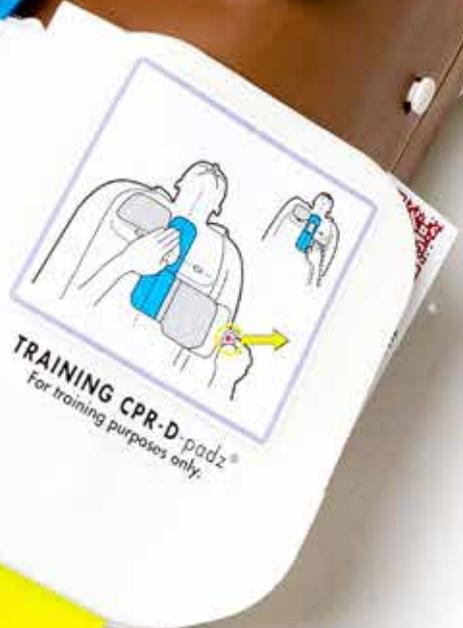


NHS

North West
Ambulance Service
NHS Trust



CARDI  **C**
SMART

DEFIBRILLATOR ACCREDITATION SCHEME



INTRODUCTION

A cardiac arrest is the most extreme emergency and happens when the heart stops pumping in a normal way, preventing blood from circulating around the body. It can happen at any age, anytime, anywhere.

Someone who is having a cardiac arrest will suddenly lose consciousness and will stop breathing normally. There are usually no obvious symptoms or warning signs prior to this happening. Unless immediately treated with CPR and defibrillation, the person will die within minutes.

In the UK, around 60,000 people have an out-of-hospital cardiac arrest every year and less than one in 10 people survive. One of the main reasons for this is the lack of action from bystanders before ambulance crews arrive.

Defibrillation within five minutes can result in survival rates as high as 70%. For this to be happen, we need bystanders to take action by using defibrillators in the community. For that to happen, we need defibrillators to be made as readily available as fire extinguishers.

For each minute without defibrillation, a person's survival chances decrease by 10% so it's vitally important that we empower communities to invest in CPR skills and make defibrillators available.

North West Ambulance Service has dedicated teams working in communities to make them safer and healthier. We work with members of the public, volunteer networks and partner organisations to develop awareness and improve chances of survival. This work gives communities the knowledge, skills and equipment to prepare them and enable them to become more resilient in emergency situations. Ultimately we want to increase survival rates for patients in emergency situations such as cardiac arrests.

Through our **CardiacSmart** accreditation scheme we recognise, celebrate and support the contributions of those who actively help to increase survival rates from cardiac arrest.

60,000

OUT-OF-HOSPITAL
CARDIAC ARRESTS
PER YEAR

LESS THAN 1 IN
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70%

SURVIVAL RATE
WITH DEFIBRILLATION
WITHIN 5 MINUTES

CRITERIA

To become accredited as part of our scheme, you must demonstrate that you can meet the criteria below, and commit to meeting the criteria for two years from the date of accreditation.

You will:

1. HAVE A DEFIBRILLATOR

You will have one or more defibrillators operating according to the latest UK Resuscitation Council guidelines. Items such as the battery and defibrillator pads will be within date. The defibrillator will be registered with North West Ambulance Service so that it can be used to help if there is an incident close by where it could save someone's life. The ambulance service will instruct the 999 caller to get the equipment and take it from your premises to help the patient. After this, NWAS will replace consumables after the event.

Register your defibrillator at nwas.nhs.uk/cardiacsmart

2. MAKE YOUR DEFIBRILLATOR RESCUE READY

Your defibrillator will be easily accessible and not locked away. The storage cabinet will be highly visible and its location marked with the UK standard defibrillator sign.



3. PROVIDE TRAINING

People working or volunteering at the location where the defibrillator is stored will be given awareness training so they feel confident using the defibrillator and know how to give effective CPR. You will arrange refresher training at least once a year.

4. CHECK AND COMMUNICATE

You will carry out a visual check of your defibrillator at least once a week and a 'switch-on' test in accordance with the manufacturer's guidelines. These checks will be logged on North West Ambulance Service's online system. You will nominate at least one person who is responsible for the defibrillator and its maintenance and provide a contact phone number and email address so we can communicate with you about your defibrillator and emergency situations in which it is used.

5. RAISE AWARENESS

You will promote basic life support skills, including CPR and using a defibrillator. You will encourage the use of the Good SAM app by relevant people.



CardiacSmart accreditation is valid for two years. After this period you will need to reapply.



LEVELS OF ACCREDITATION

There are three levels of **CardiacSmart** accreditation status:

1. ACCREDITED

This status is awarded to locations, organisations, businesses, schools and so on that meet all of the criteria on the previous page.

2. ACCREDITED +

In addition to the above, this status is awarded to those that make their defibrillator accessible to the community 24/7 by storing it in an appropriate cabinet, usually on the outside of the building.

3. ACCREDITED PARTNER

This is awarded to groups and communities that champion the ethos of **CardiacSmart** and show evidence of a sustained, long-term effort and/or corporate goal to make communities safer and healthier by continuously promoting basic life support skills, holding awareness sessions to give people the confidence to help a person in cardiac arrest, arranging for the placement of defibrillators and enrolling as community first responders or GoodSAM responders.

BENEFITS

Once accredited, you will receive a certificate, a memorandum of understanding and publicity materials to help you promote your accreditation - being **CardiacSmart** is something to be extremely proud of!

You'll be part of North West Ambulance Service's growing network of potential lifesavers, making a difference to the communities in which we all live and work.

We'll provide you with contact details for our team, should you need help with anything. You'll also be instructed on how to carry out and log your checks and given training resources and shown how to carry out and log your checks.

The best part of being **CardiacSmart** is being able and prepared to save lives.





DEFIBRILLATORS

An automated external defibrillator (AED) is commonly referred to as a defibrillator or 'defib'. It is a device that gives an electric shock to the heart through the chest wall to someone in cardiac arrest. Without defibrillation a person in cardiac arrest will die.

There are defibrillators in many public places such as shopping centres, airports, train stations, schools and businesses which anyone can use - even those without awareness training - in the event of a cardiac arrest.

Defibrillators give verbal prompts on how to use them and what to do next. They will only deliver a shock to someone who needs one; it is not the responsibility of the user to decide whether a shock is necessary.

No servicing is required as defibrillators self-test and indicate when new consumables such as batteries and electrode pads are required. Pads last for approximately two years and batteries last for around four years.

It's entirely your decision as to who supplies your defibrillator and storage. The most commonly used manufacturers are Physio Control, Heartsine, Cardiac Science and Zoll but there are many others.

NWAS can provide advice for your site if you contact our community resuscitation team.

CHECKS

Defibrillator locations must have at least one nominated person who is responsible for regular defibrillator checks. It is an accreditation requirement to provide a name, email addresses and telephone numbers for the defibrillator guardian.

Although most defibrillators are designed to do an automatic check every 24 hours and an electronic display on the machine confirms its readiness to be used, you'll still need to do some of your own checks to make sure the device is rescue ready.

Checks will take a few minute to do and must be recorded on our online checking system. We'll tell you how to do your checks when you receive your accreditation status.

STORAGE

There are two types of defibrillator locations:

CPAD: A community public access defibrillator (CPAD) is where the defibrillator is put in an external, locked cabinet on the outside of a building or in the community which can be opened with a code provided by the ambulance service should it be needed. This is our preferred method of defibrillator storage.

Static: A static AED is one which is located inside a building and is available for as long as the building remains open eg in an office from 9am - 5pm.

The UK-standard defibrillator sign should be displayed next to your defibrillator and in other appropriate locations such as the entrance to the building.

Storage solutions for both options are available from defibrillator manufacturers.

BASIC LIFE SUPPORT

Basic life support goes hand in hand with defibrillation. The term refers to the procedures that can be used to keep someone alive until the ambulance service takes over. These skills include chest compressions to manually pump blood around the body, and rescue breaths to provide oxygen.

Combining chest compressions with rescue breaths is the 'gold standard' and is particularly important to do if the person in cardiac arrest is a child, but 'hands only' is a useful alternative for untrained bystanders or those unwilling to give rescue breaths.

North West Ambulance Service can provide CPR and AED training. There are other organisations that offer courses too such as St John Ambulance, British Red Cross, fire and rescue service and community first responder groups.

Our animated film is a great learning tool for raising awareness of CPR and defibrillation. Search YouTube for 'Agent Lifesaver'.

You can download our 'how to save a life' poster at nwas.nhs.uk/cardiassmart

Accredited partners who act as trainers for other groups should use NWAS resources to deliver training and spread the word that simple skills save lives.

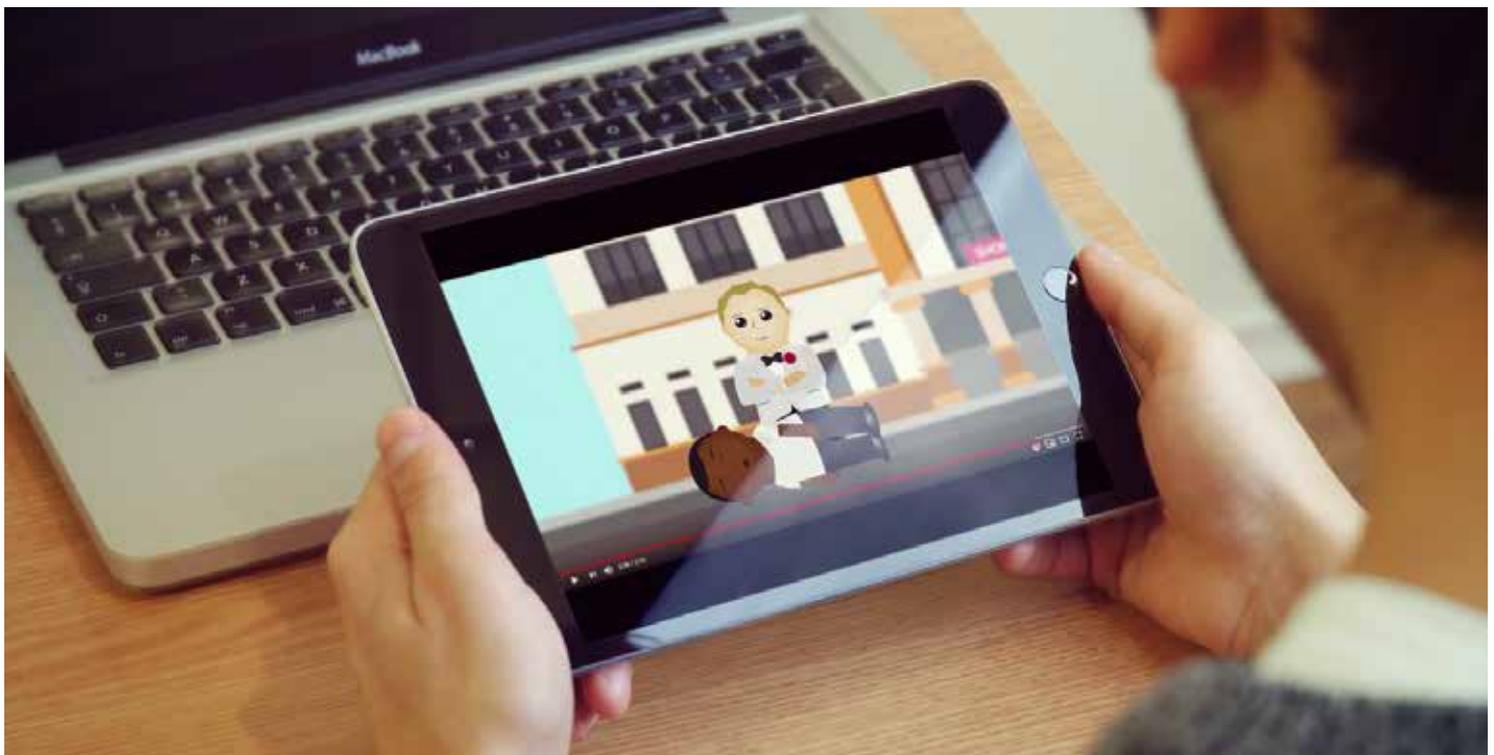
How to save a life

- 1 Danger**
 - Check it's safe for you to help
 - Do not move the patient
 - Remove any dangers
- 2 Response**
 - Shake their shoulders and shout "are you alright?"
- 3 Shout for help**
 - Call 999 and ask for the ambulance service
 - Send someone for a defibrillator
- 4 Airway**
 - Lay the patient flat on their back
 - Gently tilt their head back to open the airway
- 5 Breathing**
 - Look, listen and feel for signs of normal breathing
 - If they are not breathing normally, give CPR
 - If they are breathing normally, give them 2 rescue breaths in the head-tilt position and wait for the ambulance
- 6 Compressions**
 - Kneel at the side of the patient
 - Put the heel of your hands in the centre of the chest with the other hand on top
 - Keep your arms straight and elbows locked
 - Push down hard and fast - twice per second
 - Let the chest come back up before you press down again
- 7 Defibrillator**
 - Open the defibrillator
 - If there is a power button, press it to turn the machine on
 - Follow the instructions that you can see on the screen
 - Put the pads on the patient's bare chest
 - The machine will analyse the heart rhythm - do not touch the patient
 - If it tells you "shock" or "no shock" - stand clear if a shock is advised and follow instructions
 - Continue with CPR for two minutes, then the defibrillator will re-analyse the patient
 - Keep going and follow instructions until the ambulance service arrives
 - If the patient remains not breathing normally, put them in the recovery position and monitor

A cardiac arrest can happen to anyone, at any age, anytime, anywhere.
Simple skills save lives.

www.nwas.nhs.uk
Facebook: [facebook.com/nwasofficial](https://www.facebook.com/nwasofficial) | Twitter: twitter.com/NWAmbulance | YouTube: [youtube.com/northwestambulance](https://www.youtube.com/northwestambulance)

Visit our Agent Lifesaver film here



SURVIVORS' STORIES

DARREN NICHOLLS



Darren Nicholls joined the couch to 5K park run to improve his fitness levels and socialise in a group, but after a short warm-up run he collapsed due to a cardiac arrest.

Fellow runners rushed to get the nearby public access defibrillator installed just a few weeks previously following the fundraising efforts of local volunteers.

Darren received CPR and two shocks from the defibrillator. Thanks to the quick thinking of his park run friends, Darren was breathing again by the time the ambulance arrived.

The 48-year-old spent three weeks in hospital after a four-hour heart triple bypass and then went on to run a number of marathons, triathlons and has since fundraised for a new public access defibrillator in his local town.

Darren said: "Without the quick thinking of my friends and former runners and having the defibrillator nearby, without a doubt I would not be here today. Defibrillators should be available to all communities and everyone should learn the basic skills to help save a life."

ROBERT MARSDEN



A summer's day turned into a nightmare for Robert Marsden and his wife Rachel when he suddenly collapsed and suffered a cardiac arrest at 43 years old.

Rachel frantically got the help of her neighbour and off-duty paramedic Geoff who started CPR whilst she ran to get a nearby public access defibrillator as instructed by NWS Emergency Medical Dispatcher, Frank.

Thankfully after four shocks from the defibrillator and ongoing CPR, Robert began breathing again. He was taken to hospital where he underwent a stent procedure and allowed home just three days later.

Robert and Rachel live just a stone's throw away from the nearest public defibrillator and by dialling 999 were told the access code and given life-saving information from the ambulance service.

Frank said: "Rachel was so calm and collected on the phone. It's an extremely traumatic experience for anybody to go through but by staying calm and listening to my instructions we were able to quickly get the defibrillator and give Robert the best possible chance... It's amazing to find out Robert is now so fit and well."

Rachel said: "It was an extremely frightening situation but Robert and I are so thankful to Geoff and the team at NWS for saving Robert's life. The work that they do is truly fantastic."

HOW TO APPLY

To apply for **CardiacSmart** accreditation and be a part of our lifesaving scheme, go to nwas.nhs.uk/cardiacsmart and enter the details required.

Accreditation will be considered quarterly. You will be notified of the outcome and, should you be successful, you will receive a CardiacSmart accreditation pack.

You will be required to reapply for your accreditation every two years if you wish to remain in the scheme.

USEFUL LINKS

North West Ambulance Service NHS Trust
nwas.nhs.uk

GoodSAM
goodsamapp.org

Resuscitation Council (UK)
resus.org.uk