



What is ReStart DC?

The ReStart DC program is a community outreach project of the Cheney Cardiovascular Institute at George Washington University (GWU) designed to educate the public and raise awareness of Sudden Cardiac Arrest and the need for public access to Automated External Defibrillators (AEDs). The program will donate 200 AEDs to organizations serving low-income communities throughout the Washington DC metropolitan area.

What does AED stand for and what is an AED?

AED stands for "Automated External Defibrillator." It is a device used to administer a life-saving electric shock in cardiac emergencies, particularly Sudden Cardiac Arrest (SCA).

How does an AED work?

An AED can recognize and distinguish between abnormal and normal heart rhythms. The AED will momentarily stop an abnormal heart rhythm (fibrillation) and return the heart to a normal rhythm. The AED gives visual and audible prompts to guide the user through the operation of the device.

What is sudden cardiac arrest?

Sudden cardiac arrest is a condition that occurs when the heart beats irregularly and stops pumping blood effectively through the body. This causes a person to become unconscious almost immediately.

Is sudden cardiac arrest the same as a heart attack?

No, a heart attack involves an interruption of blood flow through an artery due to plaque or a clot, which can often be treated. Sudden Cardiac Arrest (SCA) involves an interruption of blood flow due to a problem with the body's electrical system affecting the heart's rhythm.

Why does our organization need an AED?

The only treatment for SCA is the prompt delivery of a shock with a defibrillator. An AED is an essential, easy to use, device that can quickly restore the heart's normal rhythm.

How beneficial are AEDs?

The nationwide survival rate for out-of-hospital cardiac arrest is only five percent. Early defibrillation with an AED can save up to 74 percent of victims within the first few minutes of sudden cardiac arrest.

How safe are AEDs?

AEDs will not deliver a shock to someone who is not in cardiac arrest. When used properly, AEDs are quite easy to operate and pose no risk to either the rescuer or the patient.

How does ReStart DC work?

ReStart DC consists of three phases with Phase 1 now underway. In this phase the Cheney Institute will donate 50 AEDs and related training to organizations serving low-income communities in Washington, DC.

Phase 2 will be implemented in 2009 with the donation of an additional 150 AED packages in Washington, DC and nearby Maryland and Virginia.

In Phase 3 the Cheney Institute will evaluate the program as a model for other cities and states and seek to extend it throughout the country.

Which organizations will be selected to participate in the ReStart DC program?

The Cheney Cardiovascular Institute in collaboration with Faithworks, a community development group, has established criteria for selecting organizations serving low-income communities within Washington, DC. Faithworks will help guide the process and manage the selection of sites. Criteria established for selecting an organization consist of the following:

- Number of constituents served and frequency of gatherings
- Organizations primarily serving low-income persons
- Organizations that serve seniors and/or have senior centers
- Organizations with excellent reputations that have demonstrated a commitment to their community
- Organizations that currently do not have an AED
- Organizations and leaders with an interest in the heart health of their communities who can be Ambassadors for the program

What is included in an AED package?

The Restart Donation Package includes the following:

- One AED - Philips HeartStart OnSite Defibrillator
- AED and CPR on-site, one-time training for 2-year certification for up to 9 individuals
- One year of medical direction and oversight (required in DC and provided by the GW Department of Emergency Medicine)
- Registration of device (required in DC)

Upon receiving an AED what is my involvement with the Cheney Cardiovascular Institute?

As a recipient of an AED ReStart Package you will be asked to sign a one-year participation agreement to acknowledge your organization's responsibility to participate in training and maintenance of the device beyond the initial year. Your organization will be encouraged to promote awareness of sudden cardiac arrest and the need for AEDs. Promotion will come in the form of participating in public relations events and/or agree to being profiled for public relations opportunities.

How much do I have to pay for the AED device?

The ReStart AED package will be provided to qualified organizations as a donation free of charge. This donation includes the AED device and wall cabinet at an estimated value of \$1,700 and the initial medical direction, oversight, and training at an estimated value of \$1,440. After the one-year participation agreement is fulfilled it will be the responsibility of the organization to maintain the device, stay current on training and obtain the required medical direction.

After the first year what is my organization's financial responsibility for having an AED?

The continuing financial responsibility for an organization after the first year will include replacement of the pads every two years, battery replacement every four years, and training renewal every two years. Prices may vary and are set according to the manufacturers guidelines.

- Medical oversight per year \$100.00 (if provided by GW-Emergency Medical Department)
- Replacement of the pads every two years about \$ 60.00
- Battery replacement every four years about \$145.00
- Training renewal every two years – varies dependent upon provider

How will training be provided to my organization?

The Cheney Cardiovascular Institute has contracted with The George Washington University Department of Emergency Medicine (GW –Emergency Medicine), which will enter into an agreement with your organization to implement the program and provide training. Your organization will schedule a convenient training appointment with GW- Emergency Medicine Training Center and participate in the CPR/AED training program. The ReStart package integrates both CPR and AED training for up to 9 people in your organization.

What protection do individuals who use an AED on a SCA victim have?

Good Samaritan laws exist in virtually all states including the District of Columbia. This means that individuals cannot be held liable if a victim is harmed by providing improper or inadequate care if the harm was not intentional.

What protection is there for my organization if someone has sudden cardiac arrest and is not saved?

According to the AED law established in DC, any entity or person who, in good faith and without compensation, uses an AED to provide emergency care or treatment shall be immune from civil liability for any personal injury resulting from the care or treatment, or resulting from any act or failure to act in providing medical treatment. There is no liability if a person acts as an ordinary, reasonably prudent person should act under the same or similar circumstances.

Who can my organization contact for additional information on the ReStart DC program?

The Cheney Cardiovascular Institute welcomes your questions regarding ReStart DC.

Contact: **Restart DC**
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