



## The Public Access Defibrillation (PAD) Trial

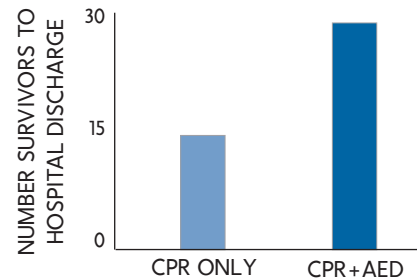
The PAD trial was a clinical study that took place in the U.S. and Canada and was conducted by the National Heart, Lung and Blood Institute (NHLBI).<sup>1</sup>

### PURPOSE:

To evaluate whether adding AEDs to public areas increases survival from Sudden Cardiac Arrest (SCA).

- Public areas in study: shopping malls, apartment buildings, hotels, golf courses, business offices and other public buildings.
- Trained more than 19,000 volunteers to respond to SCA using CPR only or CPR+AED. Volunteers were lay responders with no duty to treat medical emergencies. More than 1,600 AEDs were placed.

### RESULTS:



### CONCLUSIONS:

- *Trained laypersons can use AEDs safely and effectively.*
- *Twice as many people survived out-of-hospital cardiac arrest when an AED + CPR were used over CPR alone.*

### THE VALUE OF EMERGENCY PREPAREDNESS<sup>2</sup>:

One of the important tasks of the study was to ensure each facility had an effective response plan.

- Trained volunteers were available, were promptly notified when an event occurred and responded quickly (arrived at victim's side within 3 minutes).
- Customers, clients and visitors were provided instructions to activate response system.
- Mock cardiac arrests were used to evaluate and improve the response systems.
- Ongoing overview to assure response systems were still functioning, AEDs were properly maintained and sufficient numbers of trained volunteers were available.

It is important to understand the value emergency medical preparedness plays in having a successful PAD program. Plans can range from basic to more elaborate based on the needs of the individual facilities, but should incorporate the essential elements just described.

#### References:

- 1 Public-Access Defibrillation and Survival after Out-of-Hospital Cardiac Arrest, The Public Access Defibrillation Trial Investigators, *New England Journal of Medicine*, August 12, 2004. Volume 351, Pages 637–46.
- 2 Ornato, J.P., The Public Access Defibrillation (PAD) Trial Study design and rationale. *Resuscitation*, 2003, Volume 56, Pages 135–147.