Collaboration to Improve Systems of Care

Allina Health, the MRC and Physio-Control partnered in April to bring the Systems of Care Symposium to Minnesota. Physio-Control has been offering symposiums like this around the country. This was the first event to specifically collaborate with a local initiative to coordinate and provide educational presentations, along with training on CODESTAT for Physio-Control customers. Physio-Control provided support and their experience to provide the two day event. The MRC provided speakers for day one: Systems of Care Symposium and logistics for the location.

Day one speakers included Dr.’s Yannopoulos, Conterato, and Lick. Dr. Conterato from North Memorial EMS shared dispatch information and Dr. Lick, along with Carol Frazee discussed and demonstrated Pit Crew CPR including the use of LUCAS. Dr. Yannopoulos presented on current research and the Cath Lab project. MRC staff, Kim Harkins and Lucinda Hodgson talked about community involvement and data collection. And Jon Dilley and Christine Bills shared information on Physio products - LUCAS and CODESTAT. Attendees were also fortunate to hear two exceptional stories - Mike Schoonover shared the story of his son Patrick and the work that they are planning in his memory to provide youth screenings, and Bill Hoppenrath shared his SCA story with Jon Dilley, who was on the ice with him and did CPR.

Attendees included several Minnesota program representatives and others from North Dakota, Illinois, and Iowa. Many of the out of state attendees were also there for day two which focused specifically on use of CODESTAT. The CODESTAT program was led by Dana Yost from Seattle and assisted by Minnesota’s own, Carol Frazee from Allina Health EMS. Lucinda Hodgson, MRC data analyst, participated in the CODESTAT training as the MRC will be getting CODESTAT through the Minnesota Department of Health. Their Helmsley grant project, which is placing LUCAS devices throughout rural Minnesota, will provide MRC with CODESTAT so that we can assist rural agencies annotate cardiac arrest runs and connect with CARES data for ongoing quality improvement and increasing survival rates.

We hope to provide this on an annual basis - watch for next April.
The MRC has had many opportunities to train in the community, thanks to our wonderful partners. It is great to meet and chat with so many groups that have a passion and drive to provide safety education for their employees, volunteers, and participants.

* Parent Heart Watch - 10th Annual Conference  This event was held in Arizona in January, which was perfect time to get away to some warmth. Minnesota coordinator and parent of a survivor, Norm Okerstrom and his wife attended. Norm presented a poster that was a partnership with MRC on Heart Safe designation.

* February is Go Red Month - Along with activities around the state and country, the MRC held its annual Go Red - Wear Red Day celebration. Good red food, wear Red photo booth and CPR education. The MRC, survivors network and others also supported American Heart’s Go Red at the Mall of American and St. Jude by providing CPR training in the Sears Court. Over 150 were trained that day.

* Legislative Breakfast - Early February was American Heart’s opportunity to visit with legislators and share information about heart related programs in Minnesota. With construction at the Capitol, this event was held at the Kelly Inn, which provided one location for all meetings.

* Long Hot Summer - On March 6th and 7th, North Memorial EMS held their annual conference. MRC was invited to speak on dispatch initiatives. We shared some of the information that has been presented at past academies by Dr. Sipprell and added information from Heart Rescue partners in Arizona and Washington.

* CPR Training for Sannah Foundation on April 2nd at their St. Paul location. This is a great example of how our social media and web presence often can spread the word to groups that we may not have ever had any contact with or may not have met at an event.
The Sudden Cardiac Arrest Association, western Minnesota chapter, in conjunction with many partners and sponsoring agencies hosted their second annual "Survivors & Rescuers Banquet" on February 14, 2015 in Fergus Falls. The event brings together survivors of cardiac arrest, family members, advocates, and others that want to help and learn more about saving lives, attended the second annual banquet.

The banquet will bring together rescuers & survivors from across the tri-state area for this second annual recognition banquet.

The banquet was held following the TOPICS IN EMS Medical Education Conference that included national researchers and medical experts presentations on cardiac arrest, stroke, STEMI, and trauma care.

The MRC felt confident that this fee will be covered through their programs and not effect data collection in Minnesota. This also opens up the possibility of expansion into neighboring states.

NAEMSP held informative classes with speakers and posters from Minnesota partners.
Heart Safe Designation
Recognition

The Heart Safe Designation process started in 2010 at Allina Health as a way to work with communities in their response area and help them to be better prepared for cardiac emergencies. The model was used from the U.S. and International sites. In 2012, the designation process moved to the American Heart Association and the Minnesota Department of Health and a committee of statewide programs. Currently, the committee meets quarterly and MDH hosts the application and other documents on their website. To date, there are over 50 communities that have received designation or are in progress.

Something new for 2015 is the addition of a Heart Safe Campus/Site application. This can be used for school districts or campus’s, business sites or regional organizations such as the YMCA or parks. The application is similar but is based on daily occupancy and the requirements are adjusted for smaller sites. A plaque is being developed to replace the street signs. Organizations within cities that are Heart Safe can apply; just as an organization that becomes Heart Safe can then work to get their city Heart Safe Designated. This is just another tool to help communities work toward improving response to cardiac emergencies.

This process works! There have been several saves in Heart Safe Designated Communities. Check out the Heart Safe page at Minnesota Department of Heart to read more about some amazing saves.

This year, the committee has set a goal to have 100 communities or sites in Minnesota designated as Heart Safe or in process. There is a celebration planned for June 4th. The committee will be sending invites to your community soon. We hope you will join us to celebrate as we reach this success in Minnesota!

What can you do?? Share the information with your neighboring communities. Let them know how easy it was and give them suggestions on how they can get their community recognized.

Spotlight on......

CentraCare St. Cloud
Take Heart Program

Sudden cardiac arrest is the No. 1 cause of death in the United States. Take Heart St. Cloud Sudden Cardiac Arrest Survival Initiative began in 2005 as a pilot project. The goal was to see if survival rates could be greatly increased through a system-based, community-wide approach to faster and better treatment.

Take Heart Goals

• Provide free community training in bystander cardiopulmonary resuscitation (CPR) and automated external defibrillators (AEDs).
• Improve resuscitation techniques of emergency workers and first responders
• Place more AEDs into the community
• Use therapeutic hypothermia to prevent brain damage

Since the program began, cardiac arrest survival rates in St. Cloud have more than doubled, from 8.5 percent to 19 percent. The program is funded through a grant from the CentraCare Health Foundation.

For more information contact:
Susie Osaki Holm, MPH
Program Manager, Take Heart

CentraCare Heart & Vascular Center

Jan. 7th, 2015 St. Cloud Take Heart Donated AEDs:
Big Lake Public Library with Terry Pfleghaar, Library Services Coordinator
Photo: Jennifer Edwards, West Sherburne Tribune newspaper

St. Cloud Take Heart donation of AED to YMCA with Mended Hearts.
Two of their Board members attended: Mike Klein & Mary Pull.
Upcoming Events and Notes from Committee Meetings

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

1st Quarter has been a busy time as we make plans to continue work following the completion of the HeartRescue grant. The MRC, with support through Lillihei Heart Institute, will continue with efforts to improve survival from sudden cardiac arrest in Minnesota. New efforts with HeartRescue and other grants will bring additional activities.

The various committees have been busy working on new and exciting initiatives; but there is always more work to be done. If you would like to participate on a committee, please email us with your interest.

Bystander- CPR & AED Awareness week tools online and www.learnCPRnow.org website to be release June 1st.

Pre-hospital & Hospital - Working on cath lab project and grant; comparing EMS outcomes through CARES for quality improvement.

Statewide Resuscitation Education- Working on approval from hospital committee to finalize pit crew cards.

CARES- 2014 reports are complete and available by request. The bystander committee meets every other month and the pre-hospital and hospital groups are moving to one meeting per year with specific work groups periodically as needed.

Upcoming events:

May - LUCAS grant deployment in NW and NE Minnesota
June - National CPR & AED Awareness week is June 1-7; Heart Safe Designation Recognition event on June 4th; National HeartRescue meeting
July - Year 5 HeartRescue Report

Dear partners,

National CPR and AED Awareness week is just around the corner (June 1st - 6th) and we are very excited to share with you new resources we’ve created to help you and your communities participate. Together we can reach our goal of training 10% of Minnesotans during this week alone!

CPR Training Planning Kit
Start to finish, we’ve written a guide to planning a CPR training for the first-time planner (but worth the skim for seasoned planners as well!!) with best practices across planning, organizing and promoting your event.

CPR Week 2015 Social Strategy
At the MRC we have found that social is a huge opportunity to share our message. Therefore, we’re giving it an increased focus for CPR Week 2015 and are sharing ways you can too.

Downloadable Tools & Templates
In addition, we will have more resources available at www.MRC.umn.edu/BystanderTools next week, including:

- CPR Instructional Handouts
- Promotional Flyers
- Event Signage
- Event Overview
- Press Release
- Letter to Friends & Colleagues
- Training Timeline
- Social Promotion Plan
- Social Media Templates
- And more!

LearnCPRnow.Org
For CPR Week 2015 training is going virtual with our new bystander CPR website LearnCPRnow.org. It will launch for CPR week with 2 minute videos on Adult and Infant CPR, in-depth instructions, Q&A and more. It will be a key way to reach those who are not able/willing to do a training - so please share it whenever possible!

Please reach out with any questions or share any feedback on these resources. We plan to refresh them after CPR week and have these available all year round and would love to incorporate new ideas.
CARES

Cardiac Registry to Enhance Survival

CARES in Minnesota partnered with the Minnesota Department of Health, Helmsley Foundation LUCAS grant implementation to extend CARES in rural Minnesota. With the exception of one larger agency in Minnesota, our primary gaps have been rural areas and with transporting BLS agencies. As the Department of Health begins their role out of LUCAS grants, the MRC will be following them around the state and participating in the training and recruiting agencies into CARES. In May, they are scheduled in the NW and NE EMS regions of Minnesota.

As part of the evaluation of LUCAS, due to the wide spread deployment throughout Minnesota from the Helmsley funds, the MRC is asking for comments to be added if you have a LUCAS and it was not used on a cardiac arrest case. In the comments box, please enter the number corresponding to your LUCAS acquisition and the letter that corresponds to why it was not used.

1 - The LUCAS was purchased independent of the MDH Rural Healthcare Grants
2 - The LUCAS is part of the MDH Rural Healthcare Grants

A - Device unavailable - in use elsewhere/out for maintenance
B - Device did not work - battery/mechanical failure
C – Lack of training/knowledge on properly using the device
D - Did not feel device would work on the patient – size/age

Have you added a new CARES team member? Interested in CARES review?
We have monthly trainings!
Please contact Lucinda for details.

For more information on the MN Resuscitation Consortium - check out our website at www.mrc.umn.edu or find us on Facebook, Twitter, and LinkedIn