

# Calif. EMS Agency Recognized for High Rate of Cardiac Arrest Saves



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**(QUINCY, Calif.)** – In a joint announcement from Plumas District Hospital and Care Flight, Plumas County is recognized by Nor-Cal EMS for having the highest percentage of cardiac arrest field saves in Lassen, Modoc, Plumas, Sierra, and Trinity counties, thanks to public bystander CPR and high performance CPR by local emergency services personnel.

In a letter from Shawn Pooré, EMS Specialist for Nor-Cal EMS, he states, "In just the Quincy area alone, there have been four confirmed field saves out of nine Cardiac arrests. This is the highest in all of the Nor-Cal EMS counties."

According to Pooré, the national average survival rate for cardiac arrests is 10.6 percent, and survival with good neurological function is 8.3 percent.

"As you can see by these numbers, statistically the Quincy area is well above the national average for out-of-hospital cardiac arrest survival rates... It gives me great pride to work with, and for, such excellent caregivers," continued Pooré.

"One of the biggest pieces [contributing] to the success that we have had is public bystander CPR," said Sam Blesse, Care Flight Ground EMS Supervisor. "We want people to learn CPR and use it."

Blesse has championed this effort and galvanized the community around this initiative since Care Flight Ground and Plumas District Hospital launched their partnership in July 2016.

In May 2017, under Care Flight's leadership, the town of Quincy became the first rural community in California to be designated a HEARTSafe Community by expanding awareness through local media campaigns, hosting free or low-cost CPR classes, and expanding availability and accessibility to life-saving AED machines.

"Quincy is a great community with an emergency response system comprised of multiple agencies that are proactive and cohesive. I truly believe Quincy enjoys a level of service not seen in most communities this size," said Matt Brown, Care Flight operations manager.

"I would encourage anyone who is able to learn CPR. Bystander CPR is the key to surviving a cardiac arrest; you never know when or where it may happen, and you may make the difference in someone having a good outcome," said Brown.

In addition to public bystander CPR, Care Flight Ground has also taken the lead on offering High Performance CPR (HP-CPR) training to local first responders. Studies demonstrate that when CPR is performed according to guidelines, the chances for survival from cardiac arrest improve. Exceptionally coordinated teamwork, minimal breaks in compressions, full chest recoil, adequate compression depth and compression rate combine to create HP-CPR.

These achievements are made possible by local emergency medical service's commitment to provide high quality patient care, through continuing education, timely response, and teamwork.

"We are lucky to have great partners and great working relationships with all of our co-responder agencies, especially Quincy Volunteer Fire Department. They do a great job and have been instrumental in the saves in this community," Brown said.

*About Care Flight:*

Care Flight is a non-profit, non-subsidized, self-supporting organization and has been caring for patients in northeastern California (including Plumas County) and northern Nevada since 1981. Care Flight is a service of REMSA (Regional Emergency Medical Services Authority) based in Reno, Nev. Care Flight has been accredited by the Commission on Accreditation of Air Medical Services (CAMTS) since 2002 and is an active member of the Association of Air Medical Services (AAMS).

In May 2017, Quincy became the first rural community in California to be designated a HEARTSafe Community, which It recognizes efforts to improve systems for preventing sudden cardiac arrest from becoming irreversible death.