

Medical Student Partnership with Project ADAM and Feasibility of Heart Safe School Designation

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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

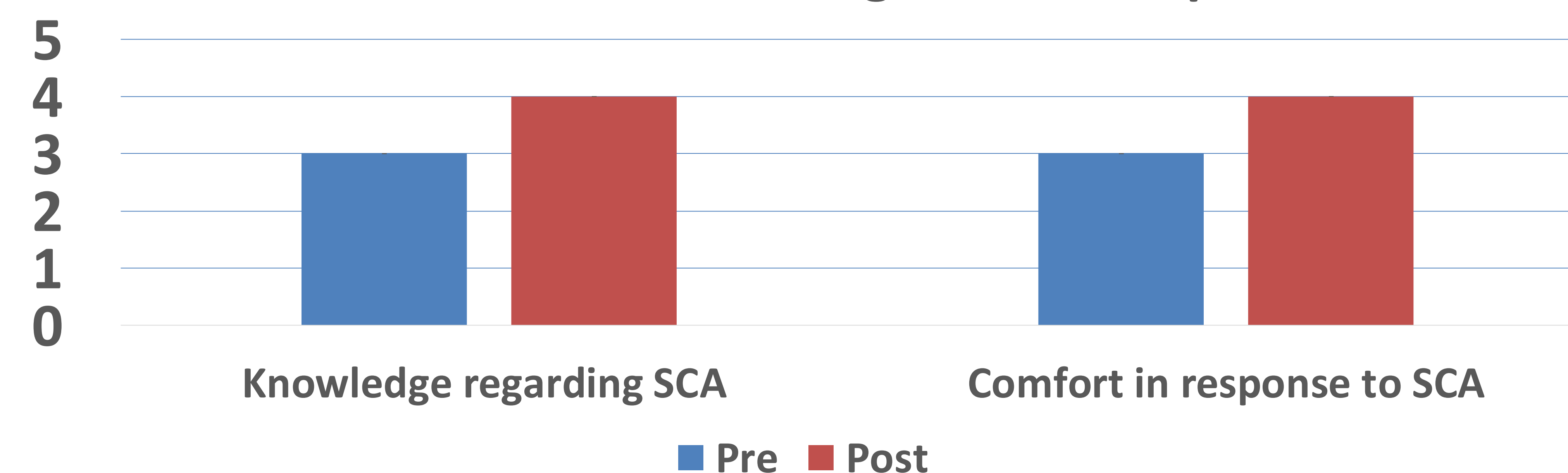
METHODS

- 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

Effects of Heart Safe Training on 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

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