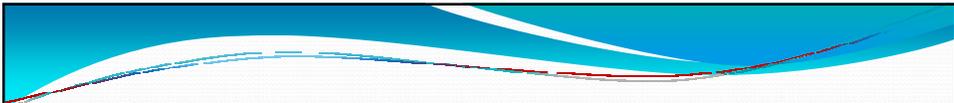


# PROJECT ADAM TEXAS

Automated Defibrillators in Adam's Memory



**Sudden Cardiac Arrest in  
Children and Adolescents  
Education for the School Community**



# Sudden Cardiac Arrest



**It can happen Anywhere, Anytime**

In 1979, only 8% of sudden cardiac arrest victims survived. Three decades later, that survival rate has not changed. Only 2 of every 25 Americans who suffer from SCA survive.



*Circulation 2010; 121:e46*

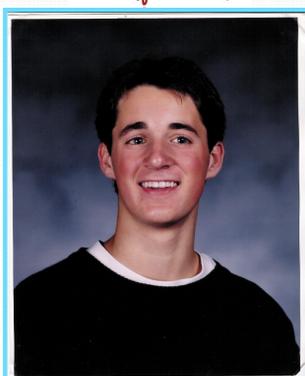
## SUDDEN CARDIAC ARREST ACCOUNTS FOR APPROXIMATELY 2,000 CHILDHOOD DEATHS ANNUALLY.

ACCORDING TO CENTERS FOR DISEASE CONTROL AND PREVENTION

Zachary  16



Adam  17



Madison  5



Sarah  12

The children affected usually have no underlying cardiac conditions or symptoms that can be recognized in a normal pediatric physical.

*American Heart Association  
2003*

In Texas Schools Since 2006 . . .



There Have Been **61** Students Suffer  
**Sudden Cardiac Death.**

How can we prevent Sudden Cardiac Arrest  
and death in children and adolescents?



Kaitlin  16



Julia  5



Jessica  17

## AN IMPORTANT REMINDER



What we do in order to try  
and prevent

Sudden Cardiac Death  
should be aimed toward

**ALL CHILDREN AND  
ADOLESCENTS**

**Not Only Athletes**

### **Recognition: Your antenna has to be "UP"!**

- Sudden Unresponsiveness Means SCA until proven otherwise.
- Average EMS time is 8 – 15 minutes
- The brain can only wait 3 – 5 minutes

## If you see the victim:

1. Unresponsive
2. "seizure-like" activity
3. Not breathing normally or just gasping

## You need to act by:

1. Send someone to Call 911 & retrieve AED
2. Begin Hands Only CPR
3. **PUSH HARD, PUSH FAST**, in the middle of the chest



## Emergencies:

- Drills are the best indicator that an emergency situation will go smoothly and successfully.
- Drills are held to familiarize occupants with procedures and to make the response a matter of established routine.



Approximately 6,000 people per year in the U.S. die in fires.



**In contrast, Sudden Cardiac Arrest strikes 350,000 per year in the U.S. representing a public health threat almost 60 times the magnitude of fires.**

**6,000 SCA victims die approximately every 6 days.**

## **What can your community do to improve cardiac arrest survival?**

**Everyone should be able to:**

- **Immediately recognize SCA**
- **Call 911**
- **Start Chest Compressions**
- **How to find and use an AED**



Coach Seale Saved with AED-Watauga TX  
April 2011

- A **core group** of first responders needs the complete CPR/AED training: administrators, PE and coaching staff, teachers, others.
- The **whole staff** needs the "awareness" module: what a sudden cardiac event "looks like", warning signs, importance of a rapid response, basic AED information, how they can help in the emergency response.

## **Awareness Education for the Whole Staff is the Key: Everyone is Part of the Team**

## Do you have AED Signs?



**Savannah  
Saved in Keller ISD  
March 2010**

## Awareness, planning and education will save lives.

### Ask yourself...

- ♥ Is the AED always visible and accessible?
- ♥ Does your school have an emergency action plan?
- ♥ Do you communicate this plan with staff, parents and students?

## Do your staff members know...

- ♥ What to do if a student or *anyone* collapses?
- ♥ What a sudden cardiac event looks like?
- ♥ Where the AED is and what it's for?
- ♥ How to do Hands Only CPR?
- ♥ The venue's address?



## What Project ADAM Can Do For You



- ♥ Free consultation for you and your school
- ♥ Free training of staff and students in awareness of sudden cardiac death and cardiopulmonary resuscitation (CPR)
- ♥ Project ADAM forms, DVD
- ♥ Review Emergency Action Plans
- ♥ Help you with funding ideas and training plans
- ♥ Recognize your school's plan with a certificate and letter to superintendent
- ♥ Share good ideas among schools
- ♥ Help you set up an AED practice drill
- ♥ Replace electrodes if AED is used in an emergency (*Recognized Heart-Safe schools only*)
- ♥ Ultimate outcome for you: Confidence that your school is prepared to prevent this tragedy

# THANK YOU



**You Cannot Fail unless you fail to act!**