

KNOW THE WARNING SIGNS OF A HEART ATTACK

Some heart attacks are sudden and intense, yet symptoms can often seem unclear at first, and then slowly increase. The following are some signs that may mean a heart attack is occurring:

- Chest discomfort or pressure
- Discomfort in other areas of the upper body, including pain or discomfort in one or both arms, the back, neck, jaw or stomach
- Shortness of breath, with or without chest discomfort
- Cold sweat, nausea/vomiting, and light-headedness

**IF YOU OR SOMEONE
YOU ARE WITH IS
EXPERIENCING ANY
OF THESE SYMPTOMS,
CALL 911.**

DELAY CAN BE DEADLY.

Warning signs for women may be different. Women are more likely to experience:

- Shortness of breath
- Fatigue
- Nausea and/or vomiting
- Back or jaw pain

THREE STEPS TO SAVE A LIFE

- ① Check for responsiveness
- ② Call 911
- ③ If person is unresponsive, administer hands-only CPR - compress 100 times a minute

Use an automated external defibrillator (AED) if available.

AED GRANT PROGRAM

NRAD and the Saint Luke's Foundation have joined forces to increase the number of AEDs available in public places. If your business, organization or church is interested in being considered for a grant, please print and complete the AED Grant Application from our website, www.NRAD-ems.org (under the Community Outreach tab). Organizations may also submit an application for the Medical Direction necessary to complete the project and for future training.

The goal of this initiative is to fund as many grants as possible. For additional information, visit our website.

NORTHLAND REGIONAL
AMBULANCE DISTRICT
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SETTING THE STANDARD

IN EMERGENCY MEDICAL CARE



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**Could you save your
neighbor's life?**

Sudden cardiac arrest is the **No. 1 KILLER** of Americans 40 and older. Every day, more than 1,000 people suffer sudden cardiac arrest.

YOU CAN HELP make your community safer by learning how to save a person's life with **"HANDS-ONLY" CPR.**

IT'S EASY to do when you sign up for a hands-only CPR class offered by Northland Regional Ambulance District and Saint Luke's North Hospital. The classes are **FREE AND HELD LOCALLY.**

CHECK - CALL - COMPRESS

In addition to our hands-only CPR training, NRAD provides a variety of classes and services through our Community Outreach Program.

Contact us through our website at www.NRAD-ems.org or call 816-858-4450 to join or set up a class.



Northland Regional Ambulance District is a political subdivision, established in 1994 by the registered voters within the district's boundaries. The district is governed by an elected board of directors, who serve in the six sub-districts within NRAD's boundaries. An Executive Director, hired by the board, oversees the day-to-day operations of the district.

The district encompasses more than 340 square miles in Clay and Platte counties, north of the Kansas City metropolitan area. The district includes the communities of Camden Point, Dearborn, Platte City and Smithville, as well as surrounding portions of unincorporated Clay and Platte counties. NRAD also provides mutual aid to the communities surrounding our district.

Our EMTs and paramedics provide Advanced Life Support emergency medical care to the ill and injured. The medical crew members are highly-trained in the methods and mechanics of providing the highest level of emergency medical care possible to each patient. Our medical personnel are licensed and registered through state and national EMS organizations, and maintain their credentials through constant training and education.

NRAD's 9-1-1 Emergency Dispatching is handled by the Platte County Sheriff's Department's Communications Center. Using computer-aided 9-1-1 technology, the dispatchers are equipped to identify the location of the emergency call and dispatch the closest and most appropriate units to the scene. The dispatchers play a critical role in allowing us to meet and exceed our goals of rapid response, early treatment and efficient assistance.

The Northland Regional Ambulance District Headquarters and Education Center are in Platte City, Mo. NRAD has Advanced Life Support Ambulances stationed in the northern, eastern and western trisections of the district. A paramedic supervisor, based in Platte City, is available district-wide whenever needed. These locations have been carefully and strategically selected to provide easy access to main roadways, ensuring the most efficient and timely response to every call for service received in our district.



NRAD's main offices and education center

NRAD's crew members are highly-trained in providing emergency medical care to those who become ill or injured.

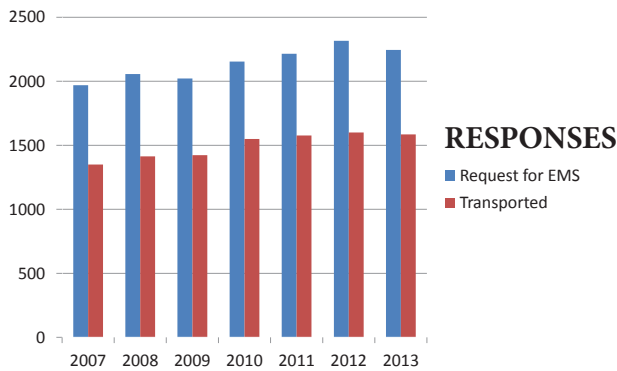


Our Advanced Life Support ambulances utilize state-of-the art equipment.



NRAD continues to stay on the cutting edge of emergency medical care by implementing new policies and procedures which help reduce response times, as well as deliver the highest quality of emergency medical care. NRAD also provides community outreach and continuing education programs.

The number of calls for service has increased considerably since 2007. NRAD has responded by adding a third ambulance in the northern portion of the district to maintain our exemplary average response time of six minutes.



Not everyone who calls for an ambulance is actually transported to a hospital, as this graph shows. Some receive an evaluation at the scene, then refuse further treatment. Others choose to be transported to the hospital by a relative, friend or other means.

NRAD is proud of their district-wide average response time of six minutes.

RECENT ACCOMPLISHMENTS INCLUDE:

- In collaboration with local law enforcement and fire districts, NRAD assisted in the implementation of improved call interrogations at the Platte County Sheriff's multi-jurisdictional dispatch center
- Improved pre-arrival instructions provided by 911 dispatching center
- Implemented safety improvements with an updated fleet and patient transport equipment (new cots and ambulances)
- Increased training of providers through collaborative projects with local community college
- Implemented automated resuscitation equipment through CPR platform (autopulse)
- Partnered with the Missouri Center for Patient Safety and joined as a Patient Safety Organization