



# LIFEWORK

Early Defibrillation News



AEDs required in

## Maryland Public High Schools

As Maryland high school students return to school, there will be a new piece of equipment supporting the Chain of Survival.

On April 25, 2006, Governor Bob Ehrlich signed a bill passed by the General Assembly requiring high schools in Maryland to have Automated External Defibrillators (AEDs).

The bill, introduced by Delegate Susan Lee and Senator Sharon Grossfield, has been officially named "Andrew's Law" after Montgomery Blair student Andrew Helgeson. Andrew's parents and Parent Heart Watch, a network of parents dedicated to protecting kids from sudden cardiac arrest, worked hard to bring the importance of this bill to the attention of state legislators.

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Lifework helps businesses & communities set up emergency response programs. We specialize in Early Defibrillation Programs. Lifework also provides quality CPR, AED, & First Aid training - last year teaching over 2200 students.

For more information on Lifework products and services, visit us on the web: [www.lifeworkhealth.com](http://www.lifeworkhealth.com)

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## AEDs in Maryland High Schools (continued)



Today AEDs are located in government buildings, retail establishments, airlines, prisons, casinos, and even the General Assembly . . . Maryland must also step up and take proactive steps in protecting and saving the lives of its students, teachers and school personnel."

— Susan Lee,  
Maryland State Delegate

Lifework also supported the bill and helped to educate state legislators by providing testimony at hearings in the General Assembly and State Senate.

"I'm very pleased we were able to help the bill pass," says Carol Stemple of Lifework. "I hope we can be just as helpful in assisting the school systems by choosing the correct product and program."

Andrew Helgeson died at home in May 2005 – a week before his high school graduation. He was a star lacrosse player, the recipient of many academic and athletic rewards, and a picture of health. He died from sudden cardiac arrest caused by a cardiac arrhythmia.

"Andrew's Law" requires

- an AED be provided at each high school
- an individual trained in the operation and use of an AED be present at all school-sponsored athletic events
- the Maryland Department of Education in consultation with the Department of Health and Mental Hygiene, the Maryland State School Health Council, and the Maryland Institute for Emergency Medical Services Systems to adopt regulations that establish guidelines for periodic inspections and annual maintenance of the AEDs.

Senator Sharon Grosfield, lead sponsor of the bill in the State Senate said, "With more incidents of cardiac arrest occurring in children, the need for defibrillators in schools is an important step towards saving the lives of these students, in addition to the lives of their teachers, administrators, other school personnel and guests. The important legacy of "Andrew's Law" is in the countless lives it will save."

New York and Pennsylvania have similar laws protecting school children from sudden cardiac arrest.

## AEDs in the News

For more information on the following stories, contact Lifework at 410.418.4989.

- Cheney University in Pennsylvania is screening student athletes for cardiac arrest with echocardiograms. The university is spending \$17,000 of its athletic budget to screen 160 students. Athletic trainers also stress the importance of having AEDs.  
*6ABC, August 22, 2006*
- A Grand Forks, North Dakota man was saved by an AED after he went into cardiac arrest while mowing his lawn. Police officers responding to the 911 call had an AED in their car. The police defibrillator was presented through a foundation that has placed 255 AEDs in North Dakota.  
*Grand Forks Herald, August 16, 2006*
- Illinois Lt. Governor Pat Quinn announced a new matching grant opportunity for public schools, park districts, and colleges to purchase AEDs. The Illinois Heartsaver Fund has more than \$100,000 available in the fiscal year 2007 budget. "Our goal with this initiative is to make defibrillators as common as fire extinguishers in our state," Quinn said.  
*The Southern, August 12, 2006*
- A Colorado senior center recently received an AED through funding from the Health Resources and Services Administration Rural Access to Emergency Devices Grant. "I would be most happy if this machine sat in its case and we never had to use it," a senior center board member said, "but you just never know. It's nice to have if we need it."  
*The Daily Record, August 5, 2006*
- The Ontario government is moving forward with its plan to install 250 AEDs in 100 provincial buildings. The Heart and Stroke Foundation of Ontario is also working to raise funds for AEDs in Ontario communities. Rocco Rossi, CEO of the Foundation said, "We believe that defibrillators should become as common as fire extinguishers because they are just as powerful in the fight to save lives."  
*Canada News Wire, August 1, 2006*



### Changes to the Maryland AED Law

A change in the Maryland AED law allows authorized AED facilities to obtain medical direction through Regional Council AED Committees. It is hoped that by providing additional medical direction options, more facilities will be able to implement Early Defibrillation Programs.

For more information about this or about Lifework's own Medical Direction Program, contact Lifework at 410.418.4989.

## updating defibrillators to meet the **AHA 2005 Guidelines**



“New Guidelines.” If you’ve been around Lifework for just a few minutes this year, you’ve heard that phrase many times.

Last December, the American Heart Association (AHA) released updated Cardiopulmonary Resuscitation (CPR) and Emergency Cardiovascular Care (ECC) Guidelines. These guidelines emphasize that high-quality CPR, particularly effective chest compressions, contributes significantly to the successful resuscitation of cardiac arrest patients. For Automated External Defibrillator (AED) users, one of the most important changes is a new one-shock defibrillation protocol.

What does this mean for you? The next time you take a CPR/AED class, there will be some changes in the way you perform compressions and deliver breaths. Also, your AED will need to be updated to meet the new protocols.

Lifework began teaching the new guidelines in our CPR/AED/First Aid classes in June 2006. We sent letters to our Philips AED clients about updating their AEDs that same month. HeartSine AED clients should receive information about updating their units early September 2006.

In the meantime, the new recommendations do not mean the use of previous guidelines is either unsafe or ineffective, including the use of defibrillators that were designed to conform to those earlier guidelines. In the months to come, it will be difficult to know whether the AED at the airport or your local mall has been updated.

**It is important to follow your AED’s prompts during a cardiac arrest.**

If you have any questions or concerns about the 2005 Guidelines, updating your unit, or your Early Defibrillation Program in general, please feel free to contact us. As always, we are here to serve as your Early Defibrillation experts.

NOTE: The deadlines for ordering Philips trade-ins and some factory upgrades is **December 2006**. Contact Lifework for more information, 410.418.4989 ext. 113.

### American Heart Association BLS Instructor Course

Lifework invites qualified individuals to attend a Basic Life Support Instructor and Heartsaver First Aid Instructor Course.



**Saturday,  
September 16, 2006**  
and  
**Saturday,  
September 30, 2006**  
9am to 4pm  
**Landover, Maryland**

For more information regarding cost, pre-requisites and how to register, contact Kerry Cleaver in the Lifework Training Center, 410.418.4989 ext. 114.

## upcoming heart & heart healthy events

### Events

September 12, 2006

National Institutes of Health

#### **National Heart, Lung, & Blood Advisory Committee Meeting**

Bethesda, Maryland

for more information:

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

October 16, 2006

One Less Car

#### **Tour du Port**

Baltimore, Maryland

for more information:

[www.onelesscar.com](http://www.onelesscar.com)

October 20-22, 2006

#### **Shenandoah Fall Foliage Bike Festival**

Staunton, Virginia

for more information:

[www.shenandoahbike.org](http://www.shenandoahbike.org)

October 28, 2006

American Heart Association

#### **Baltimore Heart Walk**

Baltimore, Maryland

for more information:

[www.heartwalk.kintera.org/baltimore](http://www.heartwalk.kintera.org/baltimore)

October 28, 2006

Marine Corp Marathon

#### **Healthy Kids Fun Run**

Washington, DC

for more information:

[www.marinemarathon.com](http://www.marinemarathon.com)

October 28, 2006

#### **Seaside 10 Mile & 5K Run**

Ocean City, Maryland

for more information:

410.250.0125

October 29, 2006

#### **Marine Corp Marathon**

Washington, DC

for more information:

[www.marinemarathon.com](http://www.marinemarathon.com)

October 30, 2006

National Institutes of Health

#### **National Heart, Lung, & Blood Advisory Committee Meeting**

Bethesda, Maryland

for more information:

[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)

November 4, 2006

American Heart Association

#### **Howard County Heart Walk**

Ellicott City, Maryland

for more information:

[www.heartwalk.kintera.org/howard-county](http://www.heartwalk.kintera.org/howard-county)

November 4, 2006

American Heart Association

#### **Greater Washington Region Heart Walk**

Washington DC

for more information:

[www.heartwalk.kintera.org/dc](http://www.heartwalk.kintera.org/dc)

November 12-15, 2006

American Heart Association

#### **Scientific Sessions 2006**

Chicago, Illinois

for more information:

[www.americanheart.org/presenter.jhtml?identifier=3038771](http://www.americanheart.org/presenter.jhtml?identifier=3038771)



### Walk With Lifework!

October 21, 2006

Susan G. Komen

Breast Cancer Foundation

#### **Race for the Cure**

Baltimore, Maryland

for more information:

[www.komenmd.org](http://www.komenmd.org)

Lifework has a team that will be participating in the Susan G. Komen Race for the Cure's 5K Walk. If you'd like to walk with us or donate to our fundraising efforts, please contact:

Amy Galloway

410.418.4989 ext. 114

[amy@lifeworkhealth.com](mailto:amy@lifeworkhealth.com)

Donations can also be made on the race website. Look for the Lifework Team under the "Pledge to a Team" link.

