



Minnesota residents,

The MN Resuscitation Consortium (MRC) is funded by Medtronic Philanthropy as part of their International HeartRescue Project. This project's main goal is to increase survival from Sudden Cardiac Arrest by improving bystander, pre-hospital and hospital responses simultaneously to have the greatest impact. ***Why is important for us to reach out to all Minnesota residents, local organizations and businesses, and healthcare facilities?*** Because we know that awareness is key. The more people understand their role in improving survival rates, the greater the impact. We also know that there is still more education that can be provided, especially as the bystander level.

Bystander response includes knowing the importance of calling 911, early CPR and access to AEDs (automated external defibrillators) when available. Education on calling 911 starts at a young age and most are willing to do this and start emergency services to aid someone who has suddenly collapsed, however, CPR is often not started until emergency providers arrive. ***Early CPR has been shown to double, if not triple, survival from sudden cardiac arrest.*** Cardiac arrest is different from a heart attack, which is often characterized by chest pain and need for rapid evaluation and transport to an emergency facility. Cardiac arrest, an interruption in the rhythm or beat of the heart, causes the person to suddenly collapse and requires immediate life saving action - CPR and AED use.

While many have learned CPR, many are unwilling to perform it when needed. The steps of CPR have changed but in ways that make it easier, not more difficult, to perform. And while dispatchers may coach you through the steps of CPR, some are still unwilling. So, what needs to be done? More frequent and informal hands-only CPR training. This requires little time and can be done in a very casual and informational session with hands on practice. The more frequently a person is exposed to CPR training, the more likely they are to perform CPR in an emergency. ***Anyone can be a lifesaver!!***

AEDs placed throughout community facilities in Minnesota will offer the next step in early care prior to the arrival of emergency services. These units are relatively low cost in comparison to the fact that if needed, may save the life of a family member, employee or customer. Training for AEDs can be included in the short hands-only CPR awareness classes as the use of an AED only requires that you turn it on and follow the voice and visual prompts. It is a simple device with an enormous impact.

We appreciate your consideration of this program. and thank you for your effort to save lives throughout Minnesota!! To learn CPR, go to www.learnCPRnow.org.

Sincerely,

MN Resuscitation Consortium



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