



COMMUNITY-ENGAGED LEARNING BYSTANDER READY

PATHWAY: FIRST RESPONSE

Initiative Description

Bystander Ready is an outreach initiative focused on training students and educating the community about both cardiac arrest and stroke. Members of this initiative receive lectures about the steps to take if someone has a stroke or enters cardiac arrest. Participants are trained in hand-only CPR and AED usage. After learning about cardiac arrest and/or stroke, members go out into various community settings, such as health fairs, schools, and adult residential centers to help educate community members about what to do if they witness a cardiac arrest or stroke. No prior certification is required to join this CEL; all students joining will be trained as part of the initiative.

Annual Student Activities

- Students will have an opportunity to get trained as Advanced Stroke Life Support (ASLS) instructors
- Participate in community health fairs, schools and local non-profits
- Learn about the effective timing for stroke treatment
- Increase Bystander CPR rate and decrease response time for stroke treatment
- Impact the community, a Norfolk City Hall employee trained by EVMS witnessed an arrest, responded, and saved a life the day after our Bystander CPR training.

Facilitator

Emily Terifay, MLIS

Partners

- Sail Nauticus
- Local Retirement Facilities
- Non-Profit Organizations
- Norfolk Public Schools

The Need

- Local Bystander CPR assist rate: 26%¹
- National Rate: 40.2%²
- Approved time window for stroke treatment is 3 - 4.5 hours, with treatment effectiveness decreasing as time passes
- Nationwide, stroke accounts for 1 in 20 deaths

Community Outcomes/Results

- ↓ Hampton Roads cardiac arrest deaths
- ↑ Bystander CPR and ASLS trained people in target communities and Hampton Roads
- ↑ Awareness of the prevalence of cardiac arrest and stroke in Hampton



MACON & JOAN BROCK VIRGINIA HEALTH SCIENCES

Eastern Virginia Medical School

AT OLD DOMINION UNIVERSITY