



FAITH COMMUNITIES & THE NATION OF LIFESAVERS

Virginia Partners in Prayer and Prevention (VAP3)

Virginia Department of Health

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DRIVING EQUITABLE HEALTH IMPACT





Join the Nation of Lifesavers


[HEART.ORG/NATION](https://heart.org/nation)





Understanding Cardiac Emergency Response Plans

- 1 Why Nation of Lifesavers and CERP's?
- 2 Core elements of a Cardiac Emergency Response Plan
- 3 CERP's as a Sustainable Change
- 4 Resources and Next Steps

A woman with blonde hair is lying on her back on a bed of dry, brown leaves. She is wearing a light blue t-shirt and light-colored pants. Her eyes are closed, and she appears to be unconscious. A smartphone is lying on the leaves near her head. The background is a dense layer of dry leaves, and the overall lighting is dim and somber.

More than

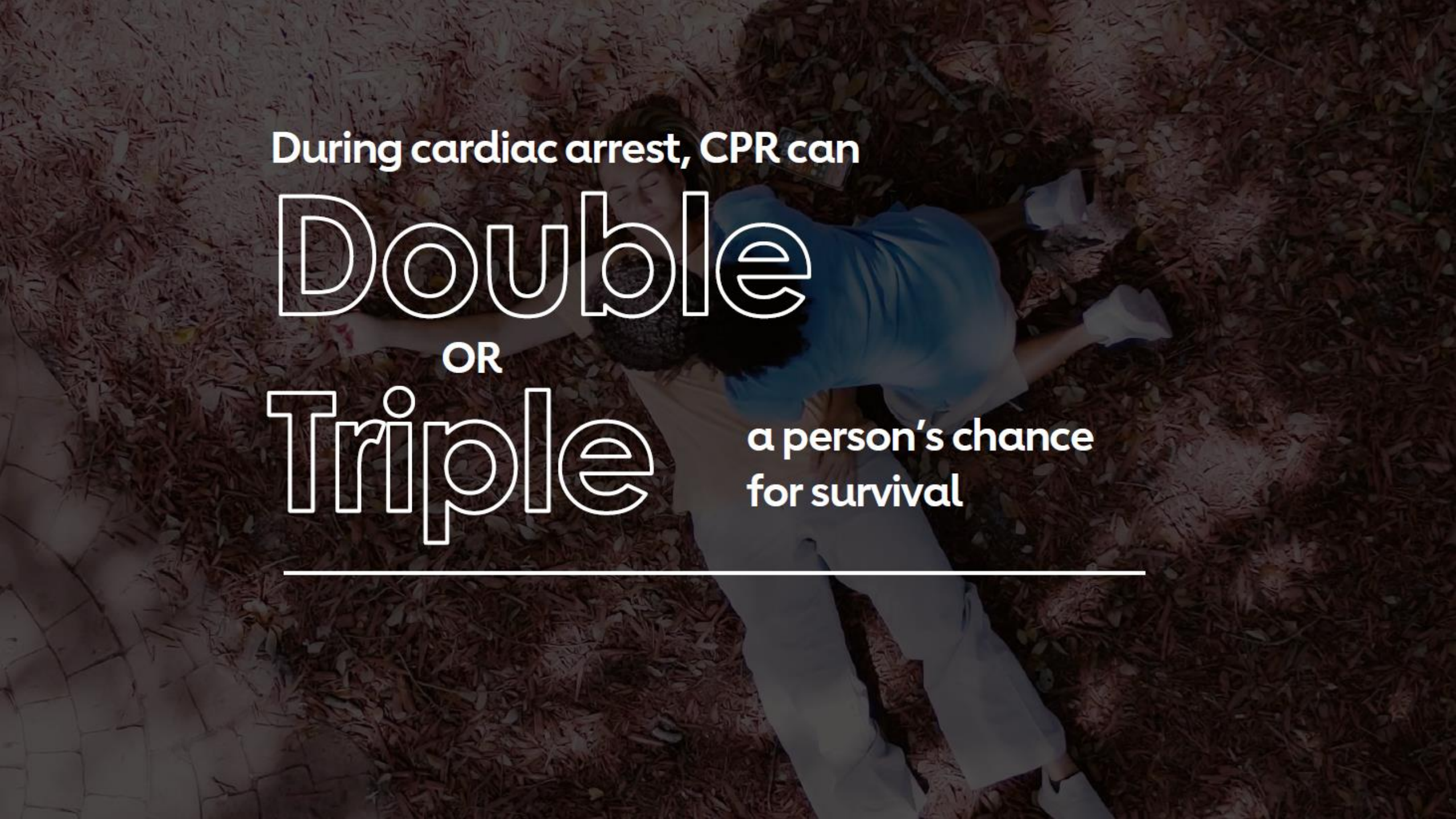
350,000

Out-of-hospital
cardiac arrests occur
each year in the U.S.

A woman in a blue shirt is lying on a bed of dry leaves. A smartphone is lying on the leaves near her head. The scene is dimly lit, suggesting an outdoor setting at dusk or dawn.

9 out of 10

people who experience a cardiac arrest outside of the hospital will not survive.

An overhead view of a person lying on their back on a bed of dry leaves. A rescuer in a blue shirt is kneeling over them, performing CPR. The scene is dimly lit, with the text overlaid in white.

During cardiac arrest, CPR can

Double

OR

Triple

a person's chance
for survival

A photograph showing a person lying on their back on a ground covered with dry leaves. Another person is leaning over them, performing CPR. The scene is dimly lit, and the overall tone is somber. The text is overlaid on the left side of the image.

Unfortunately,

Less than

half of all people who need CPR,
receive it.



70%

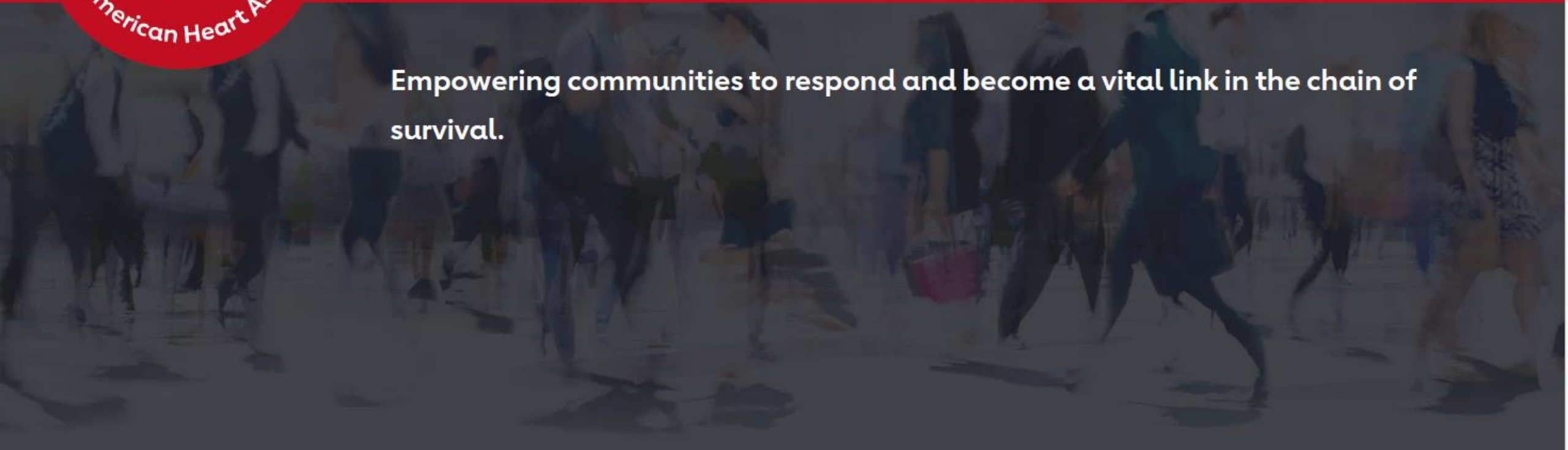
of Americans feel
helpless to act during a
cardiac emergency.

**We are currently a nation of bystanders that lack the
knowledge to take action and save a life.**



Turning a Nation of Bystanders into a Nation of Lifesavers

Empowering communities to respond and become a vital link in the chain of survival.



A young girl with a blue bow in her hair, wearing a pink t-shirt and blue jeans, is kneeling on a blue mat and practicing CPR on a white mannequin. She has her hands clasped over the mannequin's chest. In the background, other children are also practicing CPR on mannequins on the floor. The setting appears to be a classroom or a community center with a red wall.

2x

By 2030 we want to double the survival rate from cardiac arrest, but we can't do it alone.

We need:

1 More communities with Cardiac Emergency Response Plans

2 To raise awareness and train more people in CPR

3 More AEDs and training in our community



Core Elements of a Cardiac Emergency Response Plan (CERP)

Following the core evidence-based elements of a Cardiac Emergency Response Plan will increase the effectiveness of preparation and response to a cardiac emergency.

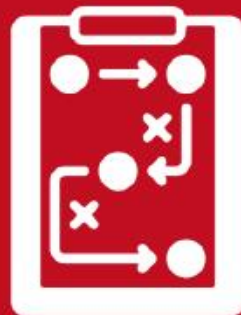


What is a Cardiac Emergency Response Plan?

A cardiac emergency response **plan** is a written document that establishes specific steps to reduce death from cardiac arrest in out of hospital settings.

A carefully orchestrated response to cardiac emergencies will reduce deaths in community settings and ensures that chaos does not lead to an improper or no response.

Preparation is the essential key to saving lives.





Core Elements of a Cardiac Emergency Response Plans

Following the evidence-based core elements for any Cardiac Emergency Response Plan will ensure proper preparation, response, and evaluation.





Training and Education

Training

CPR TRAINING



COMPRESSIONS + BREATHS

Offered through online or in-person classes. Provides more **in-depth training with an instructor**, including CPR with breaths and choking relief.

Education

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN THE CENTER OF THE CHEST

Public awareness campaign to get more people to act when they encounter a cardiac arrest. Starting point to get more people to learn CPR.





Training and Education

Training

CPR TRAINING



COMPRESSIONS + BREATHS



Certification



Cost

Education

HANDS-ONLY CPR



CALL 911



PUSH HARD AND FAST IN
THE CENTER OF THE CHEST





Community Readiness

Cardiac Emergency Response Plans can be implemented in different settings.



Schools



Community



Workplaces



Sports Facilities



**Community
Organizations**



Medical Facilities



Cardiac Emergency Response Plans as a Sustainable Change

Systems or organizational policies that aim to reduce disparities in calling 911, rate of response, or bystander CPR can happen in schools, sports facilities, workplaces, or other community sites.

Lack of CPR training and resources is a health equity issue.



A woman is less likely than a man to receive CPR from a bystander.



Men have a 23% higher chance of surviving a cardiac arrest than a woman.



Black and Hispanic adults are substantially less likely to receive bystander CPR.



Sustainable Change

CR1: Systems intervention intended to eliminate disparities in calling 911, rate of response and/or bystander CPR.

MINIMUM REQUIRED ELEMENTS:

- 1** Must be community driven approach or have community buy-in and representation in planning and execution.
- 2** Must be in a geographic area or with population disproportionately impacted by CVD and with lower rates of survival. See the [special populations](#).
- 3** Must include an organizational policy change that codifies ongoing sustainable change in practice or response.
- 4** If working with a school district, the Cardiac Emergency Response Plan must follow [evidence-based core elements](#).





Resources and Next Steps

heart.org/cerp

heart.org/nation

Available resources can help facilitate the creation and implementation of a CERP in any organization. More resources will be soon available.





Join the Nation of Lifesavers

[HEART.ORG/NATION](https://heart.org/nation)

