



American Heart Association - Western Maryland Chapter, Inc.

## "Massive C.P.R. Training Program"

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### FINAL PROGRESS REPORT

"MASSIVE C.P.R. TRAINING PROJECT FOR THE PUBLIC"

OCTOBER 1, 1977 - SEPTEMBER 30, 1980

ORA MAE LEWIS  
EXECUTIVE DIRECTOR  
AMERICAN HEART ASSOCIATION  
WESTERN MARYLAND CHAPTER, INC.  
DIRECTOR OF PROJECT

12/1/80



AMERICAN HEART ASSOCIATION  
WESTERN MARYLAND CHAPTER, INC.,  
(ALLEGANY AND GARRETT COUNTIES)

GRANT NUMBER: 03-H-001-185  
APPALACHIAN DEMONSTRATION HEALTH  
1977-1080 (3 YRS.)

TITLE: "MASSIVE CARDIOPULMONARY RESUSCITATION (CPR) TRAINING OF THE PUBLIC"

GRANTEE: AMERICAN HEART ASSOCIATION  
WESTERN MARYLAND CHAPTER, INC.

PROJECT DIRECTOR: MRS. ORA MAE LEWIS  
EXECUTIVE DIRECTOR

NUMBER OF YEARS: THREE (3)

TIME PERIOD COVERED: OCTOBER 1, 1977-SEPTEMBER 30, 1980

A. PROBLEM: CARDIAC ARREST IS THE MOST PREVALENT MEDICAL EMERGENCY IN ALLEGANY AND GARRETT COUNTIES, KILLING OVER 750 RESIDENTS ANNUALLY. MORE THAN 51% OF THESE DEATHS OCCUR BEFORE THE VICTIM REACHES THE HOSPITAL. THE MOST CRITICAL PERIOD FOR A CARDIAC ARREST VICTIM IS THE FIRST 4-6 MINUTES AFTER THE HEART HAS STOPPED FUNCTIONALLY BEATING. IF THE VICTIM IS NOT GIVEN CPR DURING THIS PERIOD HIS CHANCES OF SURVIVAL DECREASE TO ALMOST ZERO. THE TRAINING OF THE GENERAL PUBLIC WILL HELP CLOSE THE GAP BETWEEN ARREST AND ASSISTANCE THAT WILL BE RENDERED BY THE PARAMEDICS UPON ARRIVAL AT THE SCENE.



B. ANTICIPATED OUTCOMES PRIOR TO INITIATION OF THE PROJECT; IT IS ANTICIPATED THAT WHEN AT LEAST 20% OF THE PUBLIC IS TRAINED IN CARDIOPULMONARY RESUSCITATION (CPR) THERE WILL BE AT LEAST A 12-15% OPPORTUNITY OF SAVING THE LIVES OF THE VICTIMS WHO RECEIVE CARE IN THE FIRST 4-6 MINUTES. THESE FIGURES ARE BASED ON 20% OF THE 750 PREDICTED DEATHS DUE TO A CORONARY HEART ATTACK IN ALLEGANY AND GARRETT COUNTIES WHICH IS 150 PERSONS. OF THE 150 PERSONS, WE HOPEFULLY WOULD BE ABLE TO SAVE 12-15% OR 18 TO 22 PERSONS. MORE DETAILED DATA WILL BE AVAILABLE IN THE FUTURE AS EMERGENCY MEDICAL SERVICES BEGIN TO GATHER THIS CONFIDENTIAL INFORMATION.

C. CHANGES: NO CHANGES IN PLAN HAVE BEEN NECESSARY.

D. OUTCOME OF PROJECT AND HOW DETERMINED

GOAL #1 - ESTABLISH EIGHT CPR TRAINING STATIONS

EIGHT TRAINING STATIONS WERE ESTABLISHED

1. SACRED HEART HOSPITAL
2. MEMORIAL HOSPITAL
3. GARRETT COUNTY MEMORIAL HOSPITAL
4. FROSTBURG COMMUNITY HOSPITAL
5. NORTHERN GARRETT COUNTY RESCUE SQUAD
6. SOUTHERN GARRETT COUNTY RESCUE SQUAD
7. TRI-TOWNS RESCUE SQUAD
8. CUMBERLAND FIRE DEPARTMENT (CUMBERLAND SAFETY BUILDING)

EACH STATION WAS PRESENTED WITH EQUIPMENT AND EDUCATIONAL MATERIALS. EACH STATION WILL NOW CONTINUE THE TRAINING IN THEIR OWN INSTITUTION AND OFFER IT TO THE PUBLIC. THEY WILL MAINTAIN THEIR EQUIPMENT AND PURCHASE THEIR EDUCATIONAL MATERIALS. A TOTAL OF 15,281 PEOPLE WERE TRAINED IN C.P.R.

GOAL #2 - TRAIN 120 CPR INSTRUCTORS

WE HAVE TRAINED A CADRE OF 200 CERTIFIED INSTRUCTORS WITH 136 ACTIVE AS OF DECEMBER 1, 1980.



GOAL #3 - TO EDUCATION APPROXIMATELY 20,000 PEOPLE IN THE TWO COUNTIES IN THE EARLY WARNING SIGNS OF HEART ATTACK, PRUDENT LIVING, AND C.P.R.

OUR GOAL OF EDUCATING 20,000 WAS FAR EXCEEDED BECAUSE WE MOUNTED A VERY CONCENTRATED ATTACK THROUGH RADIO, TV, AND NEWSPAPERS. THIS PUT THE RISK FACTORS AND PRUDENT LIVING TO THE PUBLIC WHO WOULD NOT NECESSARILY TAKE THE CPR TRAINING. OUT OF THE PROJECT WE DEVELOPED A PROGRAM OF "CREATIVE CUISINE" WHERE THE PUBLIC AND RESTAURANTS WERE INVOLVED IN BRINGING THE PROPER DIET AND PRUDENT LIVING TO THE GENERAL MASSES. CLUBS, CHURCHES, AND ORGANIZATIONS WERE INVOLVED IN THE EDUCATIONAL PHASE ALONG WITH THE EXPOSURE OF THE PROGRAM THROUGH T-SHIRTS, MILK CARTONS, AND POSTERS, ETC. WE INVOLVED THE ECONOMICS DEPARTMENT OF THE LOCAL COLLEGE TO ADVISE US ON MARKETING OUR INFORMATION. THROUGH ALL THESE EFFORTS WE FEEL THAT AT LEAST 60-70% OF THE POPULATION IN ALLEGANY AND GARRETT COUNTIES IS AWARE OF THE EARLY WARNING SIGNS, THE RISK FACTORS AND HOW TO GET INTO THE EMERGENCY SYSTEM PROMPTLY. WE ALSO HAVE PROGRAMMED EXTENSIVELY IN SCHOOLS AND INDUSTRIES.

GOAL #4 - DECREASE RESPONSE TIME OF MEDICAL AID TO RURAL HEART VICTIMS,

SURVEYING OUR OUT-MOST RESCUE SQUADS AND ESPECIALLY IN GARRETT COUNTY, WE FIND THAT THE SQUADS ARE NOTING MORE CPR IS BEING INITIATED IN THE HOMES BEFORE THEIR ARRIVAL. ALSO, WITH THEIR IMPROVED COMMUNICATIONS SYSTEM AND CENTRAL ALARM, RESPONSE TIME HAS IMPROVED FOR ALL CALLS. ALLEGANY AND GARRETT COUNTIES HAVE A VERY ACTIVE EMERGENCY MEDICAL SERVICE DISTRICT WHICH IS ACTIVELY UPGRADING 1) TRAINING, 2) EDUCATION, 3) EMERGENCY EQUIPMENT, AND 4) COMMUNICATIONS SYSTEMS. WITH THE COMPLETION OF THIS PROJECT, THE LAST LINK IN THE CHAIN OF EMERGENCY CARE WAS PUT IN PLACE. THE PUBLIC IS AWARE, CPR CAN BE INITIATED, CRT'S ARE TRAINED, PHYSICIANS ARE TRAINED, AND EMERGENCY ROOMS ARE EQUIPPED. THEY ALL MEET THE STANDARDS OF THE AMERICAN HEART ASSOCIATION.



ACCORDING TO EMS STATISTICS, ALLEGANY COUNTY RESPONSE TIME IS 6 MINUTES. THE LARGEST CITY (CUMBERLAND) IN ALLEGANY COUNTY IS 3 MINUTES. IN GARRETT COUNTY, EMS ESTABLISHED THE RURAL RESPONSE TIME OF 20 MINUTES AND RECORDS SHOW IT NOW TO BE 14 MINUTES.

- E. FACTORS THAT INFLUENCED THESE OUTCOMES: THE MAIN FACTOR INFLUENCING THE OUTCOME OF THE PROJECT WAS THE COOPERATION OF ALL COMMUNITY ORGANIZATION, I.E. RED CROSS, MEDIA, MEDICAL SOCIETY, HOSPITALS, EDUCATORS, SAFETY SOCIETIES, UNIONS, CIVIC GROUPS, AND THE GENERAL PUBLIC. THE SECOND FACTOR WAS THE VOLUNTEER STRUCTURE OF THE HEART ASSOCIATION. ALL INSTRUCTORS WERE VOLUNTEERS. THE SUPERVISING BODY FROM THE HEART ASSOCIATION WAS COMPRISED OF VOLUNTEERS.
- F. DESCRIPTION OF EFFECTS OF THE PROJECT ON THE PROGRAM: THE PROJECT GAVE THE IMPETUS FOR TRAINING THE MASSES. THE HEART ASSOCIATION AND OTHER HEALTH CARE GROUPS WHO WERE OFFERING CPR TRAINING WERE DOING SO ON A VOLUNTEER BASIS AND WERE LIMITED TO NUMBERS REACHED. THE PROJECT OPENED THE DOOR TO INTENSE TRAINING EFFORT AND CLOSED THE GAP BETWEEN INITIAL ONSET AND PROFESSIONAL CARE.
- G. BRIEF SUMMARY OF WHAT THIS PROJECT HAS MEANT TO THE PROGRAM OBJECTIVE AND SUBJECTIVE: THE PROJECT HAS MADE POSSIBLE A CONCERTED EFFORT IN TRAINING THE PUBLIC IN CPR BY
1. PROVIDING A PROFESSIONAL COORDINATOR
  2. PROVIDING NECESSARY TRAINING EQUIPMENT
  3. PROVIDING ADEQUATE EDUCATIONAL MATERIALS FOR EDUCATING THE PUBLIC OF RISK FACTORS, EARLY WARNING SIGNS AND HOW TO GET INTO THE EMERGENCY SYSTEM.

WITHOUT THE ABOVE, CPR TRAINING IN THE MASSES COULD NOT HAVE TAKEN PLACE. THREE YEARS AGO THE LETTERS "CPR" WOULD NOT HAVE BEEN IDENTIFIED. DUE TO OUR INTENSE EFFORT WITH THE PUBLIC AND THE MEDIA, THE LETTERS ARE VERY READILY RECOGNIZED TODAY. SCHOOL SYSTEMS AND INDUSTRIES HAVE BECOME INVOLVED IN THEIR TRAINING DUE TO OUR CATALYTIC EFFORT.



NOTE: THERE IS CLEAR DOCUMENTATION, BOTH IN THIS COUNTRY AND ABROAD, THAT THE TIMELY APPLICATION OF CPR HAS RESULTED IN THE SURVIVAL OF LARGE NUMBERS OF VICTIMS OF OUT-OF-HOSPITAL CARDIAC ARREST. COBB AND HIS GROUP IN SEATTLE WERE AMONG THE PIONEERS OF LAY TRAINING IN CPR AND HAVE SHOWED INCREASING SUCCESS COULD BE ACHIEVED AS THE NUMBER OF LAY RESCUERS CAPABLE OF PERFORMING CPR INCREASED. LUND AND SKULBERG RECENTLY REPORTED THAT CPR INITIATED BY LAY RESCUERS OUTSIDE THE HOSPITAL WAS SUCCESSFUL IN 27 OF 75 ATTEMPTS, A SUCCESS RATE OF 36%\*. THE SAME STUDY OBSERVED THAT CPR INITIATED BY THE AMBULANCE TEAM IN 556 CASES WAS SUCCESSFUL IN ONLY 44, OR 8%. THIS DRAMATIC DIFFERENCE IN SURVIVAL WAS ATTRIBUTED TO THE FACT THAT CPR BY LAY RESCUERS WAS INITIATED EARLIER. IN PATIENTS RECEIVING CPR WITHIN ONE MINUTE, THE SUCCESS RATE, DEFINED AS DISCHARGE FROM THE HOSPITAL, WAS 61%, WHILE THE SUCCESS RATE IN PATIENTS FOR WHOM CPR WAS DELAYED MORE THAN ONE MINUTE WAS 17%. IN VIEW OF THE CRITICAL IMPORTANCE OF A DELAY OF A SINGLE MINUTE, LAY CPR NEEDS TO BE ENCOURAGED IF THE MAXIMUM IMPACT ON OUT-OF-HOSPITAL CARDIOVASCULAR DEATH IS TO BE ACHIEVED.

\*I. LUND AND A. SKULBERG, "CARDIOPULMONARY RESUSCITATION BY LAY PEOPLE", LANCET, VOL 2, PP. 702-04, 1976.

H. PLANS FOR CONTINUING ACTIVITIES TO THE PROJECT: THE TRAINING OF ALL LEVELS OF CPR WILL BE CONDUCTED AT THE EIGHT ESTABLISHED TRAINING CENTERS. THE EQUIPMENT WAS PLACED AT THESE CENTERS ON PERMANENT LOAN WITH THE HEART ASSOCIATION HAVING THE RIGHT TO WITHDRAW THE EQUIPMENT SHOULD THE TRAINING STATION NOT MAINTAIN AMERICAN HEART ASSOCIATION STANDARDS.

WE ALSO ESTABLISHED CPR TRAINING COURSES AT OUR TWO JUNIOR COLLEGES IN ALLEGANY AND GARRETT COUNTIES. WE PLACED, ON PERMANENT LOAN, ENOUGH EQUIPMENT AND TRAINING SUPPLIES TO GET THE COURSE STARTED, AFTER WHICH TIME THE COLLEGES WILL PURCHASE AND MAINTAIN THEIR EQUIPMENT AND EDUCATIONAL MATERIALS.



FOR CONTROL IN THE TRAINING STATIONS AND COLLEGES, THE AMERICAN HEART ASSOCIATION WILL CONTINUE THE TRAINING OF PHYSICIANS (IN ADVANCED LIFE SUPPORT), OF THE INSTRUCTOR-TRAINERS, AND OF THE INSTRUCTORS. THE TRAINING STATIONS WILL USE ONLY CERTIFIED HEART ASSOCIATION INSTRUCTORS. TO MAINTAIN QUALITY CONTROL AMONG THE INSTRUCTORS, THE HEART ASSOCIATION WILL CONDUCT AN ANNUAL INSTRUCTORS WORKSHOP FOR INSTRUCTORS WHICH WILL KEEP THEM UPDATED ON NEW MATERIALS AND RECERTIFY THEM.



## REPORT BY PROJECT COORDINATOR

ROBERT H. LONGENECKER

IN 1977 THE AMERICAN HEART ASSOCIATION-WESTERN MARYLAND CHAPTER, IN COOPERATION WITH THE APPALACHIAN REGIONAL COMMISSION, INITIATED A "MASSIVE CARDIOPULMONARY RESUSCITATION TRAINING PROGRAM FOR THE PUBLIC". THE GOAL OF THE PROGRAM WAS "TO CARRY OUT A CONTROLLED AND ORGANIZED PROGRAM OF CARDIOPULMONARY RESUSCITATION WITHIN ALLEGANY AND GARRETT COUNTIES SO THAT MORTALITY FROM CARDIAC ARREST AND SEVERE CARDIAC ARRHYTHMIAS MAY BE REDUCED".

THE NEED FOR THIS TRAINING PROGRAM WAS EVIDENT BECAUSE CARDIAC ARREST IS THE MOST PREVALENT MEDICAL EMERGENCY IN ALLEGANY AND GARRETT COUNTIES, KILLING OVER 750 RESIDENTS ANNUALLY. MORE THAN 51% OF THESE DEATHS OCCUR BEFORE THE VICTIM REACHES THE HOSPITAL. THE MOST CRITICAL PERIOD FOR A VICTIM OF CARDIAC ARREST IS THE FIRST 4-6 MINUTES AFTER THE HEART HAS STOPPED FUNCTIONAL BEATING AND IF A VICTIM IS NOT GIVEN CPR DURING THIS PERIOD, HIS CHANCES FOR SURVIVAL DECREASE TO ALMOST ZERO. BECAUSE OF THESE FACTS IT WAS CLEAR THAT A CPR TRAINING PROGRAM WAS NECESSARY IN ALLEGANY AND GARRETT COUNTIES.

IN ORDER TO MEET THE GOAL OF REDUCING MORTALITY FROM CARDIAC ARREST, THE FOLLOWING OBJECTIVES WERE ESTABLISHED:

1. ESTABLISH EIGHT CPR TRAINING STATIONS IN THE TWO-COUNTY AREA WHERE CLASSES WILL BE HELD AND EQUIPMENT WILL BE STORED.
2. TRAIN 120 CPR INSTRUCTORS TO MAN THE TRAINING CENTERS AND COORDINATE THE RECRUITMENT OF STUDENTS.
3. EDUCATION APPROXIMATELY 20,000 PEOPLE IN THE TWO COUNTIES IN THE EARLY WARNING SIGNS OF HEART ATTACK, PRUDENT HEART LIVING AND THE TECHNIQUES OF CPR.

MANY METHODS WERE EMPLOYED TO ATTAIN THE THREE OBJECTIVES ABOVE. WITH THE SUPERVISION OF THE EMERGENCY CARDIAC CARE COMMITTEE OF THE HEART ASSOCIATION AND THE COOPERATION OF AREA HOSPITALS AND HEALTH AGENCIES, EIGHT TRAINING STATIONS WERE ESTABLISHED THROUGH THE TWO COUNTIES. FOUR OF THESE TRAINING STATIONS WERE ESTABLISHED IN RESCUE



SQUADS.

EACH TRAINING STATION WAS EQUIPPED WITH TWO RESUSCI-ANNES, ONE RESUSCI-BABY, AND ONE COPY OF THE FILM "NEW PULSE OF LIFE". IN ADDITION, EACH TRAINING STATION RECEIVED TEACHING AIDS AND MATERIALS NECESSARY TO CONDUCT A CPR CLASS.

THE COORDINATION OF THE ACTIVITY OF THE CENTERS WAS PROVIDED BY THE PROJECT C-ORDINATOR AND THE EMERGENCY CARDIAC CARE COMMITTEE OF THE HEART ASSOCIATION.

THE EFFORT TO TRAIN 120 CPR INSTRUCTORS WAS ALSO CARRIED OUT UNDER THE SUPERVISION OF THE EMERGENCY CARDIAC CARE COMMITTEE.

DURING THE THREE-YEAR TERM OF FUNDING FOR THE PROJECT, OVER 200 INDIVIDUALS WERE TRAINED AS CPR INSTRUCTORS -- WELL ABOVE THE ESTABLISHED GOAL OF 120.

THE VOLUNTEER INSTRUCTORS HAVE CONTRIBUTED MUCH IN TIME AND EFFORT AND THE SUCCESS OF THE PROJECT IS LARGELY DUE TO THEIR EFFORTS. THE AMERICAN HEART ASSOCIATION-WESTERN MARYLAND CHAPTER WILL CONTINUE TO TRAIN ADDITIONAL INSTRUCTORS AS THE NEED ARISES.

THE GOAL OF EDUCATING 20,000 PERSONS IN PRUDENT HEART LIVING SIGNALS OF A HEART ATTACK AND THE TECHNIQUE OF ONE MAN CPR WAS ALMOST REACHED WITHIN THE ALLOTTED TIME FRAME, APPROXIMATELY 15,281 PERSONS HAVE BEEN TRAINED IN CPR. WITH THE FRAMEWORK FOR CONTINUED TRAINING OPERATING IN THE TWO COUNTIES, IT IS EXPECTED THAT THE GOAL ITSELF WILL BE REACHED IN THE NOT TOO DISTANT FUTURE.

IN THE COURSE OF WORKING TOWARD THE GOAL OF TRAINING 20,000 PERSONS, MANY METHODS WERE USED TO LET COUNTY RESIDENTS KNOW ABOUT THE AVAILABILITY OF CPR TRAINING AND TO MOTIVATE THEM TO PARTICIPATE IN A CPR CLASS.

ALL OF THE MAJOR MEDIA (RADIO, TELEVISION, NEWSPAPERS) WERE EMPLOYED, CLASSES WERE PUBLICIZED, AWARDS PRESENTED, AND ANNOUNCEMENTS REGARDING THE COMPLETION OF TRAINING BY SPECIFIC GROUPS WERE MADE. IN ADDITION, MASSIVE MAIL-OUT CAMPAIGNS WERE CONDUCTED TO CHURCHES, CLUBS, AND ORGANIZATIONS OFFERING CPR TRAINING. STAFF



MEMBERS AND VOLUNTEERS ALSO SPOKE AT CLUBS, CHURCHES, AND ORGANIZATIONS PUBLICIZING THE NEED FOR AND AVAILABILITY OF CPR TRAINING. BUMPER STICKERS, T-SHIRTS, MILK CARTONS, AND POSTERS WERE EMPLOYED TO GET THE MESSAGE ACROSS THAT CPR TRAINING WAS VERY IMPORTANT AND READILY AVAILABLE IN ALLEGANY AND GARRETT COUNTIES.

MANY SIGNIFICANT LARGE GROUPS OF PEOPLE WERE TRAINED. THE PRINCIPALS AND SUPERVISORS OF THE LOCAL BOARD OF EDUCATION WERE TRAINED IN CPR. EACH COUNTY'S BUS DRIVERS WERE TRAINED. IN THE HIGH SCHOOLS, LARGE NUMBERS OF UPPER CLASSMEN RECEIVED CPR TRAINING EACH YEAR. THE TEACHERS' AIDES FOR THE LOWER CLASSES ALSO RECEIVED TRAINING.

THERE HAS BEEN MUCH TRAINING IN INDUSTRY AND GOVERNMENT. PRESENTLY, A PROGRAM IS UNDERWAY TO TRAIN 600 EMPLOYEES OF THE CELANESE CORPORATION. TRAINING HAS BEEN ACCOMPLISHED AT THE KELLY-SPRINGFIELD TIRE COMPANY THROUGH THE EFFORTS OF THE SAFETY TEAM AND AT THE WESTVACO CORPORATION THROUGH CPR INSTRUCTORS EMPLOYED BY THE PLANT.

THE NUMBER OF CHURCHES, CLUBS, AND ORGANIZATIONS WHICH HAVE TAKEN CPR TRAINING AS A GROUP ARE TOO NUMEROUS TO LIST INDIVIDUALLY.

AS THE PROGRAM DEVELOPED, THE AMERICAN HEART ASSOCIATION-WESTERN MARYLAND CHAPTER BEGAN TO PLAN FOR THE CONTINUATION OF THE PROGRAM AFTER ITS OFFICIAL ENDING IN SEPTEMBER, 1980. THIS HAS BEEN ACCOMPLISHED WITH GREAT SUCCESS.

EACH OF THE TRAINING STATIONS WILL CONTINUE TO OPERATE AS THEY HAVE DURING THE COURSE OF THE PROJECT. THE TRAINING STATIONS WILL CONTINUE TO MAKE THEIR FACILITIES AND RESOURCES AVAILABLE FOR THE TRAINING OF THE LAY PUBLIC IN CPR. THEY WILL ALSO CONTINUE TO USE THE STATIONS TO TRAIN THEIR OWN PERSONNEL.

IN ADDITION TO THE TRAINING STATIONS, ALLEGANY COMMUNITY COLLEGE AND GARRETT COMMUNITY COLLEGE HAVE BEGUN TO OFFER CPR TRAINING TO THE PUBLIC THROUGH THEIR CONTINUING EDUCATION PROGRAMS. THIS WILL MAKE THE PROGRAM AVAILABLE TO THE PUBLIC IN A NEW AND EXCITING WAY.



THE AVAILABILITY OF THE CLASSES WILL BE PUBLICIZED THROUGH THE COLLEGES' OWN PUBLICITY AND INTERESTED PERSONS WILL SIGN UP FOR THE CLASSES JUST AS THEY WOULD ANY OTHER ADULT EDUCATION PROGRAM. THE CLASSES WILL BE CONDUCTED AT THE COLLEGES WHERE INSTRUCTORS WILL BE ABLE TO USE THE FACILITIES AND RESOURCES OF THE COLLEGE. THE MANIKINS AND TRAINING MATERIALS BEING USED BY THE COLLEGES WAS PROVIDED ON A PERMANENT LOAN BASIS FROM THE AMERICAN HEART ASSOCIATION-WESTERN MARYLAND CHAPTER.

THE "MASSIVE CARDIOPULMONARY RESUSCITATION TRAINING PROGRAM FOR THE PUBLIC" HAS BEEN SUCCESSFUL. MANY RESIDENTS OF ALLEGANY AND GARRETT COUNTIES ARE AWARE OF THE SIGNALS OF A HEART ATTACK, PRUDENT LIVING, AND THE TECHNIQUES OF CPR. WITH THIS AWARENESS, LIVES HAVE BEEN AND ARE BEING SAVED!