



# *Kenilworth HeartSafeProject*

## *(Saving Lives in Kenilworth)*

### **PROJECT OBJECTIVES**

Our aims are to:

- Give the people of Kenilworth the knowledge and skills to deliver life-saving assistance by providing comprehensive training in Cardiopulmonary resuscitation (CPR) and the use of Automatic External Defibrillators (AED);
- Establish a Kenilworth based team of CPR/AED Trainers;
- Promote the training and recruitment of Kenilworth based First Responder volunteers;
- Map the location and accessibility of all AED's in the Kenilworth area and ensure that information is widely disseminated to the emergency services and the community of Kenilworth;
- Support the acquisition of further AED's as may be required to provide 24 hour blanket coverage across the Kenilworth community;
- Encourage and assist with a maintenance programme to ensure the state of readiness of all AED's in the Kenilworth community;

### **WHY WE ARE DOING THIS**

Without immediate CPR and defibrillation when cardiac arrest occurs, the chances of survival are less than 5%. With a defibrillator being used on a patient combined with effective CPR, the odds of survival can be increased dramatically. Survival rates drop 7-10% for every minute without appropriate CPR/AED support and permanent brain damage can be incurred within 10 minutes.

In 2018 NHS England reported that the Ambulance Service attempted to resuscitate 28,000 people in sudden cardiac arrest (1/2000 of population /year). Of these a Restoration of Spontaneous Circulation (ROSC) was achieved in 25% of the cases, however only half of those who had a ROSC (10-11% of all cases) survived to leave hospital as the rest were not neurologically intact. In the best performing countries, which benefit from more comprehensive training, those surviving out of hospital cardiac arrest runs at 20-25%.

What makes the difference is immediate CPR, ideally followed by defibrillation (Chain of Survival). In UK 40-50% of cardiac arrest patients had received CPR before the ambulance service arrived. In Norway it is 73%, Seattle 66% and North Holland 60%. Survival rates are for the West Midlands 8.9%, Norway 25%, Seattle 22%, and North Holland 21%.

### **WHAT HAVE WE ACHIEVED SO FAR**

In the short time that Kenilworth HeartSafe has been established, we have:

- Provided CPR/AED training to 24 Kenilworth residents in September 2018 who have been awarded a certificate of qualification - QNUK Level 3 Award in Responding to incidents with AED (RQF)

- Assisted Warwickshire Hearts in providing CPR/AED training to 1410 pupils at Kenilworth School on National Restart a Heart Day.
- Embarked upon a programme of free training sessions, for local people at Abbey Medical Centre, Station Road, Kenilworth. See details below
- Commenced a mapping programme to identify the location and accessibility of all AED's in the Kenilworth area.

## WHO ARE WE

We are a group of volunteers, led by Keith Grierson and operating through a steering committee, working under the auspices and supervision of Warwickshire Hearts, a charity set up originally (as Warwick District Community First Responders) to provide emergency response in support of West Midlands Ambulance Service (WMAS) to 999 calls in the Warwick District Council area. Since that time Warwickshire Hearts have widened their remit to include a bigger geographical area and also to include the delivery of CPR and AED training in the community.

## SHORT BASIC TRAINING SESSIONS IN CPR & USE OF DEFIBRILLATOR

We run free basic training sessions, taking just 1 1/2 hours of your time at the Abbey Medical Centre, Station Road, Kenilworth. The first highly successful sessions were held on March, April and May Further training sessions will be held at the following times / dates: -

- Thursday 25 July 6..00pm - 7.30pm
- Saturday 31 August 10.00am - 11.30am
- Tuesday 24 September 1.00pm - 2.30pm

**Please book your place(s) with:- Ryan Smith - Practice Manager Abbey Medical Centre, 42 Station Rd, Kenilworth, CV8 1JD - 01926859955 Ext 506 or 07411778536 or email**

[Ryan.smith@abbeymc.nhs.uk](mailto:Ryan.smith@abbeymc.nhs.uk) – or one of us below

## STOP PRESS NEWS

We have recently made excellent progress in persuading people and organisations to fund and host Automated External Defibrillators. They will located be in secure cabinets outside their premises, accessible to the public and be registered with the West Midlands Ambulance Service, thus making them available via 999 or 111 phone calls to save lives in cases of cardiac arrests. We will be making detailed announcements in due course. Watch this space!

## TO FIND OUT MORE ABOUT US

For further information regarding the aims, objectives and other planned activities of Kenilworth HeartSafe contact the Project Leader or any steering committee member:

### Steering Committee

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<p><b>Ryan Smith:</b> <a href="mailto:Ryan.smith@abbeymc.nhs.uk">Ryan.smith@abbeymc.nhs.uk</a> –</p> <p><b>Phone</b> - 07411 778536</p>	<p><b>Stuart Heaton:</b>  <a href="mailto:windrushdc@outlook.com">windrushdc@outlook.com</a></p>