



HEART Safe Community Program: Application and Scoring Rubric

Sponsored by the

North Central Texas Trauma Regional Advisory Council



What is a HEART Safe Community? A HEART Safe Community represents the efforts of members in your community to reduce the devastating effects of heart disease and sudden cardiac arrest. Who are these members? They are your local healthcare facilities, hospitals, fire departments, police departments, emergency medical services (EMS), schools and many others. Each member has a vested interest in protecting the welfare of their community and are committed as a team to reduce heart disease and sudden cardiac arrest. The goal is to improve the outcomes of those that may experience heart disease or sudden cardiac arrest.

Why become a HEART Safe Community? Communities focus countless efforts and dollars on improving the outcome of citizens that suffer from heart attacks and sudden cardiac arrest. Many of these efforts are not coordinated with the other community providers and occur without the knowledge of others in the community striving for the same thing. This replication can cost precious dollars and not improve results. A HEART Safe Community is a platform to coordinate the efforts of those entities charged with the mission of reducing the effects of heart disease and sudden cardiac arrest and is also a badge of honor for those communities that work together for the safety of its citizens.

The HEART Safe Community Program looks at six distinct areas that a community focuses its efforts on to protect the citizens from heart disease and sudden cardiac arrest. These six areas are:

1. Access to Emergency Care;
2. Emergency Medical Dispatch;
3. Automatic External Defibrillators (AEDs) within the Community;
4. Provision of Pre-hospital Advanced Life Support (ALS)
5. Community Awareness, Education and Activities designed for the Reduction of Cardiac Events, and;
6. Data Collection and Review

A community wishing to attain Recognition as a HEART Safe Community will be scored based upon its efforts in each of these categories. Each point or “heartbeat” gets the community closer to gaining recognition. “Heartbeats” are calculated in accordance with the application and a final score given. The score is then compared to the required number of “heartbeats” for a community based upon its size, and Recognition is earned. It is that easy. More importantly, it is gaining the community the recognition it deserves while the community works to improve outcomes from sudden cardiac events and arrest. Once Recognition is gained, it is good for three years, before reapplication is required.

What is a Community?

Definition of a community for the purpose of HEART Safe Community is a county, city, town or township.

<u>Populations</u>	<u>Heartbeats Required for Recognition</u>
Up to 1000	200 Heartbeats
1001 to 5000	300 Heartbeats
5001 to 25,000	500 Heartbeats
25,011 to 50,000	750 Heartbeats
50,001 to 100,00	1,000 Heartbeats
100,001 and up	1,250 Heartbeats

- Total Heartbeats must equal or exceed the number of heartbeats required for the community population seeking recognition.
- Special programs may be submitted if not covered above and considered for heartbeats.
- Appropriate evidence must be submitted with each application packet for review by the committee. This can be agendas, newspaper or internet articles, training records, etc.

North Central Texas Trauma Regional Advisory Council (NCTTRAC) does not represent or imply that participation in the program will result in improved survival rates within the community. However, increased community-level efforts to strengthen the chain of survival has been successful in many participating communities throughout the country.

HEART Safe Community Application

Name of the Community: _____

Main Contact Person: _____

Community Population: _____

Lead Organization Submitting the Packet: _____

Participating Organizations: _____

Address of Lead Organization: _____

City: Texas, ZIP Code: _____

Contact Person Phone: _____

Email: _____

Please complete the above portion only. The HEART Safe Workgroup will enter information below after your information has been reviewed.

Points Required: _____ Points Acquired: _____

The Community of HAS/HAS NOT met the requirements for recognition as a HEART Safe Community.

If the Community did not meet the requirements, below are the deficiencies:

Committee recommendations for the Community for the next Recognition Period:

Components of the HEART Safe Community Recognition Program

There is a minimum in many sections that must be satisfied before moving onto another section. These minimums are identified in the Subsection Title.

Section 1. Accessing Emergency Care (points awarded for the Highest Level Only)

*Minimum requirements = 10 heartbeats

	Program Elements	Points Available	Points Awarded
A	911	10 Heartbeats	
B	E911	25 Heartbeats	
C	VoIP/Cellular (Phase II)	50 Heartbeats	
D	NexGen 911	50 Heartbeats	
	Sub-Total		

Section 2. Emergency Medical Dispatch (EMD) (points awarded for the Highest Level Only)

*No minimum requirements on this section: all communities are encouraged to implement EMD

	Program Elements	Points Available	Points Awarded
A	Instructions in Hands-Only CPR	25 Heartbeats	
B	Full Pre-Arrival Instructions	50 Heartbeats	
	Sub-Total		

Section 3. AED Access (points may be awarded in any or all categories)

*Minimum requirements = 25 heartbeats

	Program Elements	Points Available	Points Awarded
A	Public Access Defibrillator (PAD) Program	25 Heartbeats	
B	PAD Program with Posted and/or Identified Sites	50 Heartbeats	
C	Law Enforcement Agency with AEDs in Vehicles	50 Heartbeats	
D	Fire First Responders with AEDs in Vehicles	50 Heartbeats	
E	Fire First Responders with ALS Capabilities	50 Heartbeats	
F	Police and/or Fire Dispatched to Appropriate Medical Emergencies	50 Heartbeats	
G	Public Schools with AEDs & CPR Trained Faculty	50 Heartbeats	
	Sub-Total		

Section 4. Advanced Life Support (points may be awarded in any or all categories)

*Minimum requirements = 75 heartbeats

	Program Elements	Points Available	Points Awarded
A	ALS Pre-Hospital Care	50 Heartbeats	
B	ACLS Certifications Among 50% of EMS Responders	10 Heartbeats	
C	PALS/PEPP Certification Among 50% of EMS Responders	10 Heartbeats	
D	Pre-Hospital 12 Lead EKGs	25 Heartbeats	
E	Transmission of Pre-Hospital EKGs	50 Heartbeats	
F	Established STEMI Protocol	25 Heartbeats	
G	Identified Cardiac Transport Facilities	50 Heartbeats	
H	Post Arrest Protocols/Care (ROSC)	25 Heartbeats	
	Sub-Total		

Section 5. Community Awareness, Education & Activities (points may be awarded in any or all categories)

*Minimum requirements = 75 heartbeats

	Program Elements	Points Available	Points Awarded
A	A Community designates one leader Is Responsible for the Heart Safe Program	Required*	
B	Public CPR Training ¹	25 Heartbeats	
C	First Responder CPR Training (volunteer/paid firefighter, police, EMS)	25 Heartbeats	
D	Smoking Cessation Programs Offered to the Public	25 Heartbeats	
E	No Smoking Ordinances	25 Heartbeats	
F	No Smoking Campuses/Tobacco Free Campuses	25 Heartbeats	
G	Fitness Facilities, Parks, Trail Systems, Running-Walking/Clubs – see reference below for minimum requirements per population size	25 Heartbeats	
H	Life-saving Recognition Program (CPR and/or AED Use)	10 Heartbeats	
I	Collaboration Between Medical Facilities and/or Health Care Professionals (EMS, nursing, physicians) and the Community to Provide Public Awareness/Screenings /Information (Must Be Cardiac-Related) (Each Program Must Be Listed)	10 Heartbeats per Program	
	Sub-Total		

		^G <u>Combination of fitness parks, fitness facilities, trail system, running-walking</u>
<u>Populations</u>	^B <u>Minimum number of classes offered</u>	
Up to 1000	1	1
1001 to 5000	2	2
5001 to 25,000	3	3
25,011 to 50,000	5	5
50,001 to 100,00	7	7
100,001 and up	10	10

Section 6. Data Collection and Review (points may be awarded in any or all categories)

*Minimum requirements = 200 heartbeats

	Program Elements	Points Available	Points Awarded
A	STEMI Data Collection	50 Heartbeats	
B	Door-to-Balloon Times Less Than or Equal to 90 Minutes 80% of the Time for non-transferred patients. *Cumulative average of all STEMI receiving facilities in the community.	50 Heartbeats	
C	Critical Review Committee	50 Heartbeats	
D	Cardiac Committee Involvement @ the North Central Texas Trauma Advisory Council (NCTTRAC)	50 Heartbeats	
E	Feedback Loops Back to EMS	50 Heartbeats	
F	Participates in Mission Lifeline or Other State/National Cardiac Initiative EMS or Hospital participating receives 50 heartbeats	50 Heartbeats	
G	EMS First Medical Contact to Balloon Time Less Than or Equal to 90 Minutes 80% of the Time. * Cumulative average of all STEMI receiving facilities in the community.	50 Heartbeats	
	Sub-Total		

A. Total Heartbeats _____

(Section 7. continued on next page)

Section 7. Bonus Heartbeats –

Bonuses can only be achieved after minimum requirements are met in each category – 1.3.4.5.6

	Program Elements	Points Available	Points Awarded
A	CPR Classes over the required minimum per section 5b	10 Heartbeats for EACH Class above	
B	Publicly Available AEDs and/or Public Awareness of Locations (ex. PulsePoint)	10 Heartbeats for EACH AED	
C	High risk businesses with medical personnel (BLS minimum) on site	20 Heartbeats for each location/event	
D	Restaurants with heart healthy/low calories choices (provide example of menu)	10 Heartbeats for each restaurant above the minimum per capita	
E	Critical Review Committee that includes EMS	10 Heartbeats	
F	CPR training for employees at public venues (restaurants, stores, movie theatres, businesses, etc).	Up to 5 Heartbeats	
		Bonus Sub-Total	

C High Risk Business

- Large scale sporting venues
- Theme parks (water, amusement)
- Public events (ex. Bike medics at large scale parades)
- High hazard businesses (chemical and industrial plants)

D Populations	<u>Minimum of restaurants with heart healthy/low calorie options</u>
Up to 1000	1
1001 to 5000	2
5001 to 25,000	3
25,011 to 50,000	5
50,001 to 100,00	7
100,001 and up	10

F Percent Employees with CPR

<u>Training</u>	
25%	1 Heartbeat
50%	2 Heartbeat
75%	3 Heartbeat
100%	5 Heartbeat

B. Total Bonus Heartbeats _____

TOTAL HEARTBEATS (A + B) _____

Common Abbreviations:

ACLS – Advanced Cardiac Life Support
 PALS – Pediatric Advanced Life Support
 CPR –Cardiopulmonary Resuscitation

EKG – Electrocardiogram
 ROSC – Return of Spontaneous Circulation
 PAD – Public Access Defibrillator