INTRODUCTION

• Out of hospital sudden cardiac arrest (SCA) has 90% mortality

• SCA survival decreases by 7-10% for every one minute without defibrillation

• Automated external defibrillator (AED) and CPR training rate is low and varies widely across communities

• Project ADAM aims to assist schools in establishing an emergency action plan for SCA

• Project ADAM Heart Safe School (HSS) designation recognizes SCA preparedness, including:
  • AED availability
  • Written SCA plan
  • Trained SCA response team
  • Annual cardiac emergency drill

• Schools seeking HSS designation may benefit from a health care professional assisting in the process

AIMS

• To assess feasibility of medical students assisting schools in their efforts to achieve HSS designation

• Assess the effectiveness of training by gauging the readiness of the school to handle a cardiac emergency

METHODS

• A school district interested in HSS designation contacted Project Adam

• A needs assessment was performed to individualize training, and a pre-survey assessed district’s comfort with their current SCA action plan in 2 schools (Appendix 1 and 2)

• Regular training with medical students and district nurse occurred to address gaps and assist in HSS designation

• Post training survey assessed efficacy of training

RESULTS

• The school district had AEDs in place

• Many staff members are trained/certified in CPR

• Identification of emergency response team and annual drills limiting HSS designation

• Scheduled cardiac emergency drill delayed until next academic year due to inclement weather and resultant ‘snow days’

• Medical student training and assistance improved team confidence and knowledge of SCA preparedness

CONCLUSIONS

• School districts have varying levels of needs to accomplish HSS designation

• HSS designation is limited by infrastructure and resources within district/school

• Needs vary between districts/schools, emphasizing an individualized approach to achieving HSS

• Training with medical students improved district nurse confidence and knowledge on SCA

• Medical student and health professionals assisting districts is a feasible way for schools to accomplish HSS designation

• Future studies will include refining the training experience to optimize achievement of HSS

REFERENCES

• https://www.projectadam.com/SuddenCardiacArrest/Definition
