



## Broward County Government Newsletter

February 2020  
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### Community Care Plan, “the health plan with a heart”

#### February is Heart Month

##### Cardiac Arrest

Often fatal if not taken care of immediately, cardiac arrest is the quick loss of heart function. Cardiac arrest can happen to a person regardless of if they have heart disease. In the United States, 350,000 cardiac arrests happen outside of a hospital each year.

A person under cardiac arrest is less likely to die if they have early defibrillation. A defibrillator sends an electric shock to the person's heart. This restores the rhythm of the heart to normal. If there is no defibrillator nearby, you should give a person under Cardiac arrest CPR until defibrillation can be done.

If you have had cardiac arrest before, you could get an implantable cardiac defibrillator (ICD). This will reduce your chance of dying from a second cardiac arrest.

##### American Heart Association Chain of Survival

The American Heart Association outlines a Chain of Survival for Emergency Cardiovascular Care. There are 5 links in the adult out-of-hospital chain of survival:

1. Recognizing a person in Cardiac Arrest and calling 911
2. Initiating early CPR with an emphasis on chest compressions
3. Defibrillation (rapid)
4. Emergency Medical Services
5. Life Support (advanced) and Post-cardiac arrest care



##### **What is the difference between a heart attack and Cardiac Arrest?**

Cardiac arrest is when the heart gets abnormal heart rhythms called arrhythmias that cause it to stop beating. During a heart attack, the heart is still beating, but blood flow to the heart is blocked.

Source: [www.heart.org/en/health-topics/cardiac-arrest/about-cardiac-arrest](http://www.heart.org/en/health-topics/cardiac-arrest/about-cardiac-arrest)  
<https://medlineplus.gov/cardiacarrest.html>  
<https://cpr.heart.org/en/resources/what-is-cpr>

*Always consult your physician before making changes to your lifestyle or healthcare routine. This information is available for free in other languages. Please call Member Services at 1-866-224-5701 Monday – Friday 8:00am – 7:00 pm EST. For hearing impaired assistance call: TTY/TDD 1-855-655-5303. Si usted necesita esta información en Español llame al 1-866-224-5701 TTY/TDD 1-855-655-5303 de Lunes a Viernes desde las 8:00am a 7:00pm EST. Si ou vie resevwa enfomeseyon sa en Kreyol rele nimewo telefon sa 1-866-224-5701 TTY/TDD 1-855-655-5303 Lendi jiska Vandredi de 8:00am a 7:00pm EST.*