



## Automated External Defibrillation Program

Over 400,000 Americans die of sudden cardiac arrest every year. Thousands of these deaths could have been prevented if an automated external defibrillator (AED) had been available.

Federal Occupational Health (FOH) offers a package of comprehensive AED services to Federal agencies that include medical direction and oversight to assure that:

- Programs are based upon best practices and current standards of care.
- AED responders are appropriately trained and confident in their skills.
- A qualified physician reviews each cardiac event tracing and subsequent response for quality assurance purposes

FOH is a non-appropriated agency that provides occupational health and wellness services exclusively to federal employees. FOH was created by Congress in 1946 by an amendment to the Public Health Service Act (42 U.S.C.), and is a service unit within the Department of Health and Human Services (HHS), Program Support Center. Our **mission** is to improve the health, safety, and productivity of the federal workforce.

Technological advances in medicine have made it possible for non-medical persons to save the lives of someone in cardiac arrest through the use of (AEDs). About the size of a laptop computer, an AED is a computerized device that analyzes the heart rhythm and prompts a rescuer to deliver an electrical shock if needed. When AEDs are used in conjunction with CPR, they can increase survival rates between 50 and 80 percent.

In recent years, the Federal government has enacted legislation to make portable AEDs more widely available, as well as reduce the response time in cases of cardiac arrest. Legislation, such as the Aviation Medical Assistance Act (Public Law 105-170), Cardiac Arrest Survival Act (Public Law 106-505), and Community Access to Emergency Devices Act (Community AED Act, Public Law 107-188) have paved the way for the placement of AEDs in public places, state facilities, and Federal buildings.

AEDs are becoming the standard in public buildings. FOH partners with Federal agencies to help implement successful and sound AED programs. The Department of Health and Human Services' (HHS) Guidelines for Public Access Defibrillation Programs in Federal Facilities endorses strong physician oversight of federal AED programs. FOH's medical professionals can provide such oversight.

Sudden Cardiac Arrest is an important clinical and public health problem. Given that emergency medical service (EMS) response time can range from 8 to 25 minutes (depending on availability), the value of AEDs in management of sudden cardiac arrest is clear. Chances of survival decrease by 7% to 10% for each minute that passes without defibrillation. Portable AEDs, once the domain of highly trained emergency professionals, are easy to use and fast becoming the standard of care in several industries.

Among the services FOH provides:

### **Development of Customized AED Programs and Protocols**

FOH will design an individually tailored AED Program and site-specific protocol for your agency based on your agency's specific AED needs including the type, number, and location of AEDs required for optimal response. Our program incorporates guidelines from the American Heart Association and the HHS. Our AED team will also help identify persons to be trained as AED Responders, design AED Responder activation systems, and coordinate your AED Program with local Emergency Medical Services organizations.

### **FOH's AED "Team" Approach**

FOH's AED Team is comprised of our AED Medical Director and the FOH AED Program Specialists who will work with your AED Site Coordinator to develop customized protocols for each of your facilities. The FOH Team will assist in the purchase and placement of AED equipment as well as help establish guidelines for equipment maintenance.

Our AED Team will identify and establish your agency's AED Response Team, coordinate training sessions, and assist in organizing quarterly practice sessions.

Finally, FOH will work with your agency to establish an emergency response communication system and implement a Quality Assurance protocol for your AED Program.

### **CPR and AED Training**

FOH's AED Team will provide CPR and AED training programs for AED Responders and others as appropriate. This program includes approximately four hours of initial training as well as periodic practice sessions to ensure that they remain familiar with protocols and equipment.

### **Equipment Purchase**

FOH can assist in the purchase of AED supplies and equipment. AED Training Units are also available to enable AED Responders to practice multiple scenarios without the cost of a fully functional AED device.

### **Sudden Cardiac Arrest Event Analysis**

Using special computer software, the FOH AED Medical Director will analyze the information from each cardiac event tracing, which records the victim's rhythms and timing of shocks delivered. In addition, the Director will prepare a report about the event, the response, and recommendations for improvements to the responders.

### **Critical Incident Stress Management**

Deaths and near-deaths in the workplace are stressful events. Should a sudden cardiac arrest event occur, FOH can help your agency's AED Site Coordinator arrange for Critical Incident Stress Management Services (CISM) through FOH's Employee Assistance Program (EAP) within 24 to 48 hours of the event. If your agency is not currently enrolled in FOH's EAP, FOH can provide Critical Incident Stress Management debriefings on a fee-for-service basis.

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## **FOH, the Occupational Health Provider of Choice for the Federal Government**

**T**he mission of FOH is to improve the health, safety, and productivity of the federal workforce. Created by Congress in 1946, FOH is a non-appropriated service agency within the Department of Health and Human Services (HHS), Program Support Center.

Federal agencies throughout the U.S. and overseas can access FOH services. FOH provides worksite health services, Wellness/Fitness, Employee Assistance Programs (EAP), Work/Life, Environmental Health and Safety, Organizational and Professional Development, and Training and Education.

Make Federal Occupational Health your partner in building a healthier, more productive work force. For more information, please visit us at [www.foh.dhhs.gov](http://www.foh.dhhs.gov) or call us today at **1-800-457-9808**.