

Guide to Installing a Community Public Access Defibrillator (CPAD) in your community

For those who go into cardiac arrest, there is a 95% chance of the heart restarting if a defibrillator is used within the first 90 seconds. This recovery rate drops alarmingly to as low as 12%, however if a defibrillator is used after 8 minutes of going into cardiac arrest – the length of time ambulance services aim to respond to emergency calls.

By installing highly visible community defibrillators in public areas (CPADs), which anyone can access with a code provided by 999 operators, the project aims to give those in cardiac arrest the best possible chance of recovery by providing the local community with quick access to this life-saving technology

The public machines complement the defibrillators in busy places such as sports centres, schools and supermarkets, which can be used by anyone but will have on-site staff specifically trained to use them.



Is there already a defibrillator in your community or neighbourhood?

If the answer is Yes, is it available 24/7 to anyone who might have the need to use it?

If the answer to either of these questions is **No** you may wish to consider installing a CPAD on the outside of a building in your community.

If you are uncertain whether there is already a defibrillator in the area do ask your local Ambulance Service coordinator, in Cumbria, Lauren Watson lauren.watson@nwas.nhs.uk or Lancashire Chris Hyde, christopher.hyde@nwas.nhs.uk and they will check for you.

So you want a CPAD in your Community what next

Identify a **Local Community Sponsor** – this may be a community organisation, church, village hall, scout group, WI or an individual. Someone or a group who is willing to take responsibility for managing the installation and maintenance of the CPAD. This will include liaison with the Ambulance Service.

Identify a **Host Site** – this could be a School, Pub, Church Hall, Sports Club or in some cases a private house. The Host will have the housing unit installed on the outside of the building and provide a power supply (the unit is heated during low temperatures to allow the defibrillator to be available at all times)

If you want help with assessing the suitability of sites just email Lauren or Chris as noted above.

If you have any more general questions at this point please email Rotarian Kevin Walsh rotarycpads@kevin601.orangehome.co.uk who should be able to help with the agreements and costs.

Start fundraising - you will need in the region of £1,600 for the installation.



In West Cumbria Rotary has agreed to be a partner for a campaign being promoted by the Times and Star newspaper. Rotary will act as the bankers, liaise with Communities and the Times and Star to ensure the money raised is used appropriately.

Note: Any donations received can be directed to a specific CPAD installation. If a site is not specified then donations will be used for the benefit of the wider community within the campaign area.

Please let Rotary know how you would like your donations allocated by sending an email to rotarycpads@kevin601.orangehome.co.uk

Once the funds are in place for a particular installation Rotary will help with the procurement of the CPAD equipment. Local Rotary Clubs will also be available to help and advise if requested.

Identify and agree who is going to inspect the CPAD installation regularly and confirm its proper operation with NWASt

Arrange training for your community to ensure that those who regularly use the host site have the confidence to use the CPD if called upon to do so. Training is available from several organisations just ask Lauren or Chris at the Ambulance Service for details.

Be prepared to fund replacement pads on the defibrillator if they are used or to maintain them in good condition. This could be in the region of £60 every two years.

Make arrangements within your community to replace the defibrillator in around 7 year's time. You might wish to fundraise and put aside £100 / year for this.

Enjoy the community spirit that this exercise has generated.

Hope that the CPAD is not required but have the knowledge that should it be, it is readily available and local people have the confidence to use it.

