

## What is your plan?

### Emergency Preparedness Planning and Resources

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## Objectives:

- Discuss the incidence of heart disease in children and adolescents and common cardiac conditions.
- Recognize early signs of undetected heart conditions and sudden cardiac arrest
- Discuss primary and secondary prevention programs and prepare for cardiac emergencies through staff CPR-AED training, school AED drills, student CPR education and sudden cardiac arrest awareness.
- Project ADAM (Automated Defibrillators in Adam's Memory)
- Identify how to create an Emergency Preparedness Plan

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## PROJECT ADAM TEXAS

Automated Defibrillators in Adam's Memory



What is Your AED Emergency Plan?  
Emergency Preparedness Planning and  
Resources



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## Sudden Cardiac Arrest:

### Why be concerned

Average EMS response time is 8-10 minutes

The brain can only wait 3-5 minutes



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The top causes of sudden death in sport: **Cardiac**, head injuries, heat stroke, exertional sickling, asthma, anaphylaxis, direct trauma, lightning, and hyponatremia.

Kaitlin 16



Cody 18



Brandon 20



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Schools are properly equipped with AEDs and have a good protocol for making sure they are properly maintained.



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**Recognition: Is the First Link in the Chain of Survival**



*Sarah Friend*  
[www.runforsarah.com](http://www.runforsarah.com)

**Best Practice Recommendations**

1. Develop a CERP
2. Developed/coordinated with local EMS, public safety, on site medical, administration
3. Written CERP distributed to all staff
4. Specific to each venue/after school activities
5. Emergency equipment should be listed
6. Identify personnel and responsibilities to carry out plan of action with chain of command
7. Appropriate contact info for EMS
8. Facility address, location, contact info should be identified in the CERP
9. Plan should specify documentation actions that need to be taken post emergency
10. CERP should be reviewed and rehearsed annually by all parties involved.
11. Healthcare professionals who will provide medical coverage during games, practices, or other events should be included.




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**All Staff Hands Only CPR**

- For a witnessed “adult” arrest this may be all that’s needed, or all that’s needed at first.
- If you saw him fall, he was walking/talking/breathing before he fell.
- Practice on manikins
- You can’t do this wrong!! You can’t hurt him!!
- CPR will buy you time!!!

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**Is your \_\_\_\_\_ Project ADAM Heart-Safe?**

- Can I meet with your school nurses?
- School safety teams?
- School athletic directors?
- School administrators?

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## **PROJECT ADAM TEXAS**

**Working With You to Save Lives**



Texas Senator Hinojosa and McAllen ISD Project ADAM Heart-Safe Schools

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