

[American Heart Association - You’re the Cure](https://yourethecure.org/aha/advocacy/default.aspx)

Top of Form

Bottom of Form

Dear Parents:

We’re pleased to inform you that Shelby County Schools Lifetime Wellness students will learn about the components and essential elements of Hands-Only CPR and automated external defibrillator (AED).

A new state mandate requires all high schools in Tennessee to provide instruction of hands-only cardiopulmonary resuscitation (CPR) and training in the use of automated external defibrillators (AEDs) to students as part of the health education curriculum.

Shelby County Schools has elected to provide this training within the Lifetime Wellness course.

**What does this mean for schools?**

* Students must be provided with the hands-only CPR and AED training before they graduate, including this year’s seniors, who will need the training before graduation.
* Students only need to be provided this instruction once during their high school careers.
* Teachers administering the training are not required to be certified in CPR or operation of AEDs.
* Schools can choose to provide comprehensive CPR instruction provided by a certified instructor.

**What must be included in the instruction?**

Instruction should be based on a nationally recognized program that uses the most current hands-only CPR guidelines issued by the American Heart Association (or equivalent organization); specifically:

* Students will be taught to recognize the signs of possible cardiac arrest and call 911.
* Instructors must provide students with hands-on opportunities to demonstrate the skills needed and compressions necessary to perform hands-only CPR.
* Instructors must provide students with awareness about the use of an AED, including showing what an AED looks like and where it is located, as well as demonstrating the AED.

**What is hands-only CPR and why is conventional CPR not required?**

Hands-only CPR involves only chest compressions; no rescue breaths (mouth-to-mouth resuscitation) are necessary.

According to the American Heart Association, CPR can more than double a person's chances of survival, and studies show that people receiving hands-only CPR are as likely to survive as those receiving conventional CPR with rescue breaths.

**What is an automated external defibrillator (AED)?**

An automated external defibrillator (AED) is a portable device that checks the heart rhythm and can send an electric shock to the heart to try to restore a normal rhythm.

For your convenience, take 60 seconds to watch the free Hands-Only CPR video at [www.heart.org/handsonlycpr](http://www.heart.org/handsonlycpr).

If you have any questions about CPR/AED instruction at School Name, please contact the Lifetime Wellness Teacher Name at Phone Number.

Thank you for your support,

Cassandra R. Turner, PhD

Cassandra R. Turner, PhD

HPELW Advisor

901.416.3662

turnercr@scsk12.org

Project ADAM Tennessee –Drill Sample

This is just a template and may be modified. This presentation lasts approximately 20 minutes. You will need a DVD player, projector, and speakers. You will need to have internet access and be ready to play 2 chapters of the Project ADAM training videos, located at http://www.chw.org/childrens-and-the-community/resources-for-schools/cardiac-arrest-project-adam/video-overview/. After this presentation, the staff should return to their normal locations for the drill. Following the drill, you may reconvene to discuss the drill with entire staff.

**INTRODUCTION**

***Say:*** This material is from Project ADAM Tennessee, an outreach program of East Tennessee Children’s Hospi­tal which helps schools obtain AEDs, create a response plan, and implement CPR and AED training for staff. Our school is properly equipped with an AED(s), or Automated External Defibrillators. We have a protocol for making sure they are maintained properly. State law now requires that all school personnel undergo Sud­den Cardiac Arrest (SCA) awareness training and perform an annual AED drill with students present. Doing these two things will ensure any victim of SCA on our campus will have the best chance of survival.

The practice drill is not a test, but rather an exercise that helps us to measure our preparedness and tweak any possible weaknesses. We will do the drill in just a minute. First, we’re going to watch a short video from Project ADAM that will help us understand Sudden Cardiac Arrest.

***PLAY CHAPTER 2 of Project ADAM video*** - http://www.chw.org/childrens-and-the-community/resourc­es-for-schools/cardiac-arrest-project-adam/video-overview/.

***Say:*** There’s usually not much warning with Sudden Cardiac Arrest. These often are the people who are the picture of health, out for their daily run or in the middle of a ball game and suddenly drop.

In SCA, the heart is no longer pushing blood to the brain and other vital organs. Unless immediate action is taken, there will be damage to these organs and the victim will likely die.

There is a general plan that every school should follow and that is the American Heart Assocation’s Chain of Survival. It is very simple and easy to remember:

1. Early recognition of SCA (unresponsive & not breathing normally; may have seizure-like activity)

2. Early call to 9-1-1

3. Early CPR

4. Early AED

5. Early Advanced Care

***Let’s talk about our schools AED or Automated External Defibrillator.***

Our AED here at(this school) is a (Zoll? Cardiac Science? Phillips?–check to be sure) model and is located \_\_\_\_\_\_\_\_\_\_\_\_\_\_. It is state law that these devices are stored in an unlocked case that is easily accessed and close to where the most activity occurs during the day. Most AED cases have an alarm. The alarm is not connected to EMS, but is for your notification. If the AED is retrieved in an emergency, we recommend letting the alarm sound until the team has secured the situation. The AED is very simple to use. (Demonstrate briefly how to turn it on, where the pads for adult and peds are located, explain that we

leave

**CPR/AED Video Links**

* Video available at no-cost: <http://www.handsonlycpr.org/>
* Hands-Only CPR Questions and Answers: <http://www.handsonlycpr.org/faqs>
* Video available at no-cost: <http://www.handsonlycpr.org/>
* Be the Beat is a website for teachers and school administrators that provides free tools and resources to help start and sustain CPR and AED programs in schools. Through this website, teachers can download free tools and resources to teach students the two simple steps to Hands-Only™ CPR. [http://bethebeat.heart.org](http://bethebeat.heart.org/)

**Demonstrate the steps for CPR or show video:**

Students are given a demonstration on the steps of Hands-Only CPR. <http://www.handsonlycpr.org/>

Students are instructed on AED use.

* Video available at no-cost: <http://www.handsonlycpr.org/>
* Hands-Only CPR Questions and Answers: <http://www.handsonlycpr.org/faqs>
* [www.cpranytime.org](http://www.cpranytime.org/)
* Be the Beat is a website for teachers and school administrators that provides free tools and resources to help start and sustain CPR and AED programs in schools. Through this website, teachers can download free tools and resources to teach students the two simple steps to Hands-Only™ CPR. [http://bethebeat.heart.org](http://bethebeat.heart.org/)
* \*\*\*\*100 Beat /Minute songs besides “Stayin’ Alive” can be found on www.bethebeat.heart.org \*\*\*\*

**Additional Resources**

Free You-Tube downloads to supplement your class: www.redcross.org/prepare/hands-only-cpr (American Red Cross: simple/clear 2min 14 sec) http://www.youtube.com/watch?v=zlbSWgrfQ0o (rap 2 min 36 sec) http://www.youtube.com/watch?v=Re1S2j--N7Y&feature=youtu-be (rap—2 min 14 sec) http://www.youtube.com/watch?v=GMjXrFig7M4 (2 min 48 sec) http://www.youtube.com/watch?v=yNHlC1aaCz8 (9 min 55 sec) (CPR and AED Use for Schools Part 1) http://www.youtube.com/watch?v=NTS5r1IlVao (6 min 54 sec) (CPR and AED Use for Schools Part 2) http://www.youtube.com/watch?v=912qx-MMwsI ( 6 min 45 sec. Hands Only CPR) http://www.youtube.com/watch?v=SX8VfIRSo2o (5.00 min with Sanjay Gupta and Matthew McConaughey) http://www.youtube.com/watch?v=EcbgpiKyUbs (6.00 min—Sarver Heart Institute, AZ) http://www.youtube.com/watch?v=2J-oSj5IkEY (1 min 9 sec---AHA) http://www.youtube.com/watch?v=3trpw\_We0UQ (2 min 14 sec. AED training)

**Tips for CPR and AED instruction in the classroom**

**What should be included in a school CPR training?**

♥ Recognition of a possible cardiac arrest and calling 911.

♥ An opportunity for students to practice Hands-Only CPR (compressions).

♥ An awareness of the purpose of an AED and its ease and safety of use.

**Suggested Materials (if not using a CPR Kit):**

* YouTube videos
* CPR manikins
* Mats (such as gym mats, garden kneeling mats or yoga mats)
* AED (Option of bringing students to the school AED)

**Prior to class:**

* Inflate manikins.
* Review any videos that will be used for classroom instruction.
* Review the instructions provided with your AED (if an AED is available).
* If showing students the school AED, check with school officials to see if there is an alarm on the unit. Some models have an alarm system if opened.
* Place mat and manikins on the floor, move desks or tables as needed. Students will kneel to perform compressions. This is the ideal scenario for quality compression practice.
* If manikins are placed on desks, students shall stand to perform compressions.

**Lesson Plan:**

**Review why CPR is important:**

* Every hour in the U.S., 38 people will have a sudden cardiac arrest.
* Sadly, about 90 percent of victims die most likely because they don’t receive timely CPR.
* A victim’s best chance at survival is receiving bystander CPR until EMTs arrive.
* Given right away, CPR doubles or triples survival rates.

**Demonstrate the steps for CPR or show video:**

Students are given a demonstration on the steps of Hands-Only CPR.

<http://www.handsonlycpr.org/>

Students are instructed on AED use.

**Divide students into small groups:**

Act out the scenario “if someone sees an adult or teen suddenly collapse”. Students can take turns performing compressions. Remind students to:

* Check for responsiveness.
* Call 9-1-1 and tell someone to get the AED.
* If no signs of life, begin CPR compressions. Pushing at least 2 inches deep, 100 compressions a minute.

To keep students engaged:

* One student takes the lead and performs compressions. Have students perform 100 compressions in a minute.
* One student simulates calling 9-1-1.
* One student simulates going to get an AED if in a public place.

**Have music?**

Choose songs that have 100 beats per minute such as “Stayin’ Alive” by the Bee Gees. For more song ideas, go to the Spotify list located at [www.handsonlycpr.org](http://www.handsonlycpr.org/). Remind students to “Push Hard and Fast” to save a life.

**Other videos:**

Hands-Only CPR video

<https://www.youtube.com/watch?v=r8iU3Mtblho&list=PL7A68846B17049716>

Keep the beat, Learn Hands-Only CPR video

<https://www.youtube.com/watch?v=HjKeTo3c2wM>

Ken Jeong AHA Hands-Only video

<https://www.youtube.com/watch?v=n5hP4DIBCEE>

**AEDs**

What is an AED?

An automated external defibrillator (AED) is a computerized medical device. An AED can check a person’s heart rhythm. It can recognize a rhythm that requires a shock. An AED can advise when a shock is needed. The AED uses voice prompts, lights and text messages to tell the rescuer the steps to take.

AEDs are very accurate and easy to use. The AED will walk a person through use and determine if a shock is needed.

Where are they in our school?

If you do not have an AED simulator, show the students the school’s AED. Check with your school administration prior to demonstrating AED use with their device. Remember, some models may have an alarm system if opened.

Discuss with the students how to use it and note many public places have AEDs. **Review the instructions provided with your AED**.

In an emergency, you will need to:

* TURN ON AED
* Remove clothes from chest and apply pads.
* Must stand clear of AED while analyzing (if needed push analyze button).
* If shock is advised, tell everyone to stand clear.
* Once clear, press shock button.