

Gibraltar Public Access Defibrillator Programme 2012 (Gibraltar PAD Programme)



Gibraltar will be placing 10 Automated External Defibrillators (AED) or Public access Defibrillators (PAD) in strategically placed points across the Rock.

Gibraltar will be launching the Gibraltar PAD programme and embark upon a publicity campaign involving all the emergency services, local companies and the public as a whole to increase awareness of the importance of AEDs as emergency life-saving equipment, increase public confidence in the use of AEDs and to promote an increase in the placement of AEDs within the community.

Defibrillator programmes have been well established and successful worldwide. The British Heart Foundation pioneered the UK programme in 2003 and as a result of this, the National Defibrillator Programme (NDP), coordinated by the Department of Health, was launched and thousands of AEDs were placed in the community. UK airports, train stations and shopping centres

Many people will have seen these AEDs strategically placed in busy centres in the UK and elsewhere whilst visiting other countries and therefore 10 have been strategically placed in 10 public locations in Gibraltar in order to reduce the risk of death from Sudden Cardiac Arrest (SCA) in public places.

Out-of-hospital sudden cardiac arrest (SCA) occurs on average over 25 times per year in Gibraltar, and over 90% result in death. The only effective treatment for SCA is defibrillation with an Automated External Defibrillator (AED) and it must be deployed as quickly as possible to save lives. Without the use of an AED, less than 5% will survive, but chances of SCA survival go up to over 70% if an AED is used within 5 minutes! **AED's can be used by the untrained layperson anytime, anywhere and have saved many tens of thousands of lives across the world.**

An Automated External Defibrillator, together with CPR, is the **ONLY** way to Restart The Heart during SCA –

CPR alone = 5% Survival



CPR + AED = 50% Survival

For every minute defibrillation is delayed, the victim's chances of survival go down 7–10 per cent.

This has been the big change in the last few years to bring these devices more into the public domain and hence save more lives without doing any harm to patients

The ease of use and safety features has a huge impact on maximising their effect in the community before emergency services can arrive, and can make the difference between life and death.

Community AEDs bring high tech emergency care closer to the patient and ensure bystanders can provide good quality life support techniques almost immediately – this is further





revolutionising prehospital care in Gibraltar **Modern AEDs are designed to be used by anyone in an emergency anytime, anywhere and have saved many lives. This means anyone can use them without any training**

Location of AED's

The locations have been chosen carefully in relation to the frequency and vulnerability of potential victims and the type of people attending the location and how likely they are to have a cardiac arrest. The out of hospital cardiac arrest data have been analysed from the last 6 years to give clear areas that an AED should be located. These figures in conjunction with known high foot fall areas have resulted in the 10 locations below.

In other countries public access units (PAD's) can be found in places including corporate and government offices, shopping centres, airports, restaurants, casinos, hotels, sports stadiums, schools and universities, community centres, fitness centres, health clubs, workplaces and any other locations where people may congregate. The GHA Resuscitation Committee has considered these locations in conjunction with the Gibraltar cardiac arrest data and come up with the following locations.

The location of a public access defibrillator should take into account where large groups of people gather, regardless of age or activity. Children as well as adults may fall victim to sudden cardiac arrest (SCA)

The AED should be placed somewhere easily accessible - the most common place is in a reception area or at the main entrance.

1 – AIRPORT TERMINAL

Essential that the gateway to Gibraltar has a PAD

2 – CRUISE LINER TERMINAL

The tourist survey estimated the number of visitors to Gibraltar by sea (2007) to be **292,675**. Cruise liner vacationers are also in the mature age category and vulnerable to SCA.

3 – COACH TERMINAL

The number of coaches arriving at the coach terminal in 2007 is **9407**, which equates to 26 coaches a day. The majority of these tourists are elderly and thus the need for a PAD is increased



4 – ICC BUILDING

High footfall region and interlinking Main Street, Casemates and Cruise Liner terminal

5 - PIAZZA

The ICC building and piazza are central points for most tourists and locals alike, especially considering that casemates square has a very high population density at peak times of day. A number of SCA have occurred in this area and many tourists entering Gibraltar step onto Main Street and head this way.

6 – TERCENTENARY SPORTS HALL

Strenuous activity occurs at most hours and the number of users is rising exponentially, placement of a PAD in this location is prudent.

7 – ST MICHAELS CAVE

Over 9 million tourists entered Gibraltar in 2007. St Michael's Cave is a must-see site for most tourists and the cave requires the elderly tourist to exert themselves up and down many steps. It is also the longest trip an ambulance has to make in Gibraltar and been the site of several SCA's.

8 – EUROPA POINT

Tourist spot at a large distance from other nearby defibrillator points with a number of SCA's in this area.

9 - CATALAN BAY

Located at busy eastern side of rock predominantly for summer foot fall and traffic at popular beach

10 – GoG PRISON

What is an Automated External Defibrillator (AED)?



An Automated External Defibrillator (AED) is an emergency life-saving device for use in the event of Sudden Cardiac Arrest. It is a portable appliance that analyses the heart rhythm and, if needed, administers an electrical charge to the heart in order to establish a regular heartbeat in the event of a Cardiac Arrest.

Only within the first few minutes following a Cardiac Arrest will a victim be in a 'shockable rhythm', and therefore rapid defibrillation is vital.



The Zoll PAD has been chosen – it removes all the guesswork from an often emotional and unexpected event. They are contained within alarmed high visibility boxes to alert other helpers that an emergency is ongoing and to contact the Emergency services(190) . The PAD will then activate once turned on and guide the carer through the resuscitation (including information on rescue breaths and harder,faster or slower CPR chest compressions) Some will have seen the latest advertising with Vinnie Jones on TV performing this to the BEEGEE song Staying Alive!!!

The latest in defibrillation technology means that training is no longer a requirement for the layperson. Once switched on, the PAD will guide the user in simple and clear audio commands and even coach the user on how to give CPR without any prior experience

What do they tell you?

- Not pushing hard enough? It will tell you when to push harder.
- Pushing hard enough? It will say, "Good compressions."
- Not pushing fast enough? A metronome will lead you to the right rate.
- It will even show you the depth of each compression. In real time.
- Not yet started? It will tell you again to get started.
- Compressions stopped? It will tell you to continue.

"Push Harder." "Good Compressions." "Press Shock Button."



The Gibraltar PAD Programme has been produced to not only place AEDs in the community but to

- 1) Increase public awareness of and understanding about SCA
- 2) Increase awareness of the importance of AEDs as emergency life-saving equipment
- 3) Increase public confidence in the use of AEDs

We would actively encourage other individuals and companies to consider placing AEDs elsewhere as resources are always finite and the ultimate aim of placing one such device in each home and on every corner is some way in the future but one, we as a community should aspire to.

Remember

The only effective treatment for SCA is by delivering an electric shock to the heart, ideally within 5 minutes as part of the chain of survival. Without this, over 95% of sufferers will die.

- **SCA is the UK and Gibraltar's biggest killer...!**
- **SCA kills more people than AIDS, Breast Cancer and Lung Cancer combined in UK!**
- **SCA strike anyone, anytime, anywhere and without warning**

An Automated External Defibrillator, together with CPR, is the ONLY way to Restart The Heart during SCA

CPR alone = 5% Survival

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Please memorise the location of your nearest AED and become active in spreading the word of the role of the Gibraltar PAD Programme

For more information visit www.gha.gi or contact Michael Valarino or Richard Roberts by email Michael.valarino@gha.gi or by phone on 200 72266 ext 2394





Public Access Defibrillator (PAD)

PROGRAM

SAFE ✓

EFFECTIVE ✓

YOU CAN USE IT! ✓

A small box that can make a big difference