie.hanson@sdfmc.org

or Mail:

Stephanie Hanson

2600 W 49th St

Suite 102

Sioux Falls, SD 57105

Electronic submission is preferred but not required.

Step 6: Gain Recognition

Communities can use their newly gained Cardiac Ready Community Designation as an opportunity to celebrate. Street signs will be provided to the Community to post to recognize its efforts. *The number of street signs provided will be at the discretion of the Cardiac Ready Community Committee.*

Step 7: Sustainability

After initial designation, it is essential for the community to continue efforts to sustain their plan for readiness for cardiac emergencies. The Cardiac Ready Community Designation is good for *three* years after initial designation, in which the community will then have to reapply for the Cardiac Ready Designation using the application.

Letter of Intent

Draft Letter of Intent

Dear South Dakota Cardiac Ready Communities Committee,

It is the intention of **[enter in name of organization here]** to obtain Cardiac Ready Community designation.

We have chosen **[enter in name of organization here]** as the lead organization of our Cardiac Ready effort, earning our first 20 Heartbeats towards our recognition.

The champion/contact for our program will be:

Name **[Enter in first and last name]**

Address **[Enter in complete address here]**

Contact Number **[Enter in phone number here]**

Email **[Enter an email address here]**

Our goal to strengthen the Chain of Survival at our site includes:

[Please describe goals here]

Frequently Asked Questions

Is there an application fee?

While there is no application fee, there may be costs associated with meeting the criteria to become a Cardiac Ready Community. Cost will vary depending on the size and needs of your site (i.e. Cardio Pulmonary Resuscitation (CPR) training and equipment or Automatic External Defibrillator (AED) placement). A proper assessment of your community will determine the needs.

When are Cardiac Ready Community applications due?

Applications can be submitted at any time. Applications are reviewed and referred for designation on an as-received basis. The Cardiac Ready Community Designation lasts for three years, after which communities must reapply.

Will an AED always resuscitate someone in Cardiac Arrest?

Unfortunately, NO. However, most SCAs are due to a chaotic heart rhythm, and the only effective treatment is early defibrillation along with CPR.

Is the AED safe to use?

Absolutely! An AED is safe to use by anyone. If you can turn it on, you can use it. They are designed with multiple safeguards and warnings. You can receive training by attending most CPR classes or specific unit training if there is an AED at a site you frequent.

Is there any protection for public bystanders that administer PR/AED?

South Dakota has enacted a general Good Samaritan law that is codified in SDCL § 20-9-4.1. The statute provides immunity from civil damages for individuals who render emergency care, in good faith, for those in need.

What should I know about purchasing an AED?

AEDs are manufactured and sold under guidelines approved by the FDA. There are many AED manufacturers and models on the market and vendors available to assist in finding the best AED to fit your needs. The Cardiac Ready Communities program does not endorse or support any single product or program. Please see the Resources section for more information about AEDs.

Resources

General Resources

<p>American Heart Association www.heart.org</p>	<p>American Red Cross www.redcross.org</p>	<p>Anyone Can Save a Life www.anyonecansavealife.org</p>
<p>Be the Beat American Heart Association bethebeat.heart.org</p>	<p>Hands Only CPR American Heart Association www.handsonlycpr.org</p>	<p>Heart Rhythm Society www.hrsonline.org</p>
<p>National Center for Early Defibrillation www.early-defib.org</p>	<p>Parent Heart Watch parentheartwatch.org</p>	<p>Sudden Cardiac Arrest Foundation www.sca-aware.org</p>
<p>Pulse Point AED App www.pulsepoint.org/pulsepoint-aed</p>	<p>Take Heart America takeheartamerica.org</p>	<p>Citizen CPR Foundation citizencpr.org</p>
<p>Your On-site AED Program An Implementation Guide American Heart Association https://cpr.heart.org/-/media/CPR-Files/Training-Programs/AED-Implementation/2023-updates/KJ1683-AED-Guide.pdf</p>	<p>Workplace Wellness Toolkit Good & Healthy SD https://goodandhealthysd.org/resources/workplace-wellness-toolkit/</p>	<p>Cardiac Emergency Response Plan (CERP) Checklists American Heart Association https://cpr.heart.org/en/training-programs/cardiac-emergency-response-plan-cerp</p>

Resources

SD AED Sources

These organizations may be able to assist you with lower-cost AED purchases.

<p>Sanford Health Lori Visker, Manager of Sanford Center for Screening and The Sioux Falls Market Business Development and Strategy 605-312-2186 lori.visker@sanfordhealth.org</p>	<p>Avera Heart Hospital Becky Smith, PAD Coordinator 605-977-7381 becky.smith@avera.org</p>	<p>Sioux Empire United Way (priority given to Nonprofits, Schools, Churches, and Government entities) 605-336-2095 or unitedway@seuw.org Save A Life Information & Application Sioux Empire United Way (seuw.org)</p>
<p>Good & Healthy South Dakota Workplace Wellness Annual Grant Opportunity Workplace Wellness Toolkit – Good & Healthy SD (goodandhealthysd.org)</p>	<p>AEDGrant.com Grant Program http://www.aedgrant.com/about-aed-grant.htm</p>	<p>Firehouse Subs Foundation Grant Program (priority given to First Responder agencies) https://firehousesubsfoundation.org/</p>
<p>GotAED Crowdfunding Site (priority given to Schools and Youth-serving facilities / organizations) https://www.gotaed.org/</p>	<p>Hopey’s Heart Foundation AED Grants https://www.hopeysheart.org/aed-grant-program/aeds-placed/</p>	<p>Sudden Cardiac Arrest Foundation Additional Funding Sources for Schools https://www.sca-aware.org/campus/funding-sources-for-schools</p>

National AED Vendors

These organizations sell AEDs.

<p>Cardiac Science www.cardiacscience.com</p>	<p>Defibtech www.defibtech.com</p>	<p>Philips www.usa.philips.com/healthcare</p>
<p>Heartsine heartsine.com</p>	<p>Zoll www.zoll.com</p>	



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