



Training Syllabus

The Deputy Heart Attack Program & Early Heart Attack Care (EHAC) Education

The Deputy Heart Attack program disseminates Early Heart Attack Care (EHAC) education. The Deputy Heart Attack program garners its name from earlier days when the sheriff would deputize every citizen in order to protect the town from imminent danger. By participating in this program, participants become "deputies" who learn the early heart attack symptoms and provide immediate medical care in order to prevent a death or serious heart damage.

The History:

The Deputy Heart Attack Program and Early Heart Attack Care education was created by cardiologist Dr. Raymond Bahr. Although he was not a cardiologist at the time, Dr. Bahr's life was forever changed when he did not recognize the signs in a friend who later died from a heart attack. From that point on, Dr. Bahr made it his mission to prevent unnecessary deaths by becoming a cardiologist and dedicating his life to educating people on the early symptoms.

The Deputy Heart Attack Symbols:

Deputy Heart Attack uses two badges that are given to deputies. The first badge, *"Heart Attacks Have Beginnings,"* is worn after a new deputy takes the course and the pledge. The second badge is known as the *"Good Samaritan"* or *"Buddy Badge."* The image depicts one person helping another into a chest pain center. Each badge starts a conversation. Share the early signs and symptoms of a heart attack and always remember to get someone to medical care as soon as possible.



The Message:

Our message is simple - like other diseases and illnesses (cancer, diabetes, etc), there are early symptoms of a heart attack that are apparent long before a massive event occurs. Early detection is vital to prevent death or severe heart damage. Use Early Heart Attack Care (EHAC) education to help drastically reduce the mortality rate.

Will you help us spread the message?



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Purpose of this Document:

This document is designed to help you educate your community with the elements of the Early Heart Attack Care (EHAC) education. Our goal is to reduce the heart attack death rate by increasing awareness of early signs and symptoms in order to provide timely care.

This document includes:

1. Define your community and your outreach
2. Information on the EHAC Course
 - a. Online Training
 - b. Training Your Community (includes the brochure, the symptoms and administering the EHAC pledge)
3. The EHAC Ambassador Program
4. Reference links to the live support materials, including:
 - a. The EHAC brochure
 - b. Ordering EHAC badges
 - c. Ordering customized EHAC brochures with a specific logo
 - d. EHAC Attendee Registration Sheet
 - e. Form: Sharing your EHAC stories

Define Your Community:

Thank you for sharing EHAC! Although you might have discovered Deputy Heart Attack and EHAC while working at your hospital, you can also utilize this training outside of your facility. As you prepare your outreach programs, please keep in mind that many people outside of a hospital do not understand medical terms. Examples of communities include:

1. New employee orientation
2. Life Support classes
3. Community health fairs, screenings and other events
4. Volunteer orientation
5. Schools or school events
6. Emergency Medical Services Dispatch personnel
7. Group events such as churches, book clubs, team sports
8. Physicians offices
9. Community colleges
10. Hospital events in the community

Don't limit your definition of community in order to save a life!





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Information on the EHAC Course:

Online Training:

The EHAC course is available online at www.dha.acc.org. There is a "Standard" and a "Short" course. Each course takes less than 10 minutes to complete. At the end of the course there is a short assessment test that the user must complete in order to take the pledge and receive the EHAC certificate. Each person that takes the online course is counted toward the EHAC deputy count.

Training your community:

If you are combining your CPR training with EHAC, download the EHAC course document from the "Training Your Community" section on the Deputy Heart Attack website. This document contains the course and the quiz information in order to deputize your attendees. To register your attendees, download the registration form and submit your completed information to community@acc.org.

If you are training at an event and you don't have a lot of time with your attendees, we encourage you to follow the information in the ***Early Heart Attack Care (EHAC) Quick Training*** document.

1. Download the document from the www.dha.acc.org website.
2. Learn the early symptoms & signs. *Share the main message that people can save a life and prevent damage to the heart IF they detect the symptoms in the early stages.*
4. Administer the EHAC pledge to the audience.
5. Hand out the "*Heart Attacks Have Beginnings*" badge to the new deputies.



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The EHAC Ambassador Program:

Share the message & save a life:

An EHAC Ambassador is the person who shares EHAC information within their community and submits the information on new EHAC deputies. Anyone can register to become an EHAC Ambassador.

1. Download the EHAC Registration Sheet prior to the community training.
2. After you give the class and the pledge, submit the completed list of new deputies so we can add them to the EHAC count.
3. In addition, EHAC Ambassadors are encouraged to submit stories regarding their EHAC training. We post these stories online as an inspiration to others.

Educational Links:

Website: dha.acc.org

Most of the links discussed in this document can be found on the home page of the website.

1. **Online Training:** Click "The EHAC Course." This link leads you to both the "Standard" and the "Short" Course.
2. **Training Materials:** Click the "Training Your Community" link to download the referenced materials in this syllabus.
3. **Purchase badges:** Click the "Spread the Word" link. In this section you can download the brochure, customize the brochure with your logo and purchase Deputy Heart Attack badges
4. **Share your EHAC Stories:** This area has EHAC stories and news as well as a form where you can submit your EHAC stories. We will contact you if we would like to publish your story.
5. **EHAC Articles:** Dr. Raymond Bahr, the founder of Deputy Heart Attack and Early Heart Attack education has created a library filled with innovative ways you can share EHAC, his EHAC journey and more.

The screenshot shows the homepage of the dha.acc.org website. At the top, there is a navigation bar with links to 'Home', 'Train Your Community', 'Our Mission', 'Our Founder', 'EHAC Stories', and 'Contact Us'. Below the navigation bar, there is a banner with the text 'How do you educate your community?' and 'Where Do You Share EHAC?'. The banner features a star shape with the word 'HEART ATTACKS' at the bottom. To the left of the banner, there is a section titled 'Deputy Heart Attack® Course' with a sub-section titled 'Sheriff deputizing Early Heart Attack Officers'. To the right of the banner, there is a section titled 'Spread the EHAC® Message!' with a sub-section titled 'EHAC CPC V6 Updates!'. The bottom of the page has a footer with links to 'Train Your Community', 'Purchase EHAC Materials including Brochures, Bookmarks, Banners & more!', and 'EHAC Pledge Cards for your event'.

For More Information

If you have questions about the Deputy Heart Attack Program or Early Heart Attack Care (EHAC) education, please contact us via e-mail: community@acc.org. We welcome your feedback!



Early Heart Attack Care (EHAC) Quick Training:

Training your community:

If you are training your community, you might not have a lot of time with your audience. Here is a quick training guide for health fairs, school groups, etc.

1. Communicate the three main educational points:

- a. Heart attacks have beginnings.

Symptoms can begin about two weeks prior to a major event. This is the window of opportunity to prevent death and minimize heart damage.

- b. Every year, approximately 735,000 Americans have a heart attack.

- c. If you suspect someone is having a heart attack, get them to medical care as soon as possible.

2. Share the early signs and symptoms in the graphic.

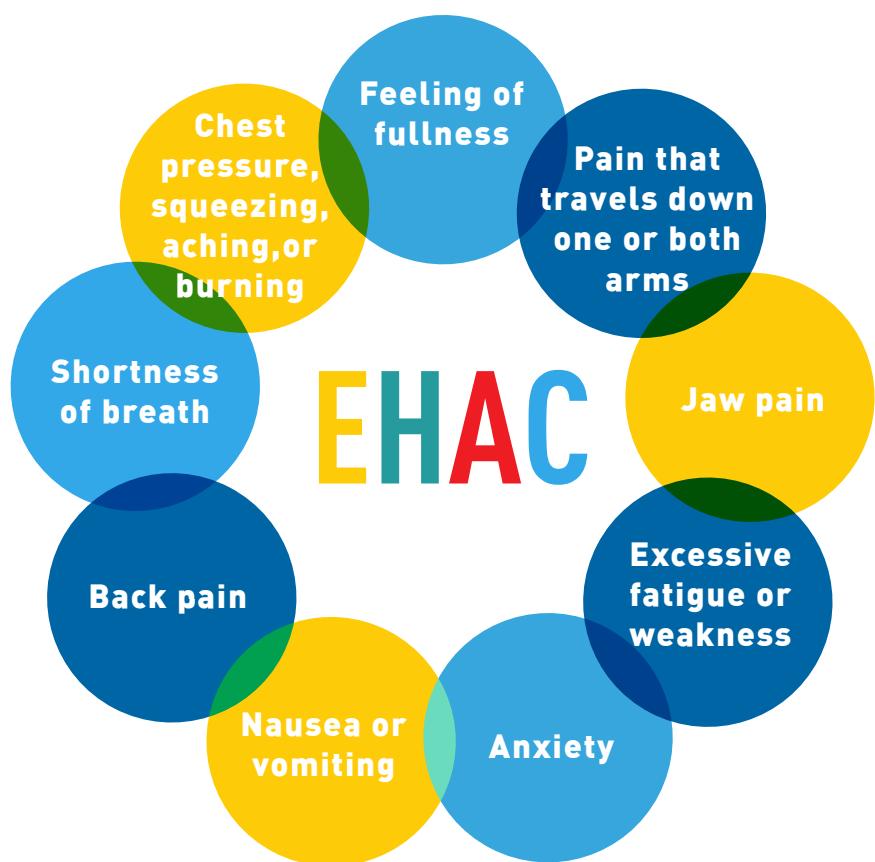
3. Administer the EHAC pledge to the audience.

"I understand that heart attacks have beginnings that may include chest discomfort, shortness of breath and/or arm pain, and weakness. These may occur hours or weeks before the actual heart attack. I solemnly swear that if it happens to me or anyone I know, I will call 9-1-1 and activate our Emergency Medical Services."

4. Hand out the "Heart Attacks Have Beginnings" badge to the new deputies.

5. Congratulate them on saving a life!

6. If you registered your deputies at your event, complete the EHAC Registration Form and submit it to us at community@acc.org so we can add it to the EHAC count!



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