

East Fork Fire's Heartsafe Community Approach Saves Two More

East Fork Fire Protection District is one of five Heartsafe Communities within Nevada. This is a program designed to rally our community around saving victims of sudden death from an out-of-hospital cardiac arrest. The program starts with public education and hands only CPR classes. These are taught by the Community Emergency Response Team (CERT). It continues with the placement of public access AED's designed for bystander use to shock the heart into beating again. Douglas 911 is a key partner providing CPR and AED instructions when a bystander calls 9-1-1. They dispatch the call to both East Fork Fire and the Sheriff's Office within 60 seconds to alert responders quickly. Our Sheriff's Office assists the firefighter/paramedics by performing CPR while the firefighter/paramedics on either a paramedic fire engine or a paramedic rescue ambulance perform advanced skills. Rapid transport to the closest facility is next along with a good transfer process to a cardiac catheterization lab when necessary.

Earlier this year, firefighters responded to a male experiencing chest pain in Pine View Estates. When firefighters arrived, the patient told them this was the "big one." Firefighters quickly treated his symptoms while placing him on our 12-lead cardiac monitor. This monitor is the same one physicians use to detect abnormal cardiac rhythms. The monitor indicated that the patient was having a heart attack. Firefighters quickly transported the patient to the closest cath lab for treatment through a process where we can bypass a stop in the emergency department as we identified the problem required cath lab interventions. While on the way to the cath lab, the patient suffered sudden cardiac death. The firefighters were able to restart the patient's heart twice in the back of the ambulance. The patient arrived at the cath lab, had invasive procedures performed and was released home a few days later.



The patient poses with the crew who saved his life in front of paramedic engine # 7.

A second patient was saved through the Heartsafe community efforts through bystander's assistance at the Carson Valley Museum and Cultural Center. A museum volunteer suffered sudden cardiac death. Fellow museum volunteers worked as a team to save his life. Linda

Avance helped him to the ground, Linda Lechein called 9-1-1, Dale Bohlman performed CPR while Frank Dressel obtained the public access AED, placed at the museum by East Fork Fire. The crew of museum volunteers performed CPR and delivered an electrical shock from the AED to restart the patient's heart before the arrival of East Fork Fire crews from Fire Station 14 within 6 minutes. East Fork Fire's crew from paramedic engine 14 and paramedic rescue ambulance 14 quickly accessed the patient and transported him to the Carson Valley Medical Center for stabilization before he was taken to a cath lab where he was discharged a few days later without incident.

East Fork Fire Protection District's Board of Directors recognized the heroic efforts of Avance, Lechein, Bohlman and Dressel at their September meeting with a public proclamation thanking them for saving a human life. The patient was present and provided his thanks to the civilian rescuers and East Fork Fire. Deputy Fire Chief Dave Fogerson welcomed the patient to a club of patients who now have the ability to celebrate two birthdays every year: the one when they were born and the one when their heart stopped but was restarted.



Civilian Rescuers with their proclamations.

East Fork Fire has plans to improve our Heartsafe community. These plans include the purchase of an additional 12-lead cardiac monitor so every paramedic fire engine and paramedic rescue ambulance has one on it. East Fork Fire is also working with Douglas 911, Carson City Fire and Quad County Public Health Preparedness to launch a program called Pulse Point. This program allows citizens to download an app to their smart phone. When a cardiac arrest call is dispatched, this app will alert bystanders to someone needing CPR along with a map of the closest AED so we can get help quickly. Science and experience has shown it is quick CPR and AED use that saves lives. Right now East Fork gets help coming faster by alerting all East Fork staff with an all-call tone and response of Douglas County Sheriff's Office, who have AED's

provided by East Fork Fire in some units, to get someone to the patient quickly. This new app will enable the community to better assist in our quest of a Heartsafe community. The program will also allow East Fork to identify the location of stop the bleed kits which are used in the event of an active assailant. East Fork is working with Tahoe Douglas Fire and Quad County Public Health Preparedness to place stop the bleed kits with all public access AED's and in our schools.