

The Community Heartbeat Trust

The Community Heartbeat Trust is a national charity focused on the provision of life saving defibrillation equipment to local communities. Working in co-operation with the Ambulance service, its aims are:

-  To support communities in provision of AED Community Public Access Defibrillators (cPAD) and other community resilience services.
-  To promote, educate and train in all aspects of "First Person on Scene", "Emergency First aid", "Basic Life Support" and similar medical programmes and schemes.
-  To fully support the establishment of Community Responder (or similar) schemes in local communities
-  Help with policies, insurance, governance and long term support to defibrillator sites to ensure they are ready 99% of the time
-  Via our WebNos™ Governance system providing a National Defibrillator Database that maps as well as updates the status of defibrillators and whether they are ready for use - WWW.NDDB.UK

What is a Defibrillator or AED?

A defibrillator delivers an electrical current through the chest which aims to shock and stop the heart, letting it reboot back into a normal rhythm allowing it to pump again. Rapid response using automated technology can significantly improve the quality of life of a survivor, as the longer, the brain is starved of oxygen, the more damage can occur

An AED is a portable defibrillator which uses intelligent technology to restore a "shockable" heart rhythm. When applied to a patient, a sequence of voice commands and screen messages guide the user through the defibrillation process. This means the machine may be used safely by people with no medical background or training. Under current guidelines, an AED should not be restricted to use by trained personnel only.

"IN THE UK ALONE, FIGURE SHOW THAT APPROXIMATELY 200 PEOPLE PER DAY SUFFER AN UNEXPECTED CARDIAC ARREST. MOREOVER, A LARGE CLINICAL STUDY SHOWED FOR EVERY MINUTE THAT PASSES, THE CHANCES OF SURVIVAL DECREASES BY MORE THAN 20%. TIME IS OF THE ESSENCE. AEDS NEED TO BECOME AS COMMON AS FIRE EXTINGUISHERS IN ALL PUBLIC PLACES AND WORK ENVIRONMENTS - THEY ARE AT LEAST AS IMPORTANT IN ORDER TO SAVE LIVES. THE COMMUNITY HEARTBEAT TRUST SCHEME DOES A VERY GOOD JOB WITH ITS COMMUNITY DEFIBRILLATION PROGRAMMES ACROSS THE COUNTRY AND I STRONGLY SUPPORT ITS EFFORTS"

Professor Douglas Chamberlain, CBE




HEART ATTACK?

-  CRUSHING CHEST PAIN
- SHORTNESS OF BREATH
- SWEATING

CAN BE SUDDEN, BUT ALSO CAN BUILD OVER MINUTES TO HOURS.

IS CAUSED BY A BLOCK IN THE CORONARY ARTERIES, USUALLY A BLOOD CLOT

CARDIAC ARREST?

- THE VICTIM STOPS BREATHING AND CANNOT RESPOND
- 
- VICTIM BECOMES UNCONSCIOUS ALMOST IMMEDIATELY
- 
- CAUSED BY AN ELECTRICAL MALFUNCTION THE HEART STOPS BEATING OR QUIVERS LIKE A JELLY

MINUTES

MATTER

IF NOT ALLERGIC HAVE THE VICTIM CHEW AN ASPIRIN

IF THE PERSON HAS AN OXYGEN TANK TURN IT ON AND TURN IT UP.

TRY TO KEEP THE PERSON CALM UNTIL HELP ARRIVES

BEGIN CPR AS SOON AS POSSIBLE

IF YOU ARE ON YOUR OWN CONTINUE CPR UNTIL THE AMBULANCE ARRIVES

999 CALL HANDLER WILL DIRECT YOU TO THE NEAREST COMMUNITY DEFIB IF SOMEONE IS WITH YOU TO FETCH IT SHOULD ONE BE AVAILABLE

For help and advice on all aspects of community defibrillation, training, liability, governance, provision and fund-raising please contact the Community Heartbeat Trust