



Training Syllabus

Early Heart Attack Care™ (EHAC®) education promotes awareness that heart attacks have beginnings. The public awareness campaign urges you to learn the early warning signs so that you can take action when someone in your presence is having a heart attack. **Early treatment saves lives!**

The American College of Cardiology, the professional home for heart care teams, works with Accredited and Certified Chest Pain Centers across the U.S. to improve the diagnosis and treatment of patients with heart attack symptoms.

The Message

There are early symptoms of a heart attack that are apparent long before an event occurs. Early detection is vital to prevent death or severe heart damage. Use EHAC education to help drastically reduce the mortality rate. Help us spread the message!

Purpose

This document is designed to help you educate your community with the elements of the EHAC education. Our goal is to reduce the heart attack death rate by increasing awareness of early signs and symptoms 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. EHAC brochure
 - b. Ordering EHAC badges

c. Form: Sharing your EHAC stories

Define Your Community

Your hospital is not the only place that you can share EHAC, you can also utilize this training outside of your facility.

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 (EMS) dispatch personnel
7. Group events (churches, book clubs, team sports)
8. Physicians' offices
9. Community colleges
10. Hospital events in the community.

As you prepare outreach programs, remember that many people outside of a hospital do not understand medical terms.

EHAC Course Information

Online Training:

The EHAC course is available online at EHAC.ACC.org. There are two versions of the course: "standard" and a "short" course. Each course takes less than ten minutes to complete. At the end of the course there is a short assessment test that the user must complete to be eligible to take the pledge and receive the EHAC certificate. Each person who 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 [Educational Materials](#) section on the [EHAC website](#). This document contains the course and the quiz information 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 EHAC Quick Training document.

1. Download the document from the EHAC.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.
3. Administer the EHAC pledge to the audience.
4. Hand out the "Heart Attacks Have Beginnings" badge to the new deputies.

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.
3. In addition, submit stories about your EHAC training. These stories are an inspiration to others.

Educational Links:

Website: EHAC.ACC.org

Most of the links are 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.

For More Information

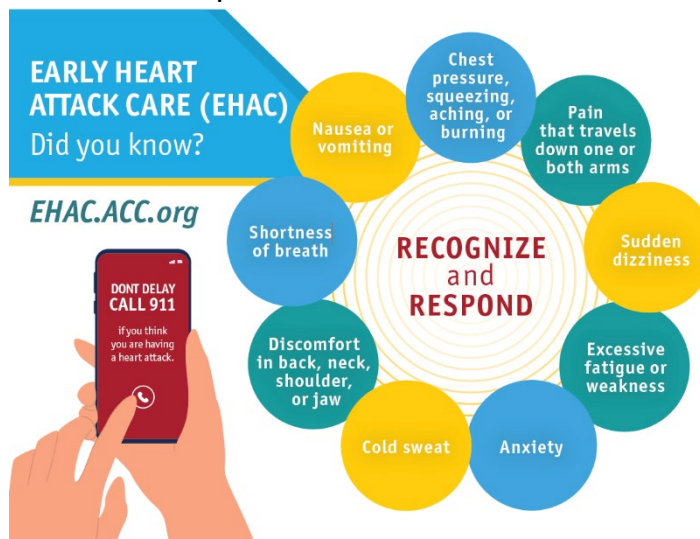
If you have questions about the EHAC education, please contact us via email: community@acc.org. We welcome your feedback!

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, more than 800,000 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 they are included in the EHAC count!