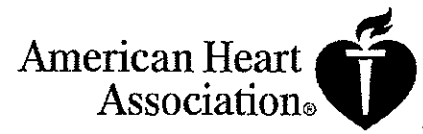


**SB 2622**

The American Heart Association mission is:  
To reduce disability and death from cardiovascular diseases and stroke.



*Learn and Live*<sup>SM</sup>

Serving Hawaii

## Testimony in support of SB 2622, "MAKING AN APPROPRIATION FOR AUTOMATED EXTERNAL DEFIBRILLATORS AT THE STATE CAPITOL"

The American Heart Association strongly supports SB 2622.

### Defibrillation Plus CPR: A Critical Combination

Early defibrillation is critical to survival from sudden cardiac arrest (SCA) for several reasons: (1) the most frequent initial rhythm in witnessed SCA is ventricular fibrillation (VF), (2) the treatment for VF is electrical defibrillation, (3) the probability of successful defibrillation diminishes rapidly over time, and (4) VF tends to deteriorate to asystole (an "unshockable rhythm, or "flatline") within a few minutes.

Several studies have documented the effects of time to defibrillation and the effects of bystander CPR on survival from SCA. For every minute that passes between collapse and defibrillation, survival rates from witnessed VF SCA decrease 7% to 10% if no CPR is provided. When bystander CPR is provided, the decrease in survival rates is more gradual and averages 3% to 4% per minute from collapse to defibrillation. **CPR can double or triple survival from witnessed SCA at most intervals to defibrillation.** If bystanders provide immediate CPR, many adults in VF can survive with intact neurologic function, especially if defibrillation is performed within about 5 minutes after SCA. CPR prolongs VF (ie, the window of time during which defibrillation can occur) and provides a small amount of blood flow that may maintain some oxygen and substrate delivery to the heart and brain. Basic CPR alone, however, is unlikely to eliminate VF and restore a perfusing rhythm.

### New Recommendations to Integrate CPR and AED Use

To treat VF SCA, rescuers must be able to rapidly integrate CPR with use of the AED. To give the victim the best chance of survival, three actions must occur within the first moments of a cardiac arrest: (1) activation of the emergency medical services (EMS) system or emergency medical response system, (2) provision of CPR, and (3) operation of an AED. When two or more rescuers are present, activation of EMS and initiation of CPR can occur simultaneously. Delays to either start of CPR or defibrillation can reduce survival from SCA.

### Hawaii airports experience

In 2007, the Hawaii Dept. of Transportation implemented a public access to defibrillation (PAD) program, similar to those that had already been implemented in large airports across the country. Hawaii, however, is believed to be the first state to implement a PAD program in every one of its state-run airports. As part of that program's implementation, the airports also provided AED/CPR training to 1,400 of the airports' employees. In addition, every airport employee who participated in the training received an American Heart Association *CPR Anytime for Family and Friends* self-directed learning kit to

Serving Hawaii since 1948

For information on the AHA's educational or research programs, contact your nearest AHA office, or visit our web site at [www.americanheart.org](http://www.americanheart.org) or e-mail us at [hawaii@heart.org](mailto:hawaii@heart.org)

**Oahu:**  
245 N. Kukui Street, Ste. 204  
Honolulu, HI 96817-3985  
Phone: 808-538-7021  
Fax: 808-538-3443

**Maui County:**  
J. Walter Cameron Center  
95 Mahalani Street, No. 13  
Wailuku, HI 96793-2598  
Phone: 808-244-7185  
Fax: 808-242-1857

**East Hawaii:**  
400 Hualani Street, Ste. 15  
Hilo, HI 96720-4344  
Phone: 808-961-2825  
Fax: 808-961-2827

**West Hawaii:**  
74-5588 Pawai Place, Bldg. H  
Kailua-Kona, HI 96740-3140  
Phone: 808-329-0783  
Fax: 808-329-0784

**Kauai:**  
PO Box 1214  
Lihue, HI 96766-5214  
Phone: 808-245-7311  
Fax: 808-245-7344

Please remember the American Heart Association in your will.



*Learn and Live*<sup>SM</sup>

Serving Hawaii

periodically review their training at home and to share that training with their families and friends. As a result of this comprehensive approach to implementation of the airports' PAD program, in its first year of implementation all four witnessed cardiac arrest victims (three at Honolulu International Airport and one at Kapalua Airport) who received CPR from bystanders and were shocked with one of the airports' AEDs survived and were able to return to pre-cardiac arrest lifestyles. That 100% survival rate is considered phenomenal and can at least partially be attributed to 9-1-1 being activated quickly, bystanders providing immediate CPR, and an AED delivering a shock within a short amount of time from the victim's collapse. Three cardiac arrest victims on whom no bystander CPR and no PAD AED shock was provided, but 9-1-1 was activated, did not survive. The Hawaii Airports experience stresses the importance of implementing a comprehensive approach to saving the lives of cardiac arrest victims.

#### **Suggested Bill Amendments**

The American Heart Association supports adding PAD AEDs to every floor of the Hawaii State Capitol, with placement in prominent public locations. However, we strongly suggest that the implementation of such program be accompanied by the offer of AED training to all State Capitol employees, and mandatory training for State Capitol security staff, and consideration to also provide *AED or CPR Anytime for Family and Friends* self-directed learning kits to Capitol employees. Renewal training should be offered annually for new employees, and semi-annually for employees who have been previously trained.

As a gathering place for thousands of Hawaii residents, and as a workplace for hundreds of Hawaii's leaders and workers, the Hawaii State Capitol is a logical choice for the implementation of a PAD program. The American Heart Association hopes that such a program will never be needed, but with over 250,000 people in the U.S. annually suffering cardiac arrest, the odds are that it could mean the difference between life and death for someone visiting or working at the Capitol in the years to come. It would be a wise investment and would serve as an example for other large businesses and organizations in our state that hopefully would follow our legislators' lead by protecting the safety of their valuable employees and customers by providing PAD programs in their locations.

Respectfully submitted,

Donald B. Weisman

Hawaii Communications and Marketing/Government Affairs Director



P.O. Box 30584  
Honolulu, HI 96820  
808-388-5911  
info@AEDInstitute.com

Testimony on behalf of:

SB 2622

*Making an Appropriation for Automated External Defibrillators for the State Capitol*

Monday, February 4, 2008

1:15pm

Conference Room 016

State Capitol

415 South Beretania Street

Heart disease is the number one killer of citizens in the United States. Every 2 minutes, sudden cardiac arrest takes a life in the United States. Every single day nearly 1000 individuals die from sudden cardiac arrest in the United States. Every year, year after year, sudden cardiac arrest claims the lives of at least 325,000 people in the United States. Cardiac arrest can happen to anyone, anywhere and at anytime.

Sudden cardiac arrest is a public health crisis.

As the AED Program Director and Coordinator for Hawaii's largest Public Access Defibrillation (PAD) Program I am here today to testify on behalf of SB 2622, "Making an Appropriation for Automated External Defibrillators for the State Capitol". The DOT-A has been responsible for the public implementation of 100 Automated External Defibrillators (AED) on six islands and in 10 airports. Each of the AEDs is placed in a public location for rapid response to a possible cardiac arrest victim. With the installation of the AEDs we felt the most important part of the program was to ensure that there would be a citizen to step forward and bring the AED to the victim's side. In the last year we have trained and certified more than 1200 airport employees in how to respond to a cardiac arrest victim and how to perform proper CPR and use the AED. Our goal was to ensure that every student who took the class would feel comfortable and qualified to help a victim of cardiac arrest in an airport public location; this action would increase the rate of survival of a victim experiencing a life-threatening event.

It has now been one year since our program was established and in that year, the DOT-A has experienced eight (8) cardiac arrests in public areas. The victims of these events have been both airport employees and tourists. Of these eight events we have had four survivors that have returned to their pre-arrest life styles. Each of the four cardiac arrest survivors has the same thing in common. Their cardiac arrest was witnessed by a citizen bystander. The victims had a bystander perform immediate CPR. The victims had an AED brought to their side within minutes of the event. Each of the victims received at least one shock from the AED. Each victim was awake prior to the arrival of EMS. Each victim returned to their pre-cardiac arrest life-style!

Of the other four public cardiac arrests that occurred in our airports this year, three of them also have things in common, no one performed CPR, no one retrieved an AED (even though an AED was close-by in each event), and in each event the citizen bystander called 911 and waited for emergency response and the professional rescuer to arrive. Each of these victims did not survive, did not return to their families, and did not have a chance to continue their lives. Each citizen bystander made the same statement to me, "I did not know what to do". None of the citizen bystanders had been taught CPR or how to use an AED. They were afraid and felt helpless. In each of these cases there is not only one victim, there are many... the victim of the cardiac arrest, the rescuer who felt helpless, the mother or father who did not get to say good-bye, the children who lost their mother or father, the friends and family who have been left without their loved one. These are very heartbreaking events and may have had a different outcome if someone had taken a chance and performed CPR and used the AED.

*Operation Stay 'N Alive*, the largest PAD Program for the citizens of Hawaii, has saved lives, but only because someone responded to the emergency by performing CPR and using an AED. Educating a person in the use of an AED is easy and we will continue our effort to train any volunteer or employee who wants to learn.



P.O. Box 30584  
Honolulu, HI 96820  
808-388-5911  
info@AEDInstitute.com

With the passing and signing of SB 1675 in May of 2007, PAD Programs have been implemented in all walks of life throughout the State of Hawaii. Every month I am told of another survivor who is alive today because someone took action, performed CPR, and used an AED. Placing an AED on the wall is only the first step but that is not enough. AED Institute is a very strong advocate for education and training to the citizen bystander who may witness a life-threatening event. An AED on the wall will not save a life unless someone responds, and without hesitation, utilizes it.

As a PAD Program Director for well over 350 AEDs in our state, I am asking for you to please appropriate a budget for AEDs in the State Capitol, and not just one AED, there needs to be one AED installed every 90 seconds throughout the building. For the best chance of survival the AED needs to be attached to the victim within 3 minutes of collapse to assure a 90% chance of survival. However with the budget allowed for AEDs you must allocate a budget for CPR training through the American Heart Association (AHA) for every employee of the State Capitol. I ask you to not only train the employee but give an AHA CPR Anytime Kit to each person who attends the class with the intention that each person who learns CPR at the Capitol will then take the kit home and train their family in the same life saving skill. With this action you will save lives!

In closing, *Operation Stay'N Alive* has proved that when a cardiac arrest occurs in a public place, if a bystander witnesses the event, performs good high-quality CPR, uses an AED within minutes of the heart stopping, the victim has a 100% chance of survival and returning to their life, family, and friends. Thank you for signing SB 1675 in May of 2007, you have saved the lives of many of our citizens throughout the state. Now take this knowledge and education to your own work area and keep your employees safe, install easy to locate AEDs, educate your staff in how to perform CPR and use the AEDs, and let others know the importance of a having a life-saving Public Access Defibrillation Program in their areas of work and play.

Sincerely,

*Pamela Foster, RN*

Pamela Foster, RN  
President and CEO for AED Institute of America, Inc  
PAD Program Director for the Airports of Hawaii  
1-808-388-5911




For more information on the *CPR Anytime for Family and Friends* Personal Learning Program, or to speak with someone about how to start a *CPR Anytime* program in your community, please contact the American Heart Association by calling **1-877-AHA-4CPR** or visiting the *CPR Anytime* website at [www.cpranytime.org](http://www.cpranytime.org).

American Heart Association  
*Learn and Live.*  
National Center  
7272 Greenville Avenue  
Dallas, Texas 75231-4596  
[www.americanheart.org/cpr](http://www.americanheart.org/cpr)

© 2005 American Heart Association

70-2148 10/05

American Heart Association   
*Learn and Live.*

*THERE'S NO BIGGER DIFFERENCE YOU CAN MAKE IN A LOVED ONE'S LIFE THAN SAVING IT. LEARN LIFE-SAVING CPR TODAY.*



*Introducing*

# **CPR Anytime**<sup>™</sup> for Family and Friends

PERSONAL LEARNING PROGRAM

## Sudden cardiac arrest CAN happen to your loved ones

Each year, cardiovascular disease and sudden cardiac arrest continue to claim the lives of 335,000 Americans before they reach a hospital.

Did you know that almost 80 percent of cardiac arrests occur at home and are witnessed by a family member? Sadly, the majority of those loved ones die because CPR was not performed in time or at all. Currently, less than 5 percent of cardiac arrest victims survive.

CPR can make the difference between the life and death of a loved one. It can DOUBLE a cardiac arrest victim's chance of survival by maintaining vital blood flow to the heart and brain until more advanced care can be given.

### Our Commitment to Saving More Lives Through CPR

Although the American Heart Association currently trains more than 9 million people a year in CPR and emergency cardiovascular care, the vast majority of the non-medical general public does not know how to perform CPR. To help save more lives of families, friends and community members, we are committed to training 20 million people per year by 2010. To do this, we must get CPR training into the hands of those who normally would not attend a traditional CPR course.

**That's where CPR Anytime comes in.**



### The CPR Anytime™ Solution

In collaboration with Laerdal Medical, the American Heart Association has developed the *CPR Anytime™ for Family and Friends* Personal Learning Program, bringing CPR into the homes of families everywhere.

It's a self-directed, personal CPR kit that makes learning the core skills of CPR easy, convenient, fast and fun for the whole family. It only takes 22 minutes to learn and can be done anywhere, from the comfort of a family home to within a large community group setting. Also, the *CPR Anytime* kit was designed to meet the family budget – for the first time, CPR training at home is now affordable.



### CPR Anytime™ for Family and Friends kit contains:

A personal, inflatable CPR Manikin – "Mini Anne"

CPR Anytime Skills Practice DVD

An American Heart Association CPR for Family and Friends booklet

Accessories for the program

### Just 22 minutes of your time can buy back precious time with a loved one

*CPR Anytime for Family and Friends* uses a revolutionary video-coaching method that allows users to learn the core skills of CPR in just 22 minutes. Users watch a DVD demonstration and practice of CPR skills at the same time they practice the skills. Here's how it works:

- The DVD teaches how to push on the chest to provide compressions and how to breathe for the victim with rescue breaths. It also discusses the importance of calling 9-1-1 and checking the victim for "signs of circulation" – breathing, coughing or movement.
- After the DVD teaches each step of CPR, the host then walks users through the process of putting it all together, from recognizing the emergency, to opening the airway, to giving cycles of compressions and ventilations.

All of that life-saving knowledge and LOTS of hands-on skills practice time in just 22 minutes!



### Pass lifesaving on: the CPR Anytime "multiplier"

Although the *CPR Anytime for Family and Friends* kit is designed for personal use, it can be taken home and shared with family members, so they can also learn CPR. Using this method, the number of people trained in life-saving CPR can double or triple.

This means that using just one kit, an entire family can be trained in CPR!



**Don't wait – learning CPR today could save the life of a loved one tomorrow.**

