

# MN Resuscitation Consortium

First Quarter 2012

## CPR in Schools Bill

Hard work pays off - Governor Dayton passed the law to require CPR training in schools

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## Resuscitation Academy

The 1<sup>st</sup> MRC Academy will share tools on how new communities in MN can be more involved in improving outcomes from SCA.

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## 2011 CARES Update

The first reports are out - how is MN doing?

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## Upcoming Events and Notes from Committee meetings

Committees include: Bystander / Community; Pre-hospital; Hospital; and Advisory. Goals/Minutes for each committee are available by emailing [mrc@umn.edu](mailto:mrc@umn.edu)

The MRC is going viral - we have had a Facebook page since last summer but have finally broken into numbers that demonstrate a better reach; in fact our weekly report recently showed that our 57 likes had a reach of over 380 people. In addition, we are on twitter and continue to develop items to share on both pages to promote awareness, heart health and community CPR training.

Website updates - our website now has several new tools, including a Bystander CPR Registry, the MN AED Registry and 'how to' presentations to assist users.

The first MN Resuscitation Academy is in June at the University of MN. We encourage you to share details about this event with communities throughout MN that may be interested in community initiatives, improving pre-hospital response and systems of care. See page 4 for the event flyer.

Each committee group met during 1<sup>st</sup> quarter and minutes were emailed. If you would like to participate on one of the committees, please email us with your interest and we will get you on the invitation list. Contact [mrc@umn.edu](mailto:mrc@umn.edu) for more information.

### 2<sup>nd</sup> Quarter events:

- 4/2012 Medical Reserve Corp Training at the U of M
- 4/2012 Spring Jam at the U of M
- 4/2012 Teaching & Learning Conference for MN EMS Educators
- 5/2012 AHA Heart Walk at Target Center
- 6/18-19 Resuscitation Academy (details on our website)
- 6/23/2012 CPR at the MN ZOO



## Bring Back the Beat!

Connecting bystander, pre-hospital and hospital initiatives to improve survival from Sudden Cardiac Arrest.

If you are interested in being a part of this initiative - contact the MRC to find ways you or your organization can be involved:

612-626-1382 or

[mrc@umn.edu](mailto:mrc@umn.edu)



## American Heart Association - Go Red for Women Event at MOA: MRC, Survivors, Parent Heart Watch and Allina Heart Safe rock Medtronic's 'Be the Beat' CPR training.

On Saturday, February 4, 2012, Mall of America® in Bloomington, Minnesota hosted several activities for the American Heart Association's Go Red For Women national movement in an effort to raise awareness of women's risk for heart disease.

Many people are unaware that heart disease is the No. 1 killer of women each year. Currently, one in three women die of cardiovascular disease and 90 percent of women have one or more risk factors for developing heart disease in the future.

The following activities took place throughout the day for the "Go Red For Women" event:

- **Go Red 'Hearts for Fashion' Show:** Boston Scientific sponsored a student-designed red fashions, a Macy's red fashion show and the inspiring stories of survivor models.
- **Go Red Concert:** The musical talents of local singers, Patty Peterson and Kimberly Brown.
- **Go Red Casting Call:** The next local and national spokespersons for Go Red For Women were selected from casting calls around the country, including Mall of America.
- **Diva Couch - A picture and a promise:** Jason Matheson from MyTalk 107.1 took photos with guests on the diva couch as a reminder and promise to put their health first.
- **'Be the Beat' and Learn CPR:** Medtronic sponsored an opportunity for MOA visitors to learn how to save a life in two easy steps and just 15 minutes with 'Hands-Only CPR.'
- **Relax for Goodness Sake:** Professionals were on-site to teach tips and techniques to de-stress and relax.
- **Fit for Life:** Fitness expert Chris Freytag was on-site teaching fitness techniques and how to fit them into busy lifestyles.

This very busy day provided participants with many opportunities to learn more about heart disease in women. At the Sears court, we had CPR trainings throughout the day, training over 100 people including some celebrities like Sharky and local royalty. There were also 'Smart Mobs' providing stage shows. The 'smart mob', similar to flash mobs, has a dance routine to the tune of 'Be the Beat' by MC Lars. Their routine ends with the group doing CPR to the music. Visit our Facebook page to see the group in action.

### Boston Scientific Training with American Heart Association

American Heart Association requested our assistance on a large training for Boston Scientific employees. In just two days over 300 employees were trained. Volunteers to train came from the MRC, MN Survivors Network, Allina Heart Safe, and Parent Heart Watch. This is the second year we have been asked to assist and as before, it was great training with a superb host! Kudo's to Boston Scientific for this innovative way to bring CPR training into the workplace.

American Heart & American Red Cross & others join forces to make Heart on the Hill a big splash...



Several groups were on hand to testify for the Senate to promote the CPR in schools bill. Shown here with Senate author, Dan Hall, are survivors, parents, American Heart and American Red Cross representatives. The MN Resuscitation Consortium would like to express its gratitude and congratulations to American Heart Association and Justin Bell specifically for all the hard work to make this happen. The bill passed in the Senate with a vote of 56-6.

## Success at the MN Capital!

Governor Dayton signed the CPR in Schools bill into law on April 23<sup>rd</sup> after the bill passed the House and Senate with bipartisan support. The new law requires all students in MN to receive at least one hands only CPR and AED training prior to graduation. Supported by the American Heart Association and the American Red Cross, the bill offer great flexibility for schools to determine where and how they want to offer the training, although many successful models exist. The new law takes effect in the 2014-2015 school year and will create future generations of live-saving heroes in MN and make our state a healthier and safer place to live!

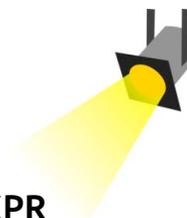


**Volunteer.  
Advocate.  
Take Action.  
Save Lives.**

Join the *You're the Cure* network today!



## Spotlight on.....



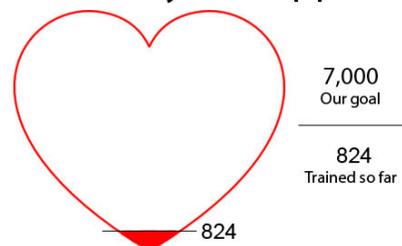
### Woodbury aims to train 7,000 people in Hands-Only™ CPR

The Woodbury Public Safety Department is launching a citywide campaign -- Take Heart™ Woodbury -- that empowers community members to assist an adult who suddenly collapses from a cardiac arrest. Hands-Only™ CPR is a simplified method of CPR that requires no mouth-to-mouth breathing. It is a two-step technique that involves calling 911 and pushing hard and fast in the center of the victim's chest until help arrives.

You can get involved by attending one of the upcoming training sessions or by checking out a CPR kit and hosting a Save a Life party (for groups of 1-100 people). By educating the residents and business owners of Woodbury on Hands-Only™ CPR, we aim to earn the Heart Safe Communities Designation from Allina Hospitals and Clinics.

For more information, send an email to [cpr@ci.woodbury.mn.us](mailto:cpr@ci.woodbury.mn.us) or leave us a message at (651) 414-3471.

We need your support!



We are live on the web - check us out on Facebook and the web at [www.mrc.umn.edu](http://www.mrc.umn.edu)



# Minnesota Resuscitation Academy

connecting bystander, pre-hospital and hospital initiatives to improve survival from sudden cardiac arrest

Join us for the first MN Resuscitation Academy  
June 18th and 19th, 2012  
University of MN - Mayo Memorial building, Minneapolis, MN

The sessions will provide information on defining existing cardiac arrest data and how to utilize it for improving outcomes; to develop a plan to increase survival in your community; and how to measure your effectiveness.

Details on specific sessions and speakers available at [www.mrc.umn.edu](http://www.mrc.umn.edu)



*Sessions include:*  
*Community Education Programs*  
*Dispatch Assisted CPR*  
*BLS/ALS Tools and Training*  
*High Performance CPR*  
*Therapeutic Hypothermia*  
*Innovative Hospital Initiatives*  
*Data Collection*  
*& more*

**REGISTER EARLY - SPACE IS LIMITED!**  
**TUITION IS FREE!**



Recommended attendees include: EMS & Fire Officers, Medical Directors, Training Officers, Dispatch Centers, or QI Coordinators.  
Contact 612-626-1382 or [mrc@umn.edu](mailto:mrc@umn.edu) for a registration and information packet





## Be One in a Million Hearts™

### *Save Your Heart: Take the Pledge!*

Do you know someone who has had a heart attack or stroke? Your father, mother, husband, wife, friend, or colleague? You're not alone. Heart disease and stroke are the first and fourth leading causes of death in the United States, which means heart disease causes 1 of every 3 deaths in the country. Americans suffer more than 2 million heart attacks and strokes each year, and everyday 2,200 people die from cardiovascular disease. And heart disease and stroke are among the leading causes of disability in our country-keeping more than 3 million people from enjoying the quality of life they'd like.

Million Hearts™, which launched in September 2011, was created to prevent 1 million heart attacks and strokes over the next five years. This public-private national initiative is bringing together a wide range of heart disease and stroke prevention programs, policies, and activities to raise awareness about what can be done to prevent heart disease and stroke in our nation.

We are all at risk. People of all ages, genders, races, and ethnicities can have a heart attack or stroke. However, certain groups-African Americans, people between the ages of 40 and 60, and women-are at a higher risk. By many of the people who are at high risk for heart disease or stroke don't know it. Each of us can take steps to achieve the goal of preventing 1 million heart attacks and strokes in the next five years.

Be one in a Million Hearts™ by taking the pledge to:

- Prevent heart disease and stroke in your family by understanding the risks
- Get up and get active by exercising for 30 minutes on most days of the week
- Know your **ABCS**: **A**ppropriate Aspirin Therapy, **B**lood Pressure Control, **C**holesterol **M**anagement, and **S**moking Cessation
- Stay strong by eating a heart-healthy diet that is high in fresh fruits and vegetables and low in sodium, saturated and trans fats, and cholesterol
- Take control of your heart health by following your doctor's instructions for medications and treatment

The Centers for Disease Control and Prevention and Centers for Medicare & Medicaid Services are the co-leaders of Million Hearts™ within the U.S. Department of Health and Human Services. They work alongside other federal agencies including the National Institutes of Health, the Agency for Healthcare Research and Quality, and the Food and Drug Administration.

Will you be one in a Million Hearts™? Visit <http://millionhearts.hhs.gov> to take the pledge to save a heart today. A Million Hearts™ begins with you!

# CARES Update

When MN took over CARES as part of the HeartRescue Project, we started with 5 ambulance services and 7 hospitals that were already enrolled as part of Hennepin County CARES community initiative. Since taking over in June 2011 we have brought on an additional 6 agencies and 14 hospitals. We now cover approximately 60% of the state by population!

In 2010, 560 cases were entered into CARES and in 2011 we have entered 788 cases. For 2011 we have an impressive overall survival rate of approximately 15%, with our bystander witnessed/shockable rhythm survival rate at approximately 36.5%. Good job Minnesota. Interestingly we have fewer arrests in nursing homes and more in recreational centers than the national average.

We would like to thank St. Paul Fire, Oakdale Fire, Burnsville Fire and Maplewood Fire for being our newest members. Woodbury EMS is next up and starts training this week. A special thank you is due to the hospital staff that has been so fantastic about entering data. We are grateful for your diligence and timeliness and patience with calls from Lucinda.



*For more information on the Minnesota Resuscitation Consortium - check out our website at [www.mrc.umn.edu](http://www.mrc.umn.edu) or visit us on Facebook*



## MN Resuscitation Consortium

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