

## SaveMiHeart in Michigan

By Teri Shields, Michigan CARES Coordinator

In 2014, Michigan partnered with CARES as a statewide effort to report data on out-of-hospital cardiac arrest. The same year *SaveMiHeart*<sup>1</sup>, a non-profit initiative, was formed to unite the community, dispatch, first responders, EMS and hospital systems to improve cardiac arrest survival. Currently, the CARES registry covers approximately 7.9 million of the total 9.9 million Michigan residents. In 2017, there were 136 Michigan EMS agencies and 110 hospitals actively entering data into CARES. The goal is to have the entire state covered by 2020.



CARES has provided valuable data to identify areas for improvement. Recognizing cardiac arrest immediately and acting quickly has been shown to have the greatest impact on survival. *SaveMiHeart* aims to increase community awareness and education of sudden cardiac arrest and increase bystander compression-only CPR and AED use rates. The bystander CPR rate in Michigan has stayed between 36% and 40% over the past 4 years. The percentage of cardiac arrest patients who had an AED applied prior to EMS arrival was 32% in 2014 and 34.7% in 2017. A current project, *Hands on the Heart of Detroit*, focuses on populations located in neighborhoods with high incidence of cardiac arrest

and low rates of bystander response. Programs such as this working together with community, faith-based and school organizations will help create measurable change in improving survival.

*SaveMiHeart* has collaborated with the University of Michigan athletics program to provide CPR and AED training during football pregame tailgating and also shows a PSA video<sup>2</sup> in the stadium to over 100,000 spectators. The fun yet educational video has gained popularity and has been shown at other sporting events throughout the year.

CARES has allowed Michigan communities, which range from remote rural to suburban and urban populations, to address areas for improvement by providing a user-friendly tool to measure performance and provide meaningful feedback to continually improve their system of care.

*SaveMiHeart* works with EMS agencies to recognize and reunite survivors with their rescuers. Bystander intervention along with an excellent system of care often means the difference between a life SAVED and one lost. Utilizing CARES as a strategy to accomplish the mission of *SaveMiHeart* to double survival in our state by 2020 has already helped save additional lives.

<sup>1</sup> <https://www.savemiheart.org/about>

<sup>2</sup> <https://www.youtube.com/watch?v=QLyxKFSwX5M>