

Misconceptions About Drills

MISCONCEPTION	FACT
Running another type of drill is too much work and we don't know what to do.	<p>Project ADAM has a 'how to' document and a checklist to plan, execute and assess your drill.</p> <p>Your Project ADAM Program Coordinator is a local expert resource to guide you through the process.</p> <ul style="list-style-type: none">› How to Conduct a Drill› Drill Checklist› Drill Video
A drill involves the whole school and will disrupt student learning.	<p>A cardiac emergency response drill only involves your cardiac emergency response team. Drills can be conducted at the beginning or end of a school day to minimize interruptions.</p> <p>Consider holding a drill on a teacher planning day when no students are on-site to test your plan.</p> <p>A drill can provide an opportunity for students to learn more about sudden cardiac arrest (SCA) and what to do.</p>
A drill takes too much time.	<p>It can take as little as five minutes to run a drill. The goal is for an AED to be retrieved and applied within 3 minutes of a SCA.</p>
We don't want to run a drill as it could scare our students and staff.	<p>Your community will be reassured that your school is improving your safety plan with the ultimate goal to keep students, staff and visitors safe.</p> <p>Some schools choose to involve their students with their drills for learning experiences, and in many US schools, students are required to be trained in CPR and use of an AED prior to high school graduation.</p> <p>Consider a social media post or email that you can share with your school community ahead of a drill to ease any concerns.</p> <ul style="list-style-type: none">› Sample Letter to Parents <p>Students do not need to be present for drills, however, keep in mind that real emergencies are unpredictable and can happen at any time.</p>

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Emergency Medical Services (EMS) is required to attend drills.	<p>It is not required to involve EMS in drills, however involving them is a great way to build a strong relationship.</p> <p>Your local EMS can provide feedback and a unique perspective to improve your response, be a resource for CPR/AED training and offer support with choosing and placing AED(s).</p>
EMS is right across the street from our school, so we don't need to practice our response.	<p>SCA needs immediate response and a plan. In Adam's story, EMS was right across the street from his school when he collapsed but sadly, he still passed away.</p> <p>What if EMS is on another call, volunteer run or on the other side of town and cannot respond right away?</p> <p>According to the National EMS Information System, it takes an average of six minutes (urban/suburban areas) and 13 minutes (rural areas) for first responders to arrive.¹ Every minute delayed in treating a SCA victim decreases survival by 10%.²</p>
Having a plan and a team is enough. There is no need to practice.	<p>Practice drills are a time to assess your plan, identify areas for improvement and gain new insights.</p> <p>Drills can increase your team's confidence, help them practice various roles and get hands on experience in a no-risk situation. This creates muscle memory to quickly react when adrenaline kicks in.</p>
We need specific training equipment to run a drill and it will be expensive.	<p>To run a drill, you need a CPR manikin and an AED training unit.</p> <p>If your school or district does not have this equipment, reach out to your local EMS, health department, hospital, AED company or Project ADAM Program Coordinator. They may have equipment that you can borrow for your drill.</p> <p>Project ADAM will assist in any way we can to help your drill be successful.</p>

References and Resources

¹ Mell et al, 2017, Emergency Medical Service Response Times in Rural, Suburban and Urban Areas. JAMA Surgery, 152(10)

² <https://www.sciencedaily.com/releases/2018/02/180226085812.htm>

Project ADAM Heart Safe School program templates: www.projectadam.com/heartsafeschools

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