



Leaders at the Core of Better Communities

## 2011 Annual Awards Program

### Program Excellence Awards Nomination Form

**Deadline for Nominations: March 11, 2011**

Complete this form (sections 1 and 2) and submit with your descriptive narrative.

#### SECTION 1: Information About the Nominated Program

Program Excellence Award Category (*select only one*):

- ☒ Community Health and Safety
- ☐ Community Partnership
- ☐ Community Sustainability
- ☐ Strategic Leadership and Governance

Name of program being nominated: "Heart Safe" City of Sandy Springs

Jurisdiction(s) where program originated: Sandy Springs, Georgia

Jurisdiction population(s): 98,000

Please indicate the month and year in which the program you are nominating was fully implemented. (Note: All Program Excellence Award nominations must have been fully implemented by or before January 31, 2010, to be eligible. The start date should not include the initial planning phase.)

Month: December Year: 2006

Name(s) and title(s) of individual(s) who should receive recognition for this award at the ICMA Annual Conference in Milwaukee, Wisconsin, September 2011. (Each individual listed MUST be an ICMA member to be recognized.):

Name: John McDonough

Title: City Manager Jurisdiction: City of Sandy Springs

Name: \_\_\_\_\_

Title: \_\_\_\_\_ Jurisdiction: \_\_\_\_\_

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Jurisdiction: \_\_\_\_\_

## **SECTION 2: Information About the Nominator/Primary Contact**

Name of contact: Jack K. McElfish

Title: Fire Chief

Jurisdiction: City of Sandy Springs

Street address: 7840 Roswell Road, Building 500

City: Sandy Springs

State/Province: Georgia

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**"Heart Safe"**

**City of Sandy Springs, Georgia**

**1. Describe the type and scope of the community-wide resuscitation efforts before implementation of improved approaches.**

Sandy Springs is a diverse community with a population of 98,000 residents. Public Safety has been a long standing goal of the Mayor, City Council's, and City Manager of Sandy Springs. Since the City's inception in 2005, the goal has been to provide the highest level of fire and emergency medical service to the residents of the City of Sandy Springs. To gauge our progress the City requested data from Cardiac Arrest Registry to Enhance Survival (CARES) report. This joint project between the Centers for Disease Control and Emory University School of Medicine use the internationally recognized "Utstein Style" template for tracking outcomes of out-of-hospital cardiac arrests. The data showed in 2009 that the survival rate in Sandy Springs was 8.8 percent, well above the starting point believed to be less than 1 percent in 2006. In 2010 the survival rate jumped to 18.18 percent in Sandy Springs an increase over the past year. Equally as encouraging from 2009, bystander CPR was performed in 53 percent of cardiac arrests, compared to the national average of 27 percent. In 2010 bystander CPR also went up to 59 percent of the time with national average remaining the same. These numbers are due in part to the training and awareness efforts of Sandy Springs Fire Rescue and also because of the vision of the Mayor, Council, and City Manager. Since 2007, the Department has trained more than 4,800 residents in CPR and AED use and placed more than 156 AEDs in the City.





Through hard-work, partnerships and a focused approach to the care of the cardiac arrest victim, the Department has saved 17 lives in Sandy Springs since 2006. These patients were discharged from the hospital neurologically intact and ready to resume their pre-arrest quality of life. The City of Sandy Springs will continue to make increasing cardiac arrest survival rates a priority. In January 2009, the City began a pilot program for inducing hypothermia on post cardiac arrest patients; the department feels this program will enhance survival rates as well. In early August 2009, the City implemented a state-of-the-art regional 911 center, which has helped reduce call processing and response times for Sandy Springs Fire Rescue and Emergency Medical Services. These advances have allowed the City of Sandy Springs to continue to advance as a Heart Ready City and create a best practice system for others to follow.

**2. Describe the innovative resuscitation approaches implemented in 2009 to improve patient therapy and /or outcomes.**

Sandy Springs was awarded an opportunity to participate in a pilot program to provide "hypothermia" or cooling treatment to cardiac arrest patient to save neurological function. On January 1, 2009 Sandy Springs Fire Rescue and Rural Metro Ambulance along with Saint Joseph's Hospital of Atlanta started a new effort to save cardiac arrest patients from a fate that may be worse than death: loss of neurological function. Hypothermia treatment is a "neuro-protective treatment strategy" one that protects the brain and returns the patient to as near neurological state as they were prior to the arrest. Sandy Springs Fire Rescue was the first in Metropolitan Atlanta area to bring this technology to the streets, and now other departments have begun to follow suit.



This venture combines a small number of hospitals and cities around the country partnering in order to save lives. Sandy Springs Fire Rescue and Rural Metro Ambulances are the only participants in the pilot program which will provide the cooling treatment to patients even before they reach the hospital. This program has already reaped benefits and saved three lives' and will continue to provide excellent care to patients suffering from a cardiac emergency.

**3. Describe how the new approaches have improved patient therapy and/or outcomes.**

The partnership with Saint Joseph's Hospital and Sandy Spring Fire Rescue allows for a seamless transition between paramedics and hospital staff. Sandy Springs Fire Rescue personnel are trained to provide care to cardiac arrest victims, however bringing hypothermia treatment to the field is cutting edge. Rather than wait, Sandy Springs Fire Rescue personnel access the patient and if appropriate initiate the iced saline immediately to lower the patient's body temperature. In these cases, brain damage may be avoided by reducing the body core temperature by about eight degrees Fahrenheit. This technique minimizes brain oxygen consumption and minimizes neurological injury. This procedure requires a commitment from both emergency responders and the hospital, and provides for a "neuro-protective treatment strategy" that allow for improved patient therapy and positive outcomes for the patients.

**4. Describe any success stories and/or provide statistics regarding your new community-wide resuscitation program.**





Sandy Springs Fire Rescue has saved three lives with the use of the new hypothermic treatment since its inception in January of 2009. One of the success stories happen in September of 2009. Sandy Springs Fire Rescue received a call for a patient down unresponsive and not breathing. Upon arrival, family members stated that their dad was sitting at his computer when he just fell over and become unresponsive. When paramedics arrived they found the patient not breathing and without a pulse. CPR was initiated and an airway was secured and crews began breathing for the patient. Advanced cardiac life support measures were initiated, and the patient was shocked by a defibrillator a total of 3 times. After the third shock, the patient's heart was stabilized and began beating on its own with strong pulses present. Sandy Springs Paramedics initiated the hypothermic protocol which calls for 2 liters of chilled saline given quickly under pressure and ice packs placed in groin, axilla, and lateral aspect of the neck of the patient. The patient was packaged, transported, and turned over to medical staff at Saint Joseph's Hospital with strong pulses, spontaneous respirations with assistance and a good blood pressure. Staff at Saint Joseph's Hospital continued the Hypothermia Protocol without delay and gradually re-warmed the patient over the next couple of days and released him to go home approximately 10 days later. The success of course is that the patient is alive and doing well, however the best was that he was able to meet and award his care givers. In October of 2009 he attended an award presentation recognizing Sandy Springs Fire Personnel for their actions and presented the plaques to the crews that performed the care. What a great moment for the individuals involved and for the City.