

DO YOU LIVE IN A *HEARTSAFE* COMMUNITY?

If someone in your community suffers the warning signs or symptoms of heart attack, stroke, or other events leading to sudden cardiac arrest, how likely is he or she to survive?

Please take a moment to ask yourself the following questions about the preparedness of your community members to help someone who may experience one of these life-threatening events:

- Have members of your community been educated to recognize the warning signs of heart attack and stroke?
- Now that over 99% of all cities and towns in Maine have enhanced 9-1-1, how many residents and public safety officials in your community can recognize the symptoms of cardiac arrest and/or stroke and know how to get help “on the way, right away”?
- Who knows CPR in your community and is prepared to administer it when necessary?
- Where are automated external defibrillators (AEDs) located, and who has been trained to use them appropriately?
- Is Early Advanced Care provided by EMS personnel available?

The answers to these questions could determine whether or not your community qualifies as a *Maine HeartSafe Community*.

The Maine Emergency Medical Services office and the ~~and the~~ Maine Cardiovascular Health Program aim to help our cities and towns improve the chances that anyone suffering a sudden cardiac arrest will have the best possible chance for survival.

Through the *HeartSafe Community* program, Maine communities can strengthen what the American Heart Association has called the “chain of survival,” which has four critical steps:

a) Early access to emergency care

- Bystanders recognize the warning signs and symptoms of cardiac arrest, choking, heart attack and/or stroke and call 9-1-1 immediately.
- EMS dispatchers provide instructions for the caller and can get an Advanced Life Support response vehicle to the scene quickly.

b) Early CPR

- CPR, when properly administered, buys precious minutes until a defibrillator is available.
- Public knowledge and awareness must be increased so that those trained in CPR will actually perform it when it is needed.

c) Early defibrillation

- Defibrillation is the delivery of electric shock to restore the heart’s normal rhythm.
- Early defibrillation is a critical link in the chain of survival.
- New AEDs are safe, light-weight, sturdy, and easy to use by anyone who has been trained.
- AEDs should only be used by individuals certified by defibrillation training programs that have medical oversight and are coordinated with EMS.

d) Early advanced care

- Advanced care is delivered by an Advanced Life Support response vehicle staffed by paramedics.
- Medications and oxygen therapy delivered by paramedics can be critical to the survival of cardiac arrest victims.

Now that you know what a Heartsafe Community is, you can determine whether the community you service meets that definition, by filling out the following application materials.

Maine Center for Disease Control and Prevention

Maine Cardiovascular Health Program

Maine Department of Public Safety

Maine Emergency Medical Services

Application Form for

Heartsafe Community Designation

Designation as a HeartSafe Community is determined by gaining “heartbeats” (points). The number of heartbeats necessary for designation depends on a community’s population.

A “HeartSafe Community” VIGOROUSLY supports:

- Educating citizens about the warning signs of heart attack, stroke and other events leading to sudden cardiac arrest
- Public awareness about the importance of accessing 9-1-1 quickly, should one of these events occur
- Training of the community in CPR; and
- Public access to defibrillation through strategic placement of automatic external defibrillators (AEDs) for use by public safety professionals and other trained community members.

To qualify as a *Maine HeartSafe Community*, please complete all the information requested in this packet and score your community by selecting the ‘Heartbeat Population Category’ that agrees most closely with your community’s population.

If in filling out this application, you find that you are lacking points to achieve designation, please call Danielle Louder at the Maine Cardiovascular Health Program, or your Regional EMS office, and we would be happy to assist you in working to achieve the components that you need. We want every community to be a Heartsafe Community.

Name/Address of EMS service seeking designation:

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Service Name

	ME	
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Address

ZIP Code

EMS Service Chief (or designee):

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Name

Job Title

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Business Address

Business Phone

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Contact Person Name/Title

Phone Number

E-mail Address

Which Communities/Towns in your service area are you applying for?

1.

Town	Community Population	Total Number of Heartbeats Earned*
Town Official (please print)	Town Official Signature	Town Official Address

2.

Town	Community Population	Total Number of Heartbeats Earned*
Town Official (please print)	Town Official Signature	Town Official Address

3.

Town	Community Population	Total Number of Heartbeats Earned*
Town Official (please print)	Town Official Signature	Town Official Address

4.

Town	Community Population	Total Number of Heartbeats Earned*
Town Official (please print)	Town Official Signature	Town Official Address

5.

Town	Community Population	Total Number of Heartbeats Earned*
Town Official (please print)	Town Official Signature	Town Official Address

*Determine your total number of heartbeats by filling out the attached 'Heartbeat Worksheet'

**If you are applying for additional towns, please copy this page and attach to your application packet.

I attest that all information contained in this application is correct. Supporting documentation on AED placement and training is on file for Regional EMS review.

EMS Service Chief or Designee: _____
Title
date

Name (Print)
Signature

Please mail this application and worksheets to your Regional EMS office. The addresses are listed on the attached contact sheet. Please call Danielle Louder with the Maine Cardiovascular Health Program at 622-7566 x226, or your Regional Office if you have any questions or would like assistance with the application.

Heartbeat Population Categories

Community (or Service Zone) Population Category: Please select the appropriate category that most closely conforms to your community's (or service zone's) actual total population. The population size will dictate the number of heartbeats required to be designated as a "HeartSafe Community." If you are applying for multiple towns and/or cities, please total all populations together, and choose the number of heartbeats, based on that total population.

I. Up to 2,500 population: Minimum of **40 heartbeats** required for designation.

5 HEARTBEATS for each CPR training session held in your community/service area.

II. 2,501 – 5,000 population: Minimum of **50 heartbeats** required for designation.

4 HEARTBEATS for each CPR training session held in your community/service area.

III. 5,001 – 10,000 population: Minimum of **60 heartbeats** required for designation.

4 HEARTBEATS for each CPR training session held in your community/service area.

IV. 10,001 – 20,000 population: Minimum of **70 heartbeats** required for designation.

3 HEARTBEATS for each CPR training session held in your community/service area.

V. 20,001 – 50,000 population: Minimum of **80 heartbeats** required for designation.

2 HEARTBEATS for each CPR training session held in your community/service area.

VI. 50,001 population or more: Minimum of **90 heartbeats** required for designation.

1 HEARTBEAT for each CPR training session held in your community/service area.

Your community's heartbeats can be calculated on the following page.

Heartbeat Worksheet

Please use this sheet to calculate your community's Heartbeats.

**Heartbeats
Earned**

Basic Recognition: (Criteria 1-6 must be met)

1. Conduct community CPR training sessions.

The number of heartbeats earned depends on your community's population – see reference table below. **Required** Number of classes conducted in past 12 months: _____

Calculation Reference Table: CPR and Community Events	
Population	Number of Heartbeats per CPR training or Community Event
≤ 2,500	5
2,501 – 5,000	4
5,001 – 10,000	4
10,001 – 20,000	3
20,001 – 50,000	2
> 50,000	1

2. Cardiovascular-related education and awareness activities: The number of heartbeats earned depends on your community's population – see reference table above. Please attach a brief description of community partnerships, presentations and outreach activities, including awareness, prevention, education and treatment specific, that your service participates in, including dates, locations, number of citizens reached, and objectives for each activity. **At least 3 Required** (Please do not include CPR classes)

3. EMS first response-designated vehicles* have been equipped with AEDs and AED-trained personnel within the last 12 months, or longer. **At least 1 Required** 5 HEARTBEATS (for each vehicle with an AED)

4. Placement of a permanent AED with AED-trained personnel in public or private areas where many people are likely to congregate or be at higher risk for cardiac arrest.** **At least 1 Required** 5 HEARTBEATS (for each area)

Please list location(s): _____

5. Advanced Cardiac Life Support (paramedics), are dispatched to all priority medical emergencies, either as primary responders, or as ALS backup. **Required** 10 HEARTBEATS

6. We have an ongoing process to evaluate and improve the "Chain of Survival" in our community. (Please use the space provided on page 6 to describe.) **Required** 10 HEARTBEATS

Silver Recognition: (Criteria 1-8 must be met)

7. Advanced Cardiac Life Support (paramedics) are dispatched to all priority medical emergencies. 20 HEARTBEATS

8. Pre-arrival instructions for EMD dispatch are consistently communicated and documented for heart attack and stroke. 20 HEARTBEATS (Please provide copy of protocol)

Gold Recognition: (Criteria 1-10 must be met)

9. Service is permitted at the Paramedic level, or has a formal agreement with a paramedic interceptor, therefore guaranteeing a paramedic on every call. 20 HEARTBEATS (Please provide a copy of permit or agreement)

10. Service has 12-lead EKG capability. 20 HEARTBEATS

- Total number of units: _____ Number of units with 12-lead EKG capability: _____
- Number of paramedics trained in 12-lead EKG interpretation: _____

* "EMS first response-designated vehicles" = any ambulances or vehicle used by EMS First Responders (for example, the fire or police department)
 ** Examples of areas where people are likely to congregate or be at higher risk: Shopping malls, supermarkets, theatres, health clubs, gymnasiums, long-term care facilities, worksites with >250 employees, and senior centers

Platinum Recognition: (Criteria 1-11 must be met)

11. Service is licensed at the Paramedic level, therefore guaranteeing a paramedic on every call.
40 HEARTBEATS (Please provide a copy of license)

Please use this space to answer question #6 by describing your community’s plan for evaluating and improving your Chain of Survival. (Use extra pages if necessary. A sample plan has been attached for your reference. If you need assistance with this section, call your Regional EMS Office or the Maine Cardiovascular Health Program (207-622-7566 x226).

Total Heartbeats earned:

Regional Recommendation

EMS REGIONAL USE ONLY Recommended Needs further clarification (Please contact Danielle Louder – MCVHP at 622-7566 x226 to discuss clarification process)

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Name/Title (Print)

Signature and date

***Regional Coordinators: Please return recommended applications to Danielle Louder at 11 Parkwood Dr. Augusta, ME 04330**

MCVHP Recommendation

MCVHP USE ONLY Recommended Needs further clarification

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Name/Title (print)

Signature and date

***Upon MCVHP recommendation, applications will be forwarded to the Maine EMS office for review**

Maine Emergency Medical Services Approval

MDPS/MEMS USE ONLY Approved Needs further clarification (Please contact Danielle Louder – MCVHP at 622-7566 x226 to discuss clarification process)

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Name/Title (Print)

Signature and date

***Maine EMS office: Please return recommended applications to Danielle Louder at 11 Parkwood Dr. Augusta, ME 04330**

AWARD PRESENTED: _____
Date *Place*

***Please note: In order to ensure maintenance of Heartsafe criteria, and to recognize service improvements or enhancements, each Heartsafe Community must reapply every two years.**

Maine Emergency Medical Service Regions Contact Information

Region 1: York, Cumberland and Sagadahoc County	Region 2: Androscoggin, Franklin and Oxford County	Region 3: Kennebec and Somerset County
Donnie Carroll Southern Maine EMS 10 Vocational Dr. South Portland, ME 04106 207-741-2790 Fax: 207-741-2158 Email: smems@smems.org	Joanne LeBrun Tri-County EMS 300 Main St. Lewiston, ME 04240 207-795-2880 Fax: 207-753-7280 Email: info@tricityems.org	Rick Petrie Kennebec Valley EMS 71 Halifax St. Winslow, ME 04901 207-877-0936 Fax: 207-872-2753 Email: rpetrie@kvems.org

Region 4: Hancock, Penobscot, Piscataquis and Washington County	Region 5: Aroostook County	Region 6: Lincoln, Waldo and Knox County
Rick Petrie Northeast EMS 354 Hogan Rd. Bangor, ME 04401 207-942-4669 Fax: 207-942-3237 Email: neems@midmaine.com	Steve Corbin Aroostook EMS 22A Birdseye Ave. Caribou, ME 04736 207-492-1624 Fax: 207-492-0342 Email: arems@maine.rr.com	Bill Zito Mid Coast EMS PO Box 610 Union, ME 04862 207-785-5000 Fax: 207-785-5002 Email: office@midcoastems.org