



**ALLEN
HOSPITAL**
IOWA HEALTH SYSTEM

Occupational Health



TAKING CARE OF
your
BUSINESS

February 2010

Help Save the Heart of Your Organization... Your Employees

The American Heart Association estimates that 63 million people in the U.S. have some form of cardiovascular disease. About two million Americans will have heart attacks or strokes this year, more than one-third fatal. In the workplace, cardiovascular diseases account for more deaths and disabilities than any other cause. Total costs will be about \$79 billion this year.

Automated external defibrillators (AEDs) are an important lifesaving technology and may have a role to play in the treatment of workplace cardiac arrest. Most sudden cardiac deaths occur outside of the hospital. It is estimated that 5 percent or less of victims of sudden cardiac deaths are successfully resuscitated and discharged alive from the hospital.¹ In a study of Public-Access Defibrillation (PAD), communities with volunteers trained in CPR and the use of AEDs had twice as many victims survive compared to communities with volunteers trained in CPR.²

References

1. Culley L., et al. "Public Access Defibrillation in Out-of-Hospital Cardiac Arrest: A Community-Based Study," *Circulation Online* (2004, March 15). Also available in Print, *Circulation* (2004, April)
2. Hallstrom, A. and J. Ornato, "Public-access-Defibrillation and Survival after Out of Hospital Cardiac Arrest," *New England Journal of medicine* 351.7 (2004, August 12): 637-646

Allen HeartAware Program Offers Free Employee Screenings for Businesses

The Allen HeartAware Program has helped many employees throughout the Cedar Valley assess the risk for heart disease. Working through employers, this program evaluates the risk of each individual through an online evaluation and simple instant blood test.

No matter what the score, everyone will benefit:

The HeartAware evaluation will inform each employee of their risk factors. Here are the benefits:

- **No Risk Factors**
Peace of Mind
- **One Risk Factor**
Employee will receive regular information on heart healthy lifestyle choices and habits to lessen their risks.
- **Two or More Risk Factors**
Employee will receive a free screening (your choice) by a cardiac clinician, a referral to cardiac care (if needed), and follow-up by a clinician.

The Heartaware Program is FREE and CONFIDENTIAL! For more information call Natalie Kracht at 319-266-3842 ext. 302.

Upcoming Events

H1N1 On-Site Flu Clinics Available
Call Natalie Kracht at 319-266-3842 ext. 302 for more information.

2010 Training for Drug Free Workplaces

2 Hour Initial Training Wednesday, April 7, 2010

Time: 8am - 10am

Cost: \$34/person

1 Hour Annual Update Thursday, April 8, 2010

Time: 8am - 9am

Cost: \$22/person

Location: Medical Class Staffroom,
Gerard Hall, Allen College

For more information contact:

Tara Wait at waittr@ihs.org
or call 319-235-5043

To Register:

Visit www.allenocchealth.com
and click on the link of the lower right
hand corner of the screen.

Go Red Luncheon Friday, Feb. 19, 2010

Location: Five Sullivan Brothers

Times: 9am - 3:30pm

Cost: \$40/person

For more information contact:

Kristin Anderson at
kristin.anderson@heart.org
or Call 888-619-7980

Spring Employment Law & Work Comp Seminar Tuesday, March 30, 2010

Location: McBride Auditorium, Gerard
Hall, Allen College

Times: 8am - 1pm

- Is Your HR Documentation Up to Par? Presented by JR Schemmel, Iowa Wage and Hour, Iowa Department of Labor
- How To Document an Accident Investigation Using Adaptive Design and A3's. Presented by Denise Shult & Tara Wait, R.N., Allen Memorial Hospital
- Monthly SHRM Luncheon to follow.

Visit www.allenocchealth.com for more information and to register.

Automated External Defibrillators Can Save Lives During Cardiac Emergencies

Automated External Defibrillators (AEDs) improve survival after an out-of-hospital cardiac arrest. Their presence reduces the critical time for treatment. Less time to defibrillation improves victims' chances of survival. Having the devices appropriately located in a business or workplace improves the survivability of people experiencing a cardiac crisis.

Why should employers make Automated External Defibrillators available to employees?

- There are 300,000-400,000 deaths per year in the United States from cardiac arrest.
- Most cardiac arrest deaths occur outside the hospital. Current out-of-hospital survival rates are 1 to 5 percent.
- In 1999 and 2000, 815 of 6,339 workplace fatalities reported to OSHA were caused by cardiac arrest.
- Jobs with shift work, high stress, and exposure to certain chemicals and electrical hazards increase the risks of heart disease and cardiac arrest.

What causes cardiac arrest, and how does an AED improve survivability?

- Abnormal heart rhythms, with ventricular fibrillation (VF) being the most common, cause cardiac arrest.(U.S. Department of Labor, Occupational Safety and Health Administration OSHA 3174 (2001)
- Treatment of VF with immediate electronic defibrillation can increase survival to more than 90 percent.
- With each minute of delay in defibrillation, 10 percent fewer victims survive.

Is AED equipment expensive?

- The average initial cost for an AED ranges from \$1,200 to \$4,000.

Are AEDs difficult to use?

- AEDs are easy to use. In mock cardiac arrest, untrained sixth-grade children were able to use AEDs without difficulty.
- Automated external defibrillators are effective, easy to use, and relatively inexpensive. As a matter of policy, OSHA does not endorse or approve specific products or product manufacturers.

For More Information on AEDs please call Natalie Kracht at 319-268-3842 ext. 302.

6th Annual Cedar Valley Go Red for Women Event Friday, February 19, 2010

Five Sullivan Brothers Convention Center, Waterloo

9:00am to 3:30pm

Register today to attend an inspiring and memorable day. Just \$40 for the entire day of events, plus a tote bag with gifts. Call 888-619-7980 or email kristin.anderson@heart.org for tickets.

Bring your friends. Make a day of it!