



A community can receive the Cardiac Ready designation with the following four steps:

Organize: First, community stakeholders (elected officials, public health professionals, residents, etc.) unify as a team and agree to pursue the Cardiac Ready designation. Often, a lead coordinator serves as a liaison to the North Dakota Department of Health.

Inform: The community coordinator arranges a meeting with a representative from the North Dakota State Cardiac System, who evaluates the community's current readiness and plan to meet program criteria. This includes access to automated external defibrillators (AEDs), awareness campaigns and community AED and CPR training.

Implement and Track: After the conditions for Cardiac Ready designation are understood, the community works to update local practices and services per program standards.

Request Review: The North Dakota Department of Health reviews community progress when a request is submitted. After this evaluation, the community will either receive feedback for areas of improvement or be granted Cardiac Ready Community designation.

IS YOUR COMMUNITY PREPARED TO BE CARDIAC READY?

For questions or assistance with the North Dakota Cardiac Ready Community program, please contact:

ND Cardiac Ready Community Program
Phone: 701.328.2388
Email: dems@nd.gov

EVERY MOMENT MATTERS

In a cardiac event like sudden cardiac arrest, **the first five minutes are the most critical.** But in rural North Dakota, there are often delays between a 9-1-1 call and the arrival of Emergency Medical Services (EMS) due to distance.

BECOMING A CARDIAC READY COMMUNITY

Each North Dakota community is different, with unique needs and challenges. However, to become Cardiac Ready, each community must satisfy specific criteria. These standards prepare residents with the skills to respond to cardiac events. This includes CPR instruction, public access to AEDs, blood pressure screenings, resuscitation protocols and transport plans for EMS and area hospitals.

FOUR STEPS TO COMMUNITY CARDIAC READINESS

Research shows that communities increase survival and recovery rates for victims of heart attack, stroke, or sudden cardiac arrest when residents:

1. **KNOW CARDIAC EMERGENCY SIGNS AND SYMPTOMS**
2. **ACTIVATE THE 9-1-1 SYSTEM FOR THESE EMERGENCIES**
3. **BEGIN CARDIOPULMONARY RESUSCITATION (CPR)**
4. **HAVE PUBLIC ACCESS TO AUTOMATED EXTERNAL DEFIBRILLATORS (AEDS)**

The Cardiac Ready Community program engages entire communities to be able to respond, assist and improve survival chances when an individual suffers a cardiac event.

**EMPOWERING
NORTH
DAKOTA
COMMUNITIES
TO ACTIVELY
LOWER
CARDIAC
MORTALITY
RATES**



**NORTH DAKOTA
CARDIAC READY
COMMUNITY
PROGRAM**

**BUILDING HEART STRONG
NEIGHBORHOODS**



DIVISION OF EMERGENCY MEDICAL SYSTEMS
1720 Burlington Drive, Bismarck, ND 58504
Phone: 701.328.2270 | Fax: 701.328.0357

CARDIACREADYND.ORG

