



Paris Hotel and Casino ❖ Las Vegas, Nevada

National Overview of CPR/ AED Components for K-12

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Presenter Disclosure Information

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National Overview of CPR/AED Components for K-12

FINANCIAL DISCLOSURE:

- No relevant financial relationships exist.

UNLABELED/UNAPPROVED USES DISCLOSURE:

- There are no unlabeled or unapproved uses discussed in this presentation.

CDC 2000



- 10 states require elementary schools to teach CPR
- 16 states require middle/junior schools to teach CPR
- 20 states require senior high schools to teach CPR

CDC 2006



State-Level School Health Policies and Practices

A State-by-State Summary from the
School Health Policies and Programs Study 2006



- 27 states require districts or schools to provide CPR when needed
- 23 states provide funding for staff development in CPR
- ***States requiring student instruction in CPR not reported***

CDC 2012



***Conspicuously absent:
CPR-AED instruction***

15 Key Educational Topics

1. Alcohol/drug use prevention
2. Asthma
3. Emotional and mental health
4. Foodborne illness prevention
5. HIV prevention
6. Human sexuality
7. Infectious disease prevention
8. Injury prevention and safety
9. Nutrition and dietary behavior
10. STD prevention
11. Physical activity and fitness
12. Pregnancy prevention
13. Suicide prevention
14. Tobacco-use prevention
15. Violence prevention

AHA: 15 States Require CPR Education in Schools

- | | |
|-----------------------|--------------------------|
| 1. Alabama | 9. North Carolina (2013) |
| 2. Arkansas (2014) | 10. Rhode Island (2013) |
| 3. Georgia (2013) | 11. Tennessee (2012) |
| 4. Idaho | 12. Texas (2014) |
| 5. Iowa | 13. Virginia (2016) |
| 6. Maryland (2014) | 14. Vermont (2012) |
| 7. Minnesota (2014) | 15. Washington (2013) |
| 8. Mississippi (2014) | |

Note: Utah provides funding for CPR education in schools

AHA Model Legislation

- Would require all public, charter and private schools with grades 7-12 to:
 - Make CPR/AED instruction a requirement for graduation from high school
 - Provide CPR instruction and awareness about AED use
 - Use nationally recognized curriculum based on current AHA/ECC guidelines
 - Include psychomotor skills training

AHA Model Legislation

- Would not require licensed teachers to be authorized CPR/AED instructors
- If course completion cards are offered, instruction must be provided by authorized CPR/AED instructors
- State Boards of Education would be responsible for monitoring adherence to program and may adjust state grant/shared revenue amounts based on failure to comply

National Overview of CPR/AED Components for K-12

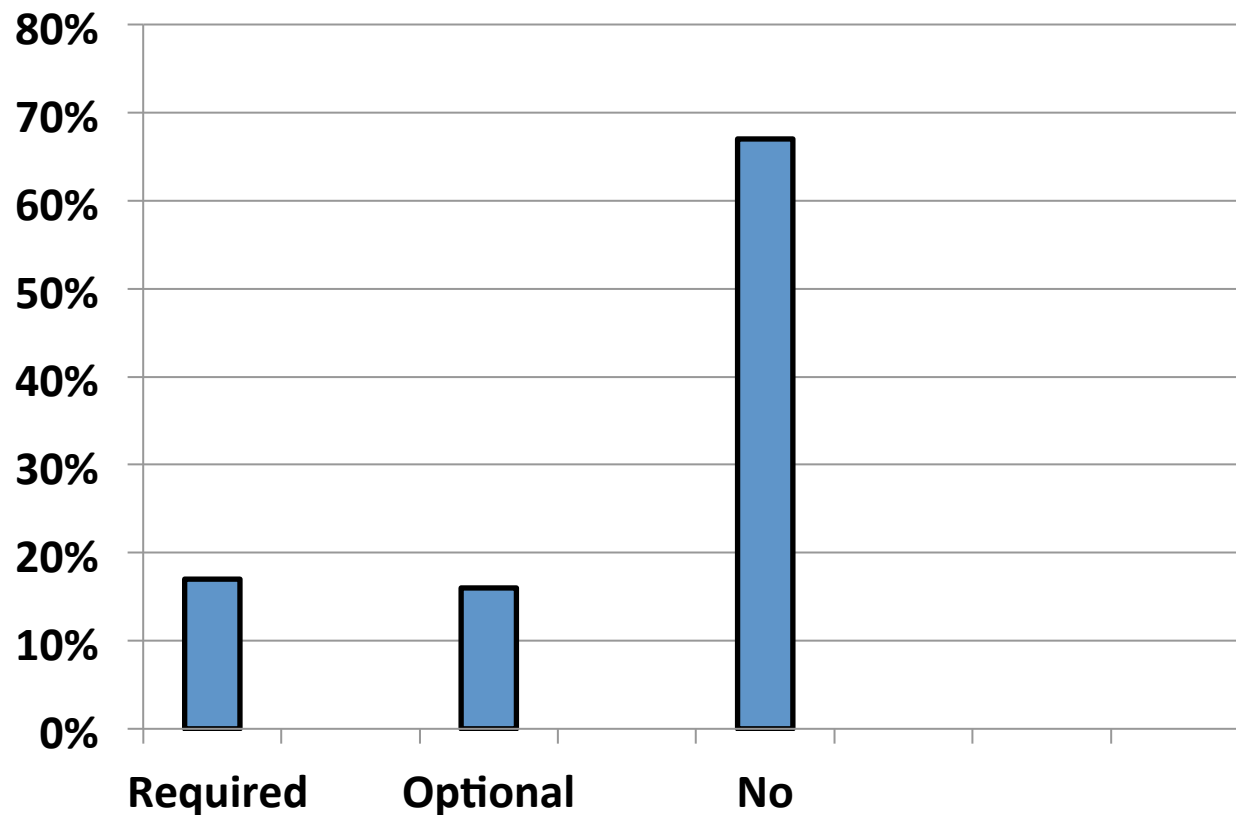
National Association of School Nurses Quick Poll:

**Does your school have a CPR and/or AED
training program for students?**

- Poll conducted March 20-March 26, 2014
- Poll is not scientific nor intended for research purposes
- 539 Respondents

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Does your school have a CPR and/or AED training program for students?



National Overview of CPR/AED Components for K-12

Staff CPR/AED

Student CPR/AED

Emergency
response
protocols

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2009 Wisconsin Act 273

Requires all high schools to offer:

- CPR instruction
- AED instruction
- Must be based on nationally recognized evidence-based guidelines
- Began with 2011-2012 school year
- Certification is not required

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**MILWAUKEE
PUBLIC SCHOOLS**

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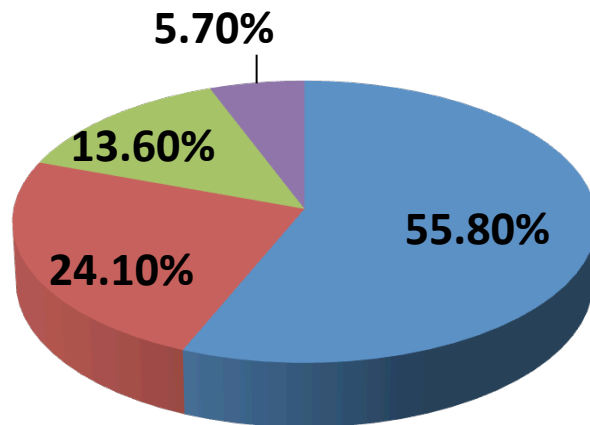
Milwaukee Public Schools

- 78,500 students
- 165 Schools
- 20 High Schools
- 5 Schools with grades 6-12

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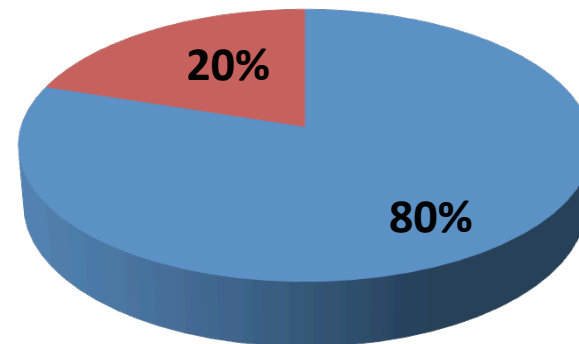
MPS Demographics

Race and Ethnicity



■ African American ■ Hispanic ■ White ■ Asian

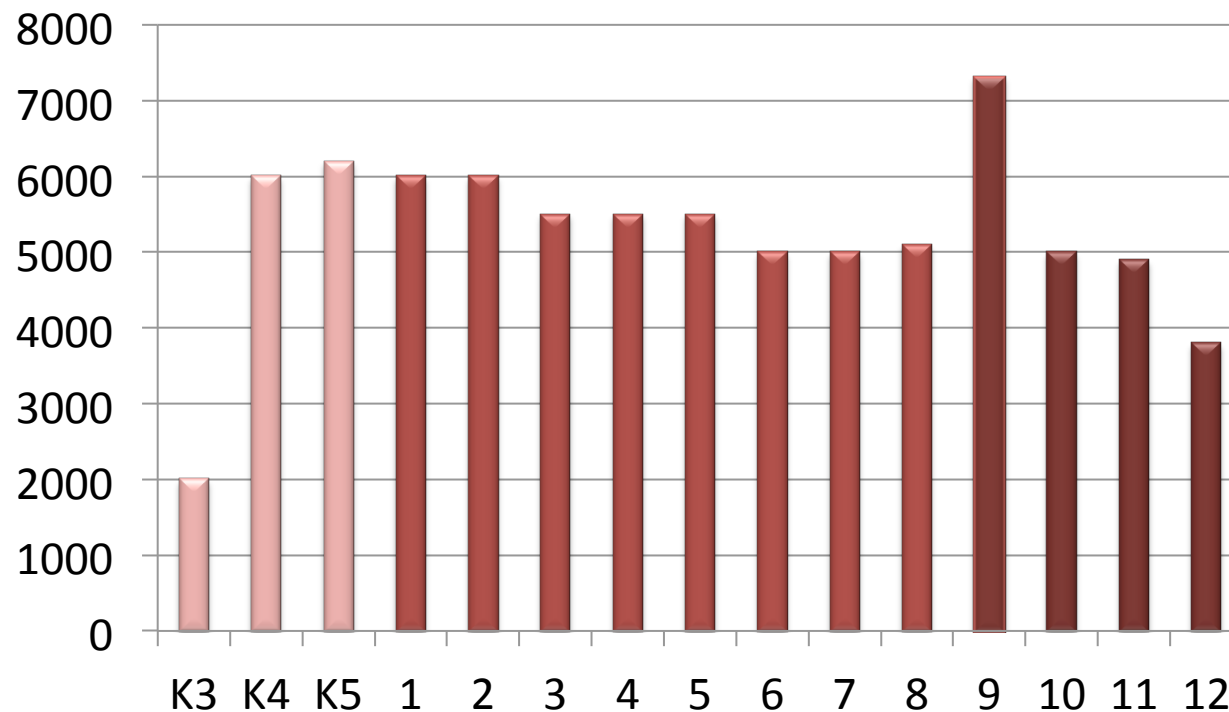
Free or Reduced Lunch Eligibility



■ Eligible ■ Non-eligible

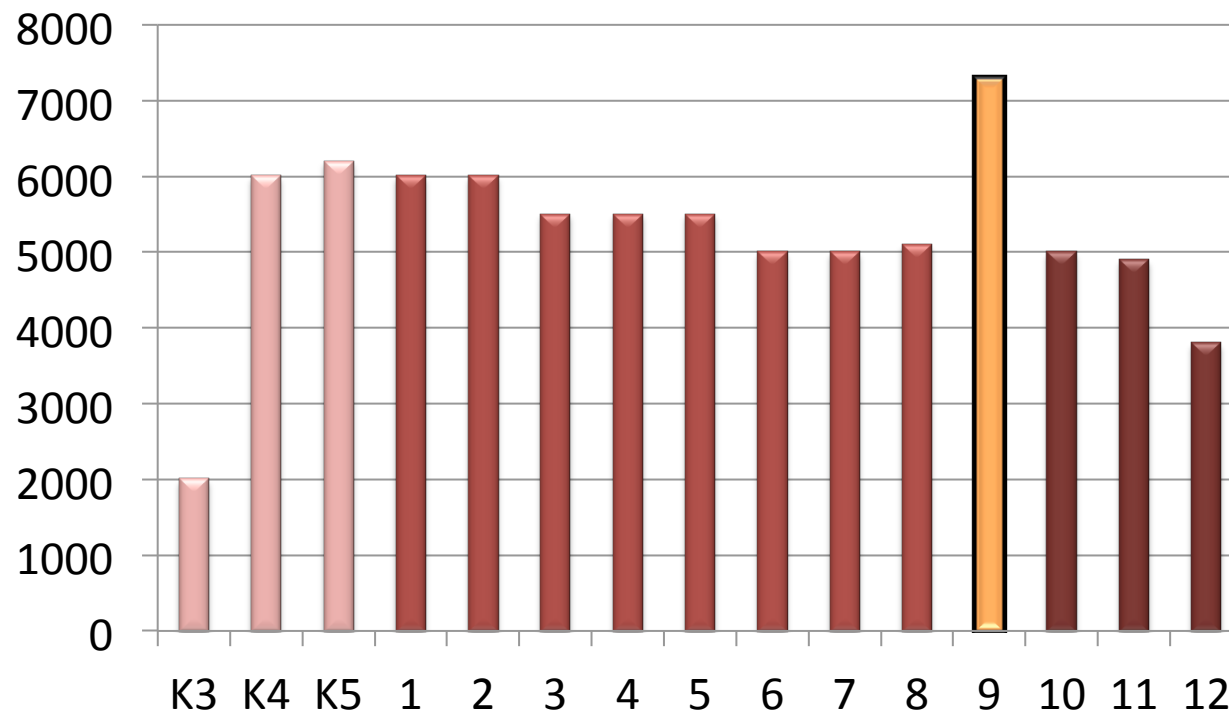
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MPS Enrollment



National Overview of CPR/AED Components for K-12

MPS Enrollment



National Overview of CPR/AED Components for K-12

Family and Friends CPR Anytime®



National Overview of CPR/AED Components for K-12

Family and Friends CPR Anytime®

- In use at MPS since 2009
- Used in multiple settings
- Reaches middle school youth and families
- 150 youth trained in 2013-2014 school year

National Overview of CPR/AED Components for K-12

CPR/AED for Pregnant and Parenting Youth

- Incorporated as part of overall health
- Instruction on a 1:1 basis
- Access to school nurses for reinforcement and additional resources
- 12 students 2013-2014 school year

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CPR/AED for Pregnant and Parenting Youth

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Model Programs: San Diego



San Diego Project Heart Beat
Public Access Defibrillation



Project Heart Beat's
Maureen O'Connor teaches
students CPR.
Her mantra: "Make it fun!"

Model Programs: Georgia



Alison Ellison demonstrates CPR. She personally has trained 1,400 school staff.

- Project Save, Children's Healthcare of Atlanta
- Reach: 2,246 schools, 1,633,596 students
- 39% of GA schools deemed HeartSafe
- 40 of 70 SCA victims in GA schools have survived

SCA Foundation Resources

you can
Save a Life
at school


Search

Recent School Saves

School Nurse Saves Student's Life

Summer Break Nearly Broken

Shooting Baskets to His Heart's Content (Not!)

An Abrupt End to the Ball Game

Heart Health: Listen, Learn, and Live

More

Recent Blog Posts

Need your help to launch my mobile app to save SCA victims !!!

I will unavoidably be unable to attend ECCU this year but wanted to share what SLICC has to say anyway.

Skeptical California Supreme Court Hears Oral Arguments in the Target Case

School News

Sudden Cardiac Arrest Foundation Launches "You Can Save a Life at School AED Challenge"

Illinois Law to Require Students to Learn CPR, How to Use AED

New Cardiac Laws Aim to Save Lives of New Jersey High School Athletes

N.J. High Schools Offering CPR, Automated External Defibrillator Training Can Save Lives

Connecticut Senate Votes to Promote Awareness of Sudden Cardiac Arrest in Schools

St. Mary's School, Branford, CT, Wins Sudden Cardiac Arrest Foundation's First Monthly You Can Save a Life at School AED Challenge

New Law Mandates CPR for Maryland High Schoolers to Graduate


Incidence of Sudden Cardiac Arrest in High School Student Athletes

www.sca-aware.org/schools

Isn't Is About Time?

THESE CHILDREN CAN SAVE LIVES

Youngster practices chest compression, one of the lifesaving skills of cardiopulmonary resuscitation.



Thanks to CPR training, 10-year-olds can help heart-attack and accident victims to survive

BY MARY MAY NEWMAN

EARLY ONE SATURDAY morning when she was only 11, Peni Brouner awoke to frantic screams. She belted down the stairs to find her mother rocking a limp blue form in her arms and crying desperately. "My baby! My baby!" Peni's 10-month-old brother, Bryan, had been taking a bath with his older brother when he slipped, hit his head and drifted underwater. It didn't take long for breathlessness to lead to sudden death. Deprived of oxygen, Bryan's heart stopped beating, and he crossed the fragile barrier between life and death.

"As far as my family was concerned, he was gone," says Peni. But she had been trained in cardiopulmonary resuscitation, or CPR, in the seventh grade at Scottshuff Junior High School in Nebraska, and Peni knew better. She calmly and confidently administered a combination of artificial respiration and chest compressions and rescued her baby brother. "When the ambulance came," recalls Peni, now 18, "they told me that if I hadn't been there, Bryan never would have made it."

In the weeks following the rescue, Peni became aware of the impact of the lifesaving event on her own self-esteem.

"I was really proud of myself," admits Peni. "I started to think, 'Hey, I've done something really good.' I mean, how many 13-year-olds have a chance to save the life of someone they love?"

Peni is actually in good company. Hundreds of young people from coast to coast are learning cardiopulmonary resuscitation in school and emerging as modern-day heroes—kids who save lives. By applying skills learned in the classroom that enable them to ensure breathing and circulation in the crucial minutes after a seizure or accident, these youngsters are saving victims of choking, drowning and heart attacks. They also are helping victims of drug and allergic reactions, shock trauma and other causes of cardiac arrest. Schoolchildren, some as young as 10, are saving the lives of family, friends, teachers, even strangers whom they chance upon in the streets.

This year marks the 25th anniversary of the development of CPR. In recognition, PARADE is restating a proposal it first endorsed eight years ago in an open letter to the superintendents of the nation's high schools: Proficiency in cardiopulmonary resuscitation should be a requirement for graduation. Peni Brouner and others have proved that, when learned early, CPR benefits the individual and the community.

Wurtin Overton, 17, of Philadelphia was playing cards at a friend's house a year ago when the friend's cousin, a 22-month-old boy, suddenly turned blue and collapsed. Wurtin watched the boy, instructed his friend to call for help and began CPR. Within minutes, the baby began to breathe again on his own, even before the ambulance arrived to take him to the hospital. Though the baby had suffered a respiratory attack and had to stay in the hospital for observation, he would be okay.

Wurtin had learned CPR as a freshman at the Franklin Learning Center in Philadelphia. For his outstanding efforts, the young hero received a merit award, a \$50 savings bond and a tribute from Mayor Wilson Goode. "But I was just glad to be there and proud to be able to help out," he says.

The rescue has been a source of inspiration to Wurtin, who plans to enroll in a pre-med curriculum at Temple University and study pediatrics.

Cardiopulmonary resuscitation is a combination of rescue breathing (more commonly called mouth-to-mouth resuscitation) and chest compression, which keeps oxygenated blood flowing to the brain and other vital organs until professional medical treatment can restore normal heart and lung function. A basic CPR training course only takes about four hours. More comprehensive courses, which include techniques to help infants and children as well as adults, take about eight to 12 hours. The American Heart Association estimates that, if enough citizens were trained in CPR, as many as 200,000 lives could be saved each year in the U.S.

"Schools are a natural forum for teaching lifesaving skills to the public," says Dr. Judith Dornegan of the Cardiac Care Subcommittee of the American Heart Association. One advantage of reaching young people is that we can teach them not only how to intervene in an emergency but also how to prevent heart disease from developing in their own lives."

Cardiopulmonary resuscitation is now required in secondary schools in Alabama, California, the District of Columbia, Florida, Louisiana, Ohio and Tennessee. In addition, 16 states recommend that schools provide CPR training. Legislation to promote such training in schools is on the books in six other states.

No one knows how many lives have been saved by schoolchildren trained in CPR, but more than a third of the schools that offer it have reported at least one rescue encounter. Philadelphia's Franklin Learning Center has averaged at least one rescue a year.

Sometimes the lifesaving benefits of CPR are realized remarkably soon.

Less than a month after he completed his CPR training, 15-year-old Michael Johnson of Guilford County, N.C., was put to the test. He had been riding in a pickup truck with his uncle and cousin when it collided with a tractor-trailer. It took Michael a few minutes to "come to" after the crash. He felt "all jumbled up" but was able to pull his cousin from the wreck. Then Michael saw his injured uncle and realized that he was unconscious. "Everything happened so fast," says Michael. "I figured I had learned CPR in school, so why not use it?" Michael tilted his uncle's head back and lifted his chin, simple but essential maneuvers that cleared the man's breathing passage—and saved his life. "It was a rough experience," says Michael, "but when it was over, it felt real good to know my help made a difference."

Michael, now 16, is one of 4800 students in Guilford County, N.C., who were certified in CPR during the 1984-85 school year. Does he think CPR should be a part of high school education everywhere? "Oh yes," he says. "You never know when you might need it."

Does your local high school teach CPR? If not, here are some tips for getting a program under way:

- Contact the nearest chapter of the American Heart Association, American Red Cross and other community organizations, such as hospitals and fire departments, for technical assistance.
- Explain the value of the program to teachers, parents and students, so all will be committed to make it work.
- Identify sources of financing, perhaps through civic groups, which can support the start-up costs of teacher training and equipment purchases.

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PARADE MAGAZINE - APRIL 13, 1986 - PAGE 21

PARADE Magazine

Article advocates for CPR education in schools

April 1986