

## Cottage Country Cardiac Response Program “Time is Muscle”

Together the three most common cardiovascular emergencies **Cardiac Arrest, Heart Attack and Stroke** are by far the leading cause of death amongst Canadians. The key to achieving the best possible outcome in each of these situations is “time” – time to recognition and time to treatment, both basic and advanced.

Cottage life by its very nature has a number of built in time barriers. Having family, friends and neighbours trained and equipped to recognize and respond to cardiovascular emergencies will help to offset these challenges. Research shows that when people survive cardiac arrest there is almost always meaningful bystander intervention.

In the 90 minute *Cottage Country Cardiac Response* program you will learn and practice the core skills needed to respond to cardiovascular emergencies;

- **Cardiac Arrest** occurs when the heart stops beating effectively. Without treatment death will follow in a few minutes. Learners will practice effective **CPR Chest Compressions** that keep oxygenated blood circulating and are a proven contributor to good outcome. (The role and techniques for CPR ventilations will be discussed and demonstrated by the facilitator) Learners will have an opportunity to get “hands-on” practice with an **Automated External Defibrillator or AED**. These simple to use devices have led to a dramatic increase in survival rates in many settings.
- **Heart Attack** occurs when there is a complete or partial blockage of a coronary artery. Discussion will focus on recognizing the signs and symptoms of heart attack in men and women and managing the patient until EMS arrives.
- **Stroke** occurs when there is a complete or partial blockage of a cerebral artery. Stroke symptoms will be taught as well as the simple “Cincinnati Stroke Test” used by first responders.
- **Inherited Heart Rhythm Disorders**, a relatively rare group of disorders, which may cause fainting episodes or cardiac arrest in young people. Discussion will focus on recognition of the warning signs and the appropriate response to fainting
- **9-1-1 Calling** is often the most stressful part of responding to an emergency. Strategies for helping the 9-1-1 call go smoothly and for reducing EMS time to patient contact will be discussed.

Each of us places our own value on our time. Attending the Cottage Country Cardiac Response program may prove to be the most valuable 90 minutes of your life.

Cost: \$20:00 per person, \$30:00 per two people

Class minimum 10 people Class maximum 20 people



Contact: Blake or Ian [bhurst@sostor.com](mailto:bhurst@sostor.com) 905-527-0462 or [iwestell@sostor.com](mailto:iwestell@sostor.com) 905-464-0543

Participation will help you to save a life. This is a non-certified course but certification can be arranged. The curriculum follows the guidelines set out by ILCOR & Heart and Stroke Foundation of Canada.

# Program Facilitator

## Blake Hurst

Blake Hurst is a professional educator and consultant, specializing in cardiac emergency response programming. With his combination of humour, passion and real world experience, Blake demystifies a complex and sometimes frightening topic.

Through a combination of hands-on exercises and discussion, Blake clearly demonstrates how every person can make a difference, and save a life. His goal is to build communities where virtually all bystanders will know what to do if a family member, friend or co-worker shows signs of stroke, heart attack or cardiac arrest.

Over the last decade Blake guided the growth of one of Canada's most comprehensive Public Access Defibrillation programs. Currently survival rates for out-of-hospital cardiac arrest in Halton Region are amongst the highest in North America.

Blake served for four years on the Board of Directors of the Canadian Sudden Arrhythmia Death Syndromes (SADS) Foundation and is the co-founder of PACED (Parents Advocating for Cardiac Education). In this capacity he continues to be instrumental in promoting provincial legislation and international discussion around the importance of raising awareness of the warning signs of inherited heart rhythm disorders in the paediatric population, a group of diseases that cause 400 young person deaths per year in Canada.

Blake's current projects revolve around strengthening each link in the Chain of Survival in Ontario communities with a strong focus on raising awareness of the warning signs of Heart Attack, Stroke and Inherited Heart Rhythm Disorders.

Intrinsic to all of his work is the ongoing development of curriculum and teaching techniques that engage learners and deliver key take away messages and skills.



