



LIFEWOR PAD News

AEDs in the News

For more information on any of these articles, contact Lifework at (410) 418.4989.

- New measures being considered in **Washington, DC and Montgomery County Maryland would make Automated External Defibrillators (AEDs) more common.** In DC, a bill is being considered that would require AEDs in all city buildings with more than 1,000 people. For District government buildings, AEDs would be required in buildings with more than 100 people. The Montgomery County Council is considering a bill that would require all registered health clubs in the county to have an AED.
(NBC4.com, May 4, 2004)
- A new Federal Aviation Administration rule now **requires airlines staffed with at least one flight attendant to carry an Automated External Defibrillator.**
(Associated Press, April 12, 2004)
- According to the *Washington Post*, the **majority of US health clubs do not have AEDs.** Liability was cited as the main concern. This concern is not reflected in current legal trends. All of the approximately ten cases involving lawsuits and AEDs were against entities where someone died and there was *no AED*.
(*Washington Post*, March 17, 2004)
- **Arlington Public Schools** is implementing a countywide program to place an **Automated External Defibrillator in every school, administrative office building, and school facility in the county.** This would make Arlington the first school system in the Washington DC metropolitan area to plan, fund and implement a system-wide AED program.
(press release, March 3, 2004)



Summer 2004



2 Lifework Pilots AHA Heartsaver Instructor Program at Dunbar High School

Baltimore City high school students are given not only the power to save a life, but the power to teach someone else to do the same.

3 Is There An AED At Your Health Club?

Despite a higher incidence of Sudden Cardiac Arrest, most US gyms don't have an AED on site.

4 Calendar

See what heart health events are happening this summer.

4 What's New At Lifework

New staff, new programs—we've been busy!

Lifework pilots Heartsaver Instructor program at

Dunbar High School



Students demonstrate their
CPR and AED skills.



This Spring, Lifework introduced a pilot program to Baltimore's Paul Lawrence Dunbar Healthcare Career High School teaching students to be American Heart Association (AHA) Heartsaver Instructors.

Under the guidance of Pierre Cox, Lifework's Education Director, the students first learned the fundamentals of basic life support, including CPR for patients of all ages, foreign body airway obstruction management, and the use of an AED. The second half of the two-week program focused on the ability to teach others these skills. As a final test, the fledgling CPR instructors taught their teachers and fellow students the AHA Heartsaver AED course, which includes CPR and how to use an Automated External Defibrillator.

Lifework implemented the Dunbar program with the hope that by teaching students to be CPR/AED instructors, it will provide the students with the knowledge and confidence to speak publicly, an increased interest in healthcare careers, and opportunities for employment as CPR/AED instructors.

Lifework also hopes to increase the availability of Early Defibrillation Programs to the community and corporate environments—meeting its goal of placing AEDs everywhere people live, work, and play.

Next Fall, Lifework hopes to expand its Heartsaver Instructor Program to Washington DC high school and college students.

If you would like more information on this program, please feel free to contact Lifework at (410) 418.4989 or email Pierre Cox at pierre@lifeworkhealth.com.

Is there an AED at your **Health Club?**

This Spring, the *Washington Post* ran an article entitled, “Lifesaving Defibrillators Are Absent From Most Gyms.” The article highlighted two incidences of Sudden Cardiac Arrest (SCA) at a local gym—one where the victim died. The gym continued to resist getting an AED.

The *Post* article went on to state that the majority of health clubs in the US do not have AEDs. This is a worrisome fact.

According to a study on public locations of sudden cardiac arrest, there is a higher incidence of SCA in health clubs. Exercise is important – but it can also increase the risk for SCA. In addition, as health clubs serve a growing number of members who are elderly or who have pre-existing cardiac risk factors, the chances of SCA occurring can multiply. However, it is not only the elderly or those with pre-existing cardiac risk factors who are at risk of SCA.

The “typical” SCA victim is not what you’d expect. SCA occurs in both men and women of any age. There are often no clear risk factors, symptoms or cardiac history.

Unlike a heart attack (death of heart tissue due to a blocked artery) SCA, when caused by ventricular fibrillation, is an electrical malfunction of the heart resulting in sudden loss of consciousness and pulse. For the best chance of survival, SCA victims of ventricular fibrillation or tachycardia should receive a lifesaving shock from a defibrillator within 5 minutes. A shock to the heart from a defibrillator within minutes is the only effective way to save someone in SCA.

The Montgomery County Council is currently considering a bill that would require all registered health clubs in that county to have at least one defibrillator.

Lifework, through Philips Medical, currently offers discounts to International Health, Racquet, & Sportsclub Association (IHRSA) members.

Please contact Lifework for information on implementing an AED or Early Defibrillation Program at your health club.



What Happens When You Call 911? (Best Case Scenario)

identify emergency/ activate emergency response plan	30 seconds
911 call	1 minute
alert rescue squads (dispatch)	30 seconds
responders to their units	30 seconds
travel time to location	5 minutes
unload equipment/ distance to patient	2 minutes
assess patient/ apply defibrillator/ deliver shock	1.1 minutes
TOTAL	10.6 minutes

courtesy of Philips Medical Systems

upcoming Events

June is National Safety Month



June 5, 2004
American Heart Association
**6th Annual Greater Washington
Region "Hearts In Bloom" Gala**
Tysons Corner, Virginia
for more information:
Allison Derby,
allison.derby@heart.org

June 12, 2004
American Heart Association
**Lawyers Have Heart 10K Run and
3K Fun Walk**
Washington DC
for more information:
Lauren Frank
lauren.frank@heart.org
www.runlhh.org

July

July 15-18, 2004
National Coalition for
Women with Heart
Disease
**National Conference
for Women Heart
Patients and their families**
Los Angeles, California
for more information:
www.womenheart.org



September

September 10-17, 2004
National Safety Council
**92nd Annual Congress & Expo
2004**
New Orleans, Louisiana
for more information:
www.nsc.org

what's new at Lifework, Inc.

It's been a busy Spring at Lifework! With new programs and new staff—we have a lot to tell you about!

Meet Amy Kulp—Lifework's New Business Manager

This May, the Lifework staff was joined by Amy Kulp, our new Business Manager. Amy Jo, as we call her, has been whipping our books into shape and keeping our minds focused on what Lifework's goals are. Thanks to Amy Jo, you should be seeing a more focused, organized Lifework in the future.

Amy Jo can be reached at the Lifework office and by email:
amyjo@lifeworkhealth.com.

Lifework Is Expanding Its Sales Efforts

Lifework hopes to add additional sales staff by the end of the summer. If you or someone you know is interested in spreading the power to save lives — contact Carol at the Lifework office or at carol@lifeworkhealth.com.

For more information on Automated External Defibrillators, our new web-based management system, or for information on rates for Lifework's AHA and ASHI classes, please give us a call: (410) 418.4989 or find us on the web: <http://www.lifeworkhealth.com>



Lifework, Inc.

8641 Bali Road, Ellicott City MD 21043
tel (410) 418.4989 | fax (410) 418.5300
www.lifeworkhealth.com