

Creating a Community of Lifesavers in Mid Ulster Council Area

**Community
Resuscitation
Group**



Action Plan 2019 – 2023

Draft Version 4.0

September 2019

Background

The Community Resuscitation Strategy for Northern Ireland was launched in July 2014 with a vision to increase survival for those who suffer an out-of-hospital cardiac arrest, to the highest level that can be achieved across Northern Ireland.

The objectives set out in the Strategy are to:

1. raise public awareness of the importance of early recognition of an out-of-hospital cardiac arrest, and the importance of early intervention;
2. encourage members of the public to intervene in the event of an out-of-hospital cardiac arrest;
3. increase the availability of, and access to, appropriate and effective CPR training provision across Northern Ireland;
4. achieve high uptake of CPR training;
5. make the most efficient use of the resources available to support community resuscitation training
6. improve the availability of, and access to, the automated external defibrillators that are in place across Northern Ireland, and
7. enhance the capacity of information systems to capture and provide key data on out-of-hospital cardiac arrest and patient outcomes.

Action Plan

This plan sets out the priority actions to be taken forward over the period 2019-2023 with an emphasis on CPR/AED and PAD related actions.

During 2019-2023, the Mid Ulster Council (MUC) Community Resuscitation working group will continue to work to identify, and develop the Community Resuscitation themes across MUC area ensuring that outcomes in terms of survival are maximised. This requires collaboration by all partners to avoid duplication of effort, pool resources and expertise. It is hoped that working collaboratively will enable a Community of Lifesavers to be created within the MUC area.

The action plan takes cognisance of other related regional strategies and action plans and is intended to work alongside these. These include:

- Making Life Better – A Whole System Framework for Public Health. 2013-2023
- EANI related strategies
- Council Community Plans

R = Red	Action/Project unlikely to be delivered. Requires immediate action.
A = Amber	Action/Project delayed/stalled. May require action.
G = Green	Moving forward, No immediate action required.

	Objective	Actions	Due date	Responsible	Progress	RAG status
E1	Baseline Schools registered to teach CPR Education	Scope the MUC Area for number of Primary, Post Primary, Special Schools and Learning Centres registered to teach CPR Education	March 2018	EANI NIAS BHF	Baseline area profile shows that 78 (64%) of the 121 schools in MUC are registered within the Call Push Rescue or Heartstart Programme. This excludes Nursery and Pre-Schools.	
E2	Increase % of schools registered to teach CPR Education	Encourage schools who have not registered with either Call, Push, Rescue or Heartstart Programmes to teach CPR education to do so	June 2022	EANI NIAS BHF	In April 2018, 43 Primary schools were not participating in the Heartstart Programme. (7 are in the legacy NEELB area and 35 in the legacy SELB area). All Post Primary and Special Schools in the Council area are registered to teach Heartstart or Call Push Rescue. It is currently not a priority to recruit non-registered CPR schools due to resource requirements to provide the schools with manikins to teach.	
E3	Include CPR Education as a mandatory element within the NI Curriculum for both Primary and Post Primary Schools. Personal Development outcomes will include ' demonstration of emergency first aid skills'	Elected members, NIAS, EANI work jointly to address CPR education within the school curriculum	June 2022	EANI BHF MUC NIAS	This has not been progressed to date due to capacity, resource requirements to provide the schools with manikins and also the political landscape currently in NI.	

COMMUNITY						
	Objective	Actions	Due date	Responsible	Progress	RAG Status
C1	Establish a baseline for members of the public (over 18yrs old) <u>willing & able to provide CPR</u>	NIAS will work with Department of Health to develop questions for adults over 18 yrs as part of the NI Health Survey.	June 2020	MUC NIAS	CPR and AED questions for members of the public have now been included in the NI Health and Wellbeing Survey which commenced Oct 2018 and will continue until April 2020. The results will be regional and not council specific so may require a council to extrapolate the NI figures for Council area specific statistics.	
C2	Establish a baseline for members of the public (over 18yrs old) <u>trained in CPR</u> in the past 5 years	NIAS to agree questions to be asked to obtain the information required	June 2020	NIAS	CPR and AED questions for members of the public have now been included in the NI Health and Wellbeing Survey which commenced Oct 2018 and will continue until April 2020. The results will be regional and not council specific so may require a council to extrapolate the NI figures for Council area specific statistics,	
C3	Establish a baseline for children aged 11-16yrs who are <u>willing and able</u> to provide CPR	NIAS will work with Department of Health to develop questions for 11-16 yr olds as part of the NI Health Survey	June 2020	NIAS	CPR & AED questions have been finalised for children aged 11-16yrs and will be part of the Young People's Behaviour & Attitudes Survey commencing Oct 2019	

C4	Establish a baseline for children aged 11-16yrs who are <u>trained in CPR and the use of an AED</u> during their school years	NIAS will work with Department of Health to develop questions for 11-16 yr olds as part of the NI Health Survey	June 2020	NIAS	CPR & AED questions have been finalised for children aged 11-16yrs and will be part of the Young People's Behaviour & Attitudes Survey commencing Oct 2019.
C5	Establish a model to build capacity for CPR training across Community & partner organisations within Mid Ulster Council Area.	MUC, NHSCT & SHSCT Community Development teams to signpost Community Groups to CPR training. Partner organisations to consider ways for CPR training to be embedded in their routine business	June 2020	MUC Sport NI NIAS	SportNI & NIAS have negotiated a pilot which includes MUC area for Sporting organisations to receive CPR training.
C6	All residential addresses would have a house number displayed.	Explore the potential of a campaign to have residents display their house number, particularly in rural areas.	June 2020	MUC	It is a legal requirement to display your house number. Potential to have an article in the council magazine regarding the importance of having a house number displayed in an emergency. MUDC Campaign highlighted this issue in June 2018 "Is Your Number Up? Rural Homes Urged To Display House Numbers"

COMMUNITY FIRST RESPONDER SCHEMES						
	Objective	Actions	Due date	Responsible	Progress	RAG Status
F1	Assess need and feasibility for additional First Responder Groups in Mid Ulster Council area	<ul style="list-style-type: none"> Review number of CFR schemes in the MUC area. Review radius covered by the current CFR Schemes 	March 2019	MUC NIAS CFR Schemes	There are 3 CFR Schemes in the MUC area – Slaughtneil, Broughderg & Armagh and Tyrone CFR Schemes. The 3 schemes accounts for approx. 80 volunteers.	
F2	Work in partnership with NIAS to maintain and extend as appropriate the existing First responder schemes in the Mid Ulster Council area	<ul style="list-style-type: none"> Discuss ways of communicating the role of CFR Volunteers with MUC residents. Discuss how these schemes can be best supported. 	June 2020	NIAS MUC CFR Schemes	Consider the Council magazine to profile the CFR's and also the area they cover and the purpose of the Scheme.	
F3	Obtain statistical information for ambulance response times within MUC area	<ul style="list-style-type: none"> Provide annual statistics of ambulance response times across the MUC Area. 	Annually in Sept	NIAS MUC	2018/19 NIAS stats are: 27.2% of Category A calls responded to within 8 mins. The target is 72.5% of Cat A calls should be responded to within 8 mins.	

		All partners to have access to the AED Guidance document and awareness of how to register AEDs on the NIAS website	Dec 2019	All partners	AED Guidance and the AED map link has been made available to all partners.	
		Identify gaps of AED provision across MUDC to enable prioritisation of resource.	June 2021	All partners	Requests for AEDs will be assessed using the NIAS interactive map to ensure an equal spread across the Borough. Also Resuscitation Council UK provide a template to assess appropriateness and need for locating an AED.	
		Mid Ulster Council to consider the development of an AED policy/guidelines for Council owned AEDs.	June 2020	MUC NIAS	NIAS are in the process of developing a template which all councils will be able to adapt to their needs MUDC AED procedure being developed	

Business						
Objective	Actions	Due date	Responsible	Progress	RAG Status	
B1	Businesses within the MUC area will consider supporting the Chain of Survival concept for local communities and schools	<p>Explore the potential of the following with businesses:</p> <ul style="list-style-type: none"> • Sponsoring an Advert on a Community AED to help fund the purchase of it • Sponsor AEDs for Community First Responder Schemes • Sponsor CPR training equipment for Schools wishing to teach CPR 	June 2022	<p>MUC</p> <p>NIAS</p> <p>Chamber of commerce</p> <p>Business in the Community</p>	Further discussions are required as how this can be progressed.	

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COMMUNICATION						
	Objective	Actions	Due date	Responsible	Progress	RAG Status
M1	Communicate effectively the collaboration with all partners in Building a Community of Lifesavers in MUC area	Develop a Communication plan Develop key messages for all Communication channels Identify survivor stories Present on the Community Resuscitation Action Plan to Elected Members Discuss the language used regarding defibrillators and CPR	June 2020 Ongoing	MUC All partners NIAS	NIAS Presentation to MUDC Environment Committee Dec 2019	
M2	Restart a Heart week will be actively promoted and CPR awareness activities	All partners will play an active part in the promotion and delivery of CPR Awareness on World Restart a Heart week (16 th October)	April 2023	All partner organisations	Events across Mid Ulster during Restart a Heart week in 2019 with CPR Awareness delivered to over 200 participants	

	carried out.					
M3	To explore a mechanism of support for those affected by an Out of Hospital Cardiac Arrest	Adopt research evidence regarding emotional support for those who attempt CPR and those who survive an Out of Hospital Cardiac Arrest	December 2021	Northern Ireland Ambulance Service All partners		

DRAFT



Memorandum of Understanding

This Memorandum of Understanding (MOU) sets out the terms and understanding between

Between

Sport Northern Ireland/Northern Ireland Ambulance Service

And

Mid Ulster District Council
Antrim and Newtownabbey Borough Council
Armagh, Banbridge and Craigavon Borough Council
Lisburn and Castlereagh City Council
Ards and North Down Borough Council

To deliver the Heartstart Emergency Life Support (ELS) training course.

Background

As part of the community planning process, the Northern Ireland Ambulance Service (NIAS) and Sport NI have been working in partnership in the roll out of the Community Resuscitation Action Plans across the 11 council areas. It was agreed between the NIAS and Sport NI that the pilot phase would include 5 of 11 Council areas who currently have a Community Resuscitation Action Plan in place.

Registration and distribution of Defibrillators formed 1 of the actions in the plans and it is felt that this action is well underway and will be continually monitored.

A key element within the action plan is to build CPR training capacity within Council and partner organisations. In order to strengthen the Chain of Survival it is vital that people know how to perform CPR, which is a component within the Heartstart ELS Programme.

The Heartstart Programme is a British Heart Foundation evidence based ELS training programme, where people can be trained as Instructors to then deliver the Heartstart course to others. The programme includes, signs and symptoms of a Heart Attack, the unconscious casualty, CPR, bleeding and choking.

Purpose

The programme would involve training 12 people per council area (60 in total) as Heartstart Instructors who would then be required to run a minimum of 2 courses each in the next financial year 2020-21 (120 courses in total).

Partner commitment –

NIAS:

The Heartstart Instructor training would be delivered in Q4 2019-20 by the NIAS Community Resuscitation Team and is free of charge. Update training for Heartstart Instructors will be delivered annually.

SportNI

Sport NI's contribution to the project is the procurement and distribution of the equipment required to deliver the training.

Northern Ireland Ambulance Service:

The Northern Ireland Ambulance Service will deliver Heart Start training for the tutors in Quarter four 2019-20. This training is free.

Sport NI budget would be used to purchase equipment to assist with the roll out of the training e.g. manikins etc., this would also be completed in Q4 2019-20.

Council

- Coordinate the recruitment of volunteers in their local area. This will be done through each council's database of existing sports clubs. An email with the Expression of Interest, and role description will be circulated to all clubs.
- Councils will collate the returned Expression of Interests and with Sport NI will shortlist and approve applicants to participate in the pilot.
- House the equipment
- Provide administrative support for courses.
- Advertising available courses to clubs through Leisure's training programme
- Provide reports on participant numbers to Sport NI.

Reporting

Sport NI will complete a Project Score Card in line with OBA, 30 working days after the completion of the project on 31 March 2021.

Funding

MOU is not a commitment of funds. Although Sport NI have allocated £25,000 of exchequer funding which will be used in the development of the programme delivered in 2019-20 to purchase associated equipment as agreed with NIAS.

Duration

This MOU is at-will and may be modified by mutual consent of authorized officials from (partners as noted). This MOU shall become effective upon signature by the authorized officials from the (partners as noted) and will remain in effect until modified or terminated by any one of the partners by mutual consent. In the absence of mutual agreement by the authorized officials from (partners as noted) this MOU shall end on 31 March 2021.

Contact Information

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(Partner name, organization, position)

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(Partner signature)
(Partner name, organization, position)

News Release

October 2019

Mid Ulster Council help to create a community of lifesavers

Over the past four years, well over 1500 people in the District have benefitted from free CPR training as part of Mid Ulster District Council's annual Restart a Heart day events.

World Restart a Heart Day, which took place on Wednesday 16th October, is an annual initiative which aims to raise awareness of the importance of bystander Cardiopulmonary Resuscitation (CPR), to increase the chance of survival when someone has a cardiac arrest.

Organised by the Mid Ulster Community Resuscitation Group and led by the Northern Ireland Ambulance Service (NIAS) and the Council, the sessions provided participants with the knowledge and skills to deal effectively with someone who is unconscious and stopped breathing normally. The free awareness sessions for the public took place at Maghera Leisure Centre, Cookstown Leisure Centre and the Torrent Centre, Donnaghmore.

As part of the day, training was also delivered across the district to pupils in many of the local Primary and Post Primary Schools.

Each Year in Northern Ireland there are around 1,500 out of hospital cardiac arrests (OCHAs)

Every minute without CPR and defibrillation reduces the chances of survival by up to 10%. Many people simply don't have the skills and confidence to step in and help. These awareness events provided vital lifesaving skills to the local community.

Speaking before one of the training sessions, the Chair of Mid Ulster District Council, Councillor Martin Kearney, said, "I am delighted the Council, in partnership with Northern Ireland Ambulance Service organised these Restart a Heart Day awareness sessions to help deliver vital CPR training to people in Mid Ulster. The fantastic turn out is testament to how beneficial people found the sessions and validates the reasons why the Council chose to organise it in the first place"

“If the awareness sessions help to save one life in the future it will have been worthwhile in my opinion. As a result of today, we have added to the community of lifesavers in our area and as such more people across Mid Ulster will be more confident in applying bystander CPR in the case of a cardiac arrest, this could prove crucial in keeping the victim alive until ambulance crews arrive.”

The Chair concluded, “I would like to thank everyone involved in this week’s activities for making it the success it has been - from the Northern Ireland Ambulance Service, the Council, the health trusts, those who delivered the training and mostly the people who came out to take advantage of it.”

For more information on the day, or to hear what other initiatives will be taking place, contact Environmental Health at Mid Ulster District Council on 03000 132 132.

ENDS

Caps:

Pictured during this year’s World Restart a Heart Day, are, *****

For more information contact Mairead McNally, Mid Ulster District Council, E: mairread.mcnally@midulstercouncil.org or tel: 03000 132 132 Mob: 07816339825.