

STARTING HEARTS

• Save More Lives •

August 2020 Summer Newsletter

Eagle County "Stops the Bleed"



Vail Health President and CEO, Will Cook participates in Stop the Bleed Training

Eagle County Emergency Services, Eagle County Public Safety Council, Starting Hearts, and Vail Health, are collaborating in a unique Stop the Bleed (STB) initiative throughout Eagle County. STB was created by the American College of Surgeons (ACS) in the aftermath of the Sandy Hook tragedy with a program that includes widespread placement of trauma kits in public locations and free education to citizens using the ACS curriculum.

Each partner in the collaboration has a unique role to play. The initiative began with a proposal by Eagle County Emergency Management followed with generous financial underwriting by the Eagle County Public Safety Council for the first 210 STP kits placed throughout Eagle County.

Starting Hearts placed the trauma kits in public buildings, schools, parks, and other locations throughout the county, utilizing existing on-site defibrillator cabinets for ease of access. "We are so pleased to be working in cooperation with our local safety agencies to provide tools necessary to respond in emergency situations," said Alan Himelfarb, Starting Hearts' Executive Director. "The Stop the Bleed program is a natural extension of Starting Hearts' efforts to address our mission to save more lives."

K-LOVE takes a "Closer Look" with Starting Hearts

What a surprise to get a call last month from K-Love's Regional Public Affairs Manager, Felipe Aguilar. Felipe had heard about Starting Hearts' mission and programs and wanted to find out more about what we do here in Eagle County and feature it on their Closer Look Sunday night segment. Felipe was more than pleased to learn about how our organization achieves above national average life-saving outcomes for people who have suffered a Sudden Cardiac Arrest.



Felipe Aguilar of K-LOVE interviews Alan and Jackie of Starting Hearts.

In this interview, we cover such topics as: life-saving citizen bystander care, partnership with local EMS, fire departments, law enforcement, schools and colleges, the State of Colorado "CARES" program, public education and our statewide expansion plan. Listen to the recording here: [K-LOVE Interview](#)

CARES Corner

To read the full article, and learn more about the latest Starting Hearts News and information, visit [Stop-the-Bleed Press Release](#)

Executive Director Update

Each month, enjoy the latest Starting Hearts updates from Executive Director, Alan Himelfarb. This month Alan touches on some highlights discussed in this issue, and mentions a surprise at the end of the video which we'll all look forward to hearing more about in next month's newsletter. Something really fun is coming at the end of October, and we're not talking about Halloween. Stay tuned!



Alan Himelfarb, Starting Hearts Executive Director

CPR Classes

Need your CPR Certification or recertification? Why not take part in a blended learning class? A Red Cross blended learning class allows you to take a portion of the class online from the comfort of your home, followed by hands-on skills training with one of our Starting Hearts Instructors. By successfully completing the online and hands-on training, a standard 2-year Red Cross certification will be issued.

To register for a class, visit: [CPR Class Registration](#) and choose the day and time of your choice.



We are happy to report that Colorado is making great progress in the state-wide participation of the CARES program, with over 60 agencies and over 40 hospitals involved.

This is great news because additional participation provides data which helps increase the rate of survival for SCA victims. The ultimate goal of CARES is to have 100% agency support across the state covering all of the population.

CARES is the only registry that brings together EMS Data and hospital outcomes. Agencies include first responders, EMS, fire and police working as one to compile reports for optimal outcomes across our communities.

Each year, over 350,000 persons in the United States experience an out-of-hospital cardiac arrest (OHCA) or sudden death; approximately 90% of persons who experience an OHCA die. Despite decades of research, median reported rates of survival to hospital discharge are poor (10.4%) and have remained virtually unchanged for the past 30 years. Without a uniform and reliable method of data collection, communities cannot measure the effectiveness of their response systems, nor can they assess the impact of interventions designed to improve OHCA survival.

CARES was developed to help communities determine standard outcome measures for OHCA locally, allowing for quality improvement efforts and benchmarking capability to improve care and increase survival.

Curious to know if your local EMS agencies and hospitals are actively involved in CARES? Have any CARES inquiries? Feel free to reach out to Starting Hearts CARES Coordinator, Jillian Moore at jillian@startinghearts.org.

Did you know?

Starting Hearts offers free CALL.PUSH.SHOCK™ classes, on and off-line CPR/DEFIB Certification

Classes, as well as Defibrillator Sales and Service? If you'd like to know more about any of our programs or would like to partner with us, please contact us at the information below.

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Connect with us

