



## Getting Hands-On with MedStar

As part of MedStar's 25th Anniversary year, the organization has initiated a campaign to help members of the public be more willing and able to provide aid to someone suffering a cardiac arrest.

The goal of MedStar's **25 in 5 Community Chest Compression Campaign** is to teach a simple form of hands-only CPR to 25,000 people over the next five years.

Chest compressions are quick to learn, easy to do and could give someone with cardiac arrest a second chance at life. Through this campaign, MedStar will provide free instruction at community events, local business, schools and churches and other public gatherings.

Statistics show that fewer than 20% of those suffering a cardiac arrest will receive aid from a bystander before a first responder arrives. However, early and effective chest compressions have proven to have a significant impact on cardiac arrest survival rates.

MedStar kicked off the **25 in 5 Campaign** at April's Main Street Arts Festival in Fort Worth and followed a couple of weeks later by hosting a booth at MayFest, 2011. MedStar was pleased to be joined at both events by members of the Fort Worth Fire Department.



MedStar has also hosted free chest compression training at several health fairs and other events, including the Walk Like MADD 5K, Tarrant County College Health Fair, Tarrant County Sheriff's Office Health Fair and the Silver Sneakers Club meeting at Huguley Fitness Center.

**MedStar Chest Compression Tally: 2,356**

## April Compliance

Higher-than expected call volume continues to present challenges for meeting response time goals. While the average response time is far below goal, it takes being only 1 second beyond the goal for a call to be considered late and be out of compliance.

MedStar is still in the process of increasing staff levels and implementing additional unit shifts during peak times in order to better address the call volume. And, May is looking good!

### System Performance April 1-30, 2011

(Figures listed have been finalized.)

Response time goals (90% of time):	
Priority 1	9 min. or less
Priority 2	11 min. or less
Priority 3	15 min. or less

Call Priority	# of Calls	On Time %	Avg. Resp. Time
1	2029	86.2%	5.55
2	3121	89.6%	6.18
3	3192	89.1%	8.34
<b>Total</b>	<b>9,023</b>		



**Fewer than 20% of people having cardiac arrest get help from a bystander.**

**In fewer than 20 minutes, you can become The Bystander with *The BEAT!***

### This is Not Your Granddaddy's CPR!

Nowadays, CPR has gone "Hands Only." Studies show that survival rates go up with early and effective chest compressions. No more complicated counting or icky mouth-to-mouth!

## LEARN TO BE A LIFESAVER!



Chest Compression  
Training hosted by



More Information:  
www.medstar911.org  
(817) 632-0507