

American Heart  
Association



*Learn and Live*



**Heart & Stroke**

Foundation  
of Barbados Inc.

*"Everybody has a Heart"*

Heart disease continues to be the leading cause of morbidity and mortality in the developing world. Despite many advances in therapeutic surgical and medical interventions (drugs), our lifestyles have prevented major inroads into cardiovascular diseases and their resulting complications. Consequent to this, the likelihood of an experience of witnessing cardiac arrest, myocardial infarction or stroke is a very real possibility and intervention in the first few minutes may be critical to life saving. The Heart and Stroke Foundation of Barbados offers courses directed at medical, paramedical and laypersons aimed at equipping them with the knowledge and skill to manage these emergencies before expert medical help is available.

The Heart & Stoke Foundation of Barbados (HSFOB) conducts courses in Basic Cardiac Life Support (CPR) with the use of the AED, Advanced Cardiac Life Support as well as First Aid courses under the aegis of the American Heart Association (AHA). These courses follow the standards of the AHA with the same materials, examinations, and certification being given as those in the United States. This also provides the advantage of a certification that is honoured worldwide with the technical and medico-legal advice offered by the AHA.

The Heart & Stoke Foundation of Barbados would like to assist in continuing the very highest standards for your workers through the training of your staff in emergency heart care. In the event of a cardiac arrest, heart attack, or other acute medical emergency, immediate availability of trained personnel who can activate and initiate CPR together with use of an automated external defibrillator (AED) can save lives.

#### Course Details using 2010 guidelines

- Recognition and treatment of shock
- Burns
- Limb and extremity trauma (including wounds, bleeding, fractures)
- Poisonings
- Electrocutation
- Respiratory emergencies (including asthma and smoke inhalation)
- Sudden illness
- Common medical emergencies (low blood sugar, epilepsy, asthma, major allergy)
- Basic cardiac anatomy and physiology
- Management of cardiac arrest
- One person CPR for adult,
- Management of choking for adult,
- The use if the Automated External Defibrillator (AED)

Our ECC Clinical Director, Dr, Anne-Marie Cruikshank, often encounters occasions of sudden cardiac arrest, which if treated earlier would have resulted in the saving of life. Your staff would be joining a growing number of trained personnel, such as the Police, Port Authority, Firemen, and Paramedics as well as corporate establishments such as GAIA and Scotiabank, who have embraced the uniquely presented program that we offer.

Our ECC manager has direct experience of conducting and supervising first aid at work programmes out of an occupational health department. Please feel free to ask advice regarding first aid equipment requirements. Whilst our instructors come from various professions all are qualified with The American Heart Association.

The courses are 8 hours in duration and are video based with modules to allow the participant demonstration and skills practice. It is highly interactive and the participants play a major role in their own learning and skills development. Courses are usually held at the Heart & Stroke Foundation of Barbados's headquarters in Jemmotts Lane, Max 16 at one time and can include the provision of lunch at an additional cost.

Should numbers be larger then an alternative venue can be sourced and budgeted. The all inclusive registration fee of \$110 depending on numbers, will include the cost of the manual (an excellent reference), tuition, coffee break and course completion cards. The cards are from the American Heart Association as is the course and exam materials used. This provides world wide recognition to the successful candidate and will prove useful in any arena the candidate may venture.

An offsite fee of \$200 per day is applicable to course held outside of the Foundation

**Please note a Non-refundable 50% is required prior to all courses**

### **Proposal**

The Heart & Stroke Foundation of Barbados (HSFOB) to train a yet to be determined number of staff in Heartsaver First Aid in Basic Cardiac Life Support.

The HSFOB will work in collaboration with Your health and safety or HR manager regarding the health and safety manual requirements for first aid provision ensuring a safe workforce. Our course complies with section 63 of the Health and Safety Act. Please advise if you have any specific health and safety requirements

### **Legacy**

Training of staff in these disciplines will result in increased confidence of the staff in handling all injuries and medical emergencies, improved survival from cardiac events, and augmentation of the medical services reducing accidents at work and home providing transfer skills for the community as a whole.

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