

American Heart Month and AMT's focus on Cardiac Arrest Resuscitation

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Every February, Americans are encouraged to take time to focus on heart health and the prevention of heart disease. This initiative is highlighted during **American Heart Month**, a period designated by the American Heart Association (AHA) to raise awareness about cardiovascular health and promote action toward reducing heart disease-related deaths. While awareness and prevention are crucial, there is another aspect of cardiac care that plays a pivotal role in saving lives—**pre-hospital cardiac arrest resuscitation**. This critical area of emergency medical services (EMS) is not only vital to the survival of individuals experiencing sudden cardiac arrest (SCA) but is also a big focus right here at Advanced Medical Transport (AMT).

Widely known for our “Race to the Top” program, AMT has become a model for excellence in pre-hospital care, with a cardiac arrest survival rate 2x-3x above the national average. The company's success is attributed to a combination of highly trained providers, state-of-the-art equipment, and continuous improvement through education and the incorporation of cutting-edge technology.

LEARN MORE:

<https://www.hmpgloballearningnetwork.com/site/emsworld/feature-story/pinnacle-racing-top-resuscitation-care>

https://s3.amazonaws.com/HMP/hmp_in/imported/2019-10/Zoll_eBook_final.pdf

The History of American Heart Month

American Heart Month traces its origins to 1963, when President Lyndon B. Johnson declared February as a time to focus on heart health, urging Americans to become more aware of the dangers of cardiovascular disease. At the time, heart disease was the leading cause of death in the U.S., a trend that continues to this day. The purpose of American Heart Month is not only to promote awareness but also to inspire action in preventing and treating heart-related conditions. This includes a special focus on sudden cardiac arrest (SCA), which occurs when the heart unexpectedly stops beating due to a malfunction in its electrical system.

Historically, survival rates for cardiac arrest were dismal, especially in the out-of-hospital setting. However, over the past several decades, significant strides have been made in improving survival rates, particularly in the pre-hospital environment. The development of specialized training for EMS personnel and the integration of advanced technologies in ambulances have played a major role in increasing the chances of survival for cardiac arrest patients.

A Commitment to Community Health

For AMT, the commitment to high-quality cardiac care extends beyond the walls of its own operations. The company regularly participates in community outreach programs, offering free CPR and AED training courses to the public. AMT has also placed around

1,200 AED devices throughout Central Illinois and beyond. By equipping the community with these life-saving skills, AMT hopes to create a network of responders who can act quickly and effectively in the event of a cardiac emergency. Another piece of this strategy is the PulsePoint app. PulsePoint is an innovative mobile application designed to encourage CPR-trained bystanders to respond to sudden cardiac arrest events in their vicinity.

LEARN MORE AND DOWNLOAD:

<https://www.amtci.org/pulsepoint.html>

Conclusion

American Heart Month serves as a reminder of the importance of heart health, but it also underscores the significance of timely and effective cardiac care, particularly when a person suffers sudden cardiac arrest. Ambulance services like AMT play a crucial role in improving survival rates through ongoing education, the use of advanced technologies, and a commitment to delivering exceptional care in the field.

As we look to the future, continued advancements in both education and technology will likely further increase survival rates and reduce the impact of cardiac emergencies. The progress made in the field of pre-hospital cardiac care is a testament to the dedication of emergency responders and organizations committed to Saving Lives—one heart at a time.

What can you do?

Make sure all of your friends and family know Hands-Only CPR and carry the PulsePoint smart phone app.

HANDS-ONLY CPR:

<https://youtu.be/M4ACYp75mjU?feature=shared>