

Automated External Defibrillation Program

Technological advances in medicine have made it possible to save the lives of someone in cardiac arrest through the use of Automated External Defibrillators (AEDs). The AED, a compact, portable battery operated version of the kind used in hospitals, delivers an electrical shock to persons in cardiac arrest. AEDs, when used in conjunction with cardiopulmonary resuscitation (CPR), can significantly decrease mortality in cases of cardiac arrest.

The Federal government has enacted legislation to make portable AEDs more widely available, as well as reduce the response time in cases of cardiac arrest. Recent legislation, such as the Cardiac Arrest Survival Act (CASA) and the Rural Access to Emergency Devices Act, indicates that there is a growing trend toward placing AEDs in both public and Federal buildings. To this end, Federal Occupational Health (FOH) offers a package of comprehensive AED services to Federal agencies that include medical direction and oversight to assure that:

- ▶ Programs are based upon best practices and current standards of care.
- ▶ AED responders are appropriately trained and confident in their skills.
- ▶ Each cardiac event tracing and subsequent response is reviewed by a qualified physician for quality assurance.

As AEDs continue to become the standard in public buildings, FOH partners with Federal agencies to help implement successful and sound AED programs. Since AEDs are classified as Class III medical devices, a physician's prescription is required in order to purchase them. In addition, utilization of an AED requires medical oversight. FOH's medical professionals can provide such oversight.

The value of the AED is clear. Someone goes into sudden cardiac arrest every TWO minutes and chances of survival decrease by 7% to 10% for each minute that passes without defibrillation. Portable AEDs, once the domain of highly trained emergency professionals, are easy to use and fast becoming the standard of care in several industries. For example, they are now found on cruise ships and in other public places. And in 2001, the Federal Aviation Authority announced a ruling that requires life saving AEDs on commercial aircraft carrying more than 30 passengers.

Among the services FOH provides:

Development of Customized AED Programs and Protocols

FOH will design an individually tailored AED Program and site-specific protocol for your agency that incorporates guidelines from the American Heart Association and the Department of Health and Human Services' Guidelines for Public Access Defibrillation Programs in Federal Facilities. Our customized AED Program will take into consideration your agency's specific AED needs including the type, number, and location of AEDs required for optimal response. Our AED Team will also help identify persons to be trained as AED Responders, design AED Responder activation systems, and coordinate your AED Program with local Emergency Medical Services organizations.

AED Team Approach

Dr. John Perkner is FOH's AED Medical Director and is a Board Certified Physician in Occupational and Environmental Medicine and Internal Medicine. Dr. Perkner is a Commissioned Officer in the US Public Health Service and can serve as the Medical Director of AED programs in Federal facilities across the United States. Dr. Perkner and the FOH AED Program Specialists will work with your AED Site Coordinator to develop customized protocols for each of your facilities. They will identify and establish an AED Response Team, coordinate training sessions, and assist in organizing quarterly practice sessions. In addition, our AED

Team will work with your agency to establish an emergency response communication system, establish guidelines for equipment maintenance, assist in the purchase and placement of equipment, and implement a Quality Assurance protocol for your agency's AED Program.

CPR and AED Training

FOH's AED Team will provide CPR and AED training programs for AED Responders, and others as appropriate. This program includes approximately four hours of initial training. In addition, AED Responder team members will participate in practice sessions to ensure that they remain familiar with protocols and equipment.

Equipment Purchase

FOH can assist in the purchase of AED supplies and equipment. AED Training Units are also available to enable AED Responders to practice multiple scenarios without the cost of a fully functional AED device.

Sudden Cardiac Arrest Event Analysis

Using special computer software, the FOH AED Medical Director will analyze the information from each cardiac event tracing, which records the victim's rhythms and timing of shocks delivered. In addition, the Director will prepare a report about the event, the response, and recommendations for response improvements.

Critical Incident Stress Management

Should a sudden cardiac arrest event occur, FOH can help your agency's AED Site Coordinator arrange for Critical Incident Stress Management Services through FOH's Employee Assistance Program within 24 to 48 hours of the event. If your agency is not currently enrolled in FOH's Employee Assistance Program, FOH can provide Critical Incident Stress Management debriefings on a fee-for-service basis.

Review of Existing AED Programs

If your agency has already purchased a defibrillator and developed protocols, FOH will review current policies and provide suggestions for improvement, if warranted. Programs are also reviewed to verify that specific procedures are established to ensure that all participating responders are appropriately trained and prepared to provide AED services according to current standards.

For over half a century, FOH has delivered high quality occupational health services to Federal managers. FOH's knowledge of the Federal workplace, combined with strategic partnerships with professional health, environmental and safety organizations, enables FOH to help other Federal organizations maintain a safe and healthy workplace. FOH has created a team of professionals that is unparalleled in its ability to work within the Federal structure, yet remains as flexible and innovative as any private sector provider.

Through convenient interagency agreements, FOH's Clinical Services, Wellness/Fitness Programs, Environmental Health Services, and Employee Assistance and Work/Life Programs can provide your agency with a comprehensive occupational health program that saves you time and money. Our ability to customize services enables you to integrate components of our services with existing programs, enhancing their impact and ensuring that your agency meets its obligation to provide a safe and healthy workplace.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at www.foh.dhhs.gov or call us today at **1-800-457-9808**.

Because you need a healthy work force. And we can help you build one.

healthy bodies ❖ sound minds ❖ a safe place to work