

## HOW MANY AEDs DO I NEED?

One of the most commonly asked questions early in the AED Program implementation process is....how many AEDs do I need?

Keeping in mind that the ideal single most important factor in saving a cardiac arrest victim is to deliver the first shock, when indicated, to the patient in under 4 minutes from the time they collapse, then the answer to the above question is: as many as you need, placed strategically, in order to reach that ideal 4 minute window. Anything under 4 minutes is even better!

In order to get as close as possible to this ideal for your property, when assessing your needs, ask yourself the following questions:

1. Where on my property do groups of people regularly congregate or flow? Students, employees, community citizens, delivery personnel/construction workers/city personnel, members, etc. These are the areas most likely to have a cardiac arrest witnessed by those who are trained to help. Consider:
  - a. Sporting events and performance arenas
  - b. Food service and dining areas
  - c. Outer grounds
  - d. Workout/fitness areas
  - e. Busy office areas
  - f. Delivery docks/construction areas
  - g. Recreation areas
2. Where are any difficult to access areas located?
3. Remembering the 4 minute goal, how can I best get from where I might be when notified of the emergency, to the AED and then to the patient within the 4 minute goal?
4. Do I need any "mobile" AEDs for extra coverage of certain events for which we might rent or provide our property?
  - a. Holiday festivities or programs
  - b. Citizen Olympic events
  - c. Regularly scheduled meetings, community meetings, community or member events
  - d. Carnivals or parties
  - For an example, one of the Community College campuses appears to be best served by a minimum of 8 and an ideal of 10 AEDs distributed throughout the campus, 7 fixed and 3 mobile. As long as everyone trained is aware of where the AEDs are so they can be claimed immediately when needed this should be sufficient to meet the 4-minute goal. If not, the AEDs can be relocated and/or number increased once better locations are identified.
  - It might be helpful to run a few "cup tests." This was developed for the Las Vegas Hotel/Casino Project and is performed as follows: Take any items (they used paper cups, hence the name) and place them anywhere on the property you like. Have someone call a mock cardiac emergency at any location on the property. See how long it takes you to go from where you are, retrieve the cup closest to you and take it to the "patient's" side ready to be used. Adjust placement and number of cups as desired to reach your goal for full coverage.
  - Feel free to contact Lani Clark for additional assistance – [lanic@arizona.edu](mailto:lanic@arizona.edu)