



Join the Nation of Lifesavers



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





**70%** of Americans feel helpless to act during a cardiac emergency.

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**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

In the face of a cardiac emergency—anyone, anywhere is prepared and empowered to perform CPR and become a vital link in the chain of survival.

Every day, in every community, we are among the heroes-in-waiting. With the knowledge, tools and skills of our science-backed CPR training and certification, the American Heart Association can move toward a lifestyle of recovery, resilience and well-being. Through our science, brand and grassroots footprint, we have the unique capacity and capability to lead with instruction and policy change across all 50 states.



# Nation of Lifesavers Priority Areas

- 1 Education + Training
- 2 Advocacy
- 3 National Campaigns
- 4 Influencer Engagement; including National Ambassador Damar Hamlin
- 5 NFL + NFL Clubs (Smart Heart Sports Coalition)
- 6 Alliances + Community Support



## Education + Training

**GOAL:** Training and education are our core strategy. The more people who know the signs of cardiac arrest and are willing to call 911, start CPR and use an AED, the more people survive from a cardiac arrest.

### LOCAL AND NATIONAL PRIORITIES:

- Community demonstrations
- CPR courses
- CPR kiosk placements
- CPR kits that meet people where they are to learn the skill





# Advocacy

**GOAL:** Create a system of care that supports every victim of cardiac arrest, no matter where they live.

**LOCAL AND NATIONAL PRIORITIES:**

- Advocate for policies to ensure the remaining 10 states require CPR for graduation
- Advocate for CPR funding to support all state graduation requirements
- Advocate for federal, state and local activations for AED and CPR education and access





# North Carolina Policy

- Telecommunicator CPR
- Cardiac Emergency Response Plans





## Telecommunicator CPR

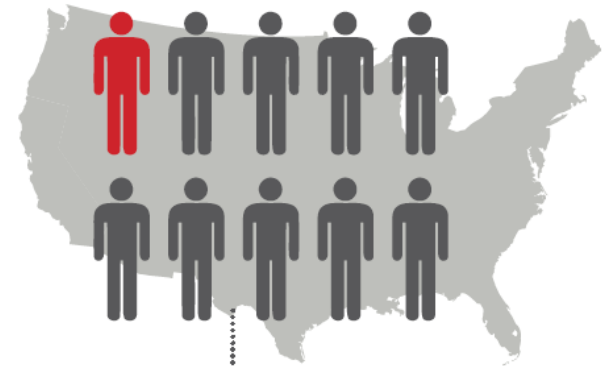
Require that all  
emergency medical  
dispatchers receive  
training on delivering  
T-CPR



# Telecommunicator-CPR (T-CPR): Enhancing the Cardiac Arrest Chain of Survival

## The Problem

Every year, more than **350,000 Americans** fall victim to out-of-hospital cardiac arrest (OHCA). Unfortunately, only about **1 in 10 victims survive** this dramatic event.



Early access to 9-1-1 and CPR are the first two links in the Chain of Survival. Early lay rescuer CPR approximately **doubles the chances of survival.**

However, while 9-1-1 is frequently called, **the majority of individuals experiencing out-of-hospital cardiac arrest do not receive CPR.**



## Increasing Survival



As the **first link in the Chain of Survival**, telecommunicators must **partner with callers to quickly identify a cardiac arrest and, in turn, provide T-CPR instructions** while rapidly dispatching the appropriate medical response.

## Chain of Survival

Successful resuscitation of cardiac arrest victims requires the time-sensitive, expert care described by each of the links in the Chain of Survival:



Early access to emergency medical services (EMS)

Early lay rescuer CPR

Early defibrillation

Early advanced care

Post-resuscitation care to facilitate rehabilitation and recovery

The first two links in the chain, **early access to EMS and lay rescuer CPR**, provide the foundation for subsequent treatment and are **critical for successful resuscitation**.

## The Benefits of T-CPR



**T-CPR offers a safe, cost-efficient, and effective approach** to increase lay rescuer CPR.



**Implementation of T-CPR has consistently increased lay rescuer CPR**, often doubling the number of patients receiving early CPR.



**T-CPR is associated with a 51% greater likelihood of survival after OHCA** compared to no lay rescuer CPR



**Lay rescuer CPR is associated with intact functional survival**, better long-term prognosis, and favorable cost-effectiveness.

# CARDIAC EMERGENCY RESPONSE PLANS **IN SCHOOLS**

Cardiac arrest is a leading cause of death in the U.S.



**356,000+**

## **CARDIAC ARRESTS**

occur outside of a hospital annually in the U.S.



**40%**

## **OF PEOPLE**

get the immediate help that they need



## **AMONG CHILDREN**

**23,000**

experience cardiac arrest outside of a hospital

# Cardiac Emergency Response Plans (CERP)

Require that all public schools establish, utilize, and maintain CERP







Cardiac arrest is an  
**"electrical"** problem

## What is Cardiac Arrest?

Cardiac arrest occurs when the heart malfunctions and stops beating unexpectedly. In seconds, a person becomes unresponsive and cannot breathe. Death occurs within minutes if the person does not receive treatment. But cardiac arrest can be reversible in some victims if it's treated within a few minutes.

