**School Cardiac Emergency Preparedness &**

**Project ADAM Heart Safe School Designation**

**Background for School Administrators**

Sudden Cardiac Arrest (SCA) – A Public Health Issue

* More than 350,000 out-of-hospital Sudden Cardiac Arrests (SCA) occur in the United States each year and approximately 10 percent survive[[1]](#endnote-1).
* Studies show that prompt bystander Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillator (AED) use could double or even triple survival rates[[2]](#endnote-2).
* In a study of more than 2,000 schools over a two year time frame, the SCA survival rate in schools with AED programs increased to 71 percent[[3]](#endnote-3).
* On any given day, as much as 20 percent of the entire United States population is in a school[[4]](#endnote-4).

Background on Project ADAMs Work

* Project ADAM began in 1999 after the death of Adam Lemel, a 17-year-old Whitefish Bay, WI, high school student who collapsed and died while playing basketball.
* Adam suffered a Sudden Cardiac Arrest (SCA) in which ventricular fibrillation occurred, a condition in which the ventricles cannot pump blood into the body. Defibrillation, or an AED, could have saved his life.
* Since 1999, Project ADAM has advocated for AED placement in schools and communities. The Heart Safe School program ensures equipment is maintained and there is a team of trained staff ready to respond to emergencies in schools across the country.

Evidence-Based Practice in School Cardiac Emergency Preparedness

* Over the past 20 years, school and community CPR/AED programs have become more commonplace, yet we continue to hear stories of tragic lives lost to SCA that could have been prevented.
* In 2016, like-minded national organizations including AHA and Project ADAM teamed up to develop a [Cardiac Emergency Preparedness in schools policy statement](https://www.projectadam.com/ProjectADAM/CERPPolicyStatement_20162.pdf).

Justifying Staff Time for CPR/AED Training and Drilling

* Project ADAM recommends a designated emergency response team comprised of at least 10% of school staff trained in CPR/AED in the event there is a sudden collapse or medical emergency.
* An AED drill can be conducted in less time than a fire drill. Plan for 5-10 minutes, including a debrief with the team afterword.
* Some schools choose to conduct medical emergency drills which cover a multitude of possible medical emergencies that could occur, not solely cardiac. We recommend the AED is brought to the scene each time.

Project ADAM Heart Safe School Designation

* All Project ADAM educational material and Heart Safe School checklist program criteria reflect recommendations outlined in the [Cardiac Emergency Response Planning for Schools: A Policy Statement](https://www.projectadam.com/ProjectADAM/CERPPolicyStatement_20162.pdf).
* Since 1999, over 4,000 schools across the country have achieved this designation with hundreds more in progress.
* Project ADAM’s Heart Safe School program ensures our schools have well maintained AED equipment, CPR/AED trained staff and a practiced plan to respond to a sudden collapse on campus, giving our students, staff and visitors the best possible chance to survive a SCA.

**Stories of lives saved**

[*Student's life saved at Franklin High School - Franklin, WI*](https://www.tmj4.com/news/local-news/every-single-person-played-a-role-franklin-students-staff-save-student-after-medical-emergency)

[*Athlete revived at school – Nashville, TN*](https://news.vumc.org/2020/09/09/aed-training-plays-key-role-in-reviving-young-athlete/)

**For More Information:**

[*www.projectadam.com*](http://www.projectadam.com)

[*www.facebook.com/supportprojectadam*](http://www.facebook.com/supportprojectadam)

*https://www.instagram.com/supportprojectadam/*

1. Source: [American Heart Association Heart and Stroke Statistics - 2019 Update](https://www.sca-aware.org/sca-news/latest-aha-statistics-on-cardiac-arrest-survival-reveal-little-progress) [↑](#endnote-ref-1)
2. Source: [NIH article: Recent advances and controversies in adult cardiopulmonary resuscitation](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2600120/#:~:text=When%20bystander%20CPR%20is%20provided,many%20different%20intervals%20to%20defibrillation.) [↑](#endnote-ref-2)
3. Source: [A 2-year prospective study from the National Registry for AED Use in Sports](https://www.researchgate.net/publication/257756666_Outcomes_from_sudden_cardiac_arrest_in_US_high_schools_a_2-year_prospective_study_from_the_National_Registry_for_AED_Use_in_Sports) [↑](#endnote-ref-3)
4. Source: [A Statement for Healthcare Providers, Policymakers, School Administrators and Community Leaders](https://pediatrics.aappublications.org/content/113/1/155) [↑](#endnote-ref-4)