

RURAL HEALTH SUMMIT

05.12.2023 | *Omni Dallas*



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BREAKOUT SESSION

PREPARING FOR AN EMERGENCY



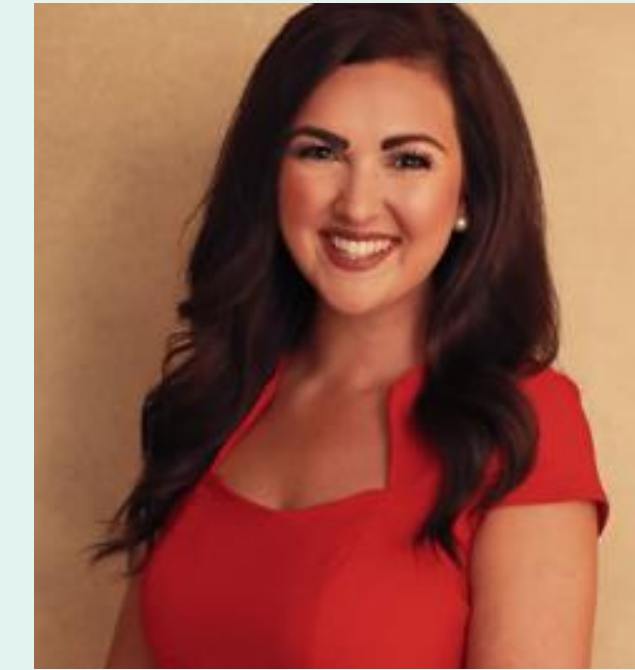
PREPARING FOR AN EMERGENCY

BYSTANDER CPR: BARRIERS & OPPORTUNITIES

Panel Discussion



Victoria Brown



Brooke Berryman



Jim Myers



Xavier Ramirez





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LUNCH



PREPARING FOR AN EMERGENCY

CARDIAC EMERGENCY RESPONSE PLANS IN SCHOOLS



Dr. Takiyah Wilson



Dr. David Baugh





Cardiac Emergency Response Plans in Schools

Dr. David Baugh, Superintendent, Aspen School District

Dr. Takiyah R. Wilson, Vice President Community Impact, AHA

What We Will Cover

- The Importance of Having a Cardiac Emergency Response Plan
- How to Implement a Cardiac Emergency Response Plan
- Resources for Schools & Communities
- Cardiac Emergency Response Team Protocol & Activation
 - Aspen School District



The Why

Nowhere is this more apparent than in our rural communities and schools, where rises in primary precursors mirror the rising disparities in healthcare and emergency cardiac care.

This represents a national crisis for the 60 million Americans living in rural areas. For care in emergency situations, the consequences of these disparities could not be higher. In our rural communities, and schools, lives are lost while victims wait for emergency care to arrive.



Overview of the Strategy

With the support of a generous funder AHA's vision to strengthen the chain of survival in rural Colorado through CPR and AED training in rural schools became a reality.

AHA aimed to deliver on this initiative through a multi-pronged approach:

- By reaching rural school districts simultaneously through rolling webinar trainings
- CPR in School Kit Placements
- 1:1 Virtual CPR in School Kit Demonstration
- Create School, Community & EMS Stakeholders Team
- Adoption of Cardiac Emergency Response Plan (CERP)



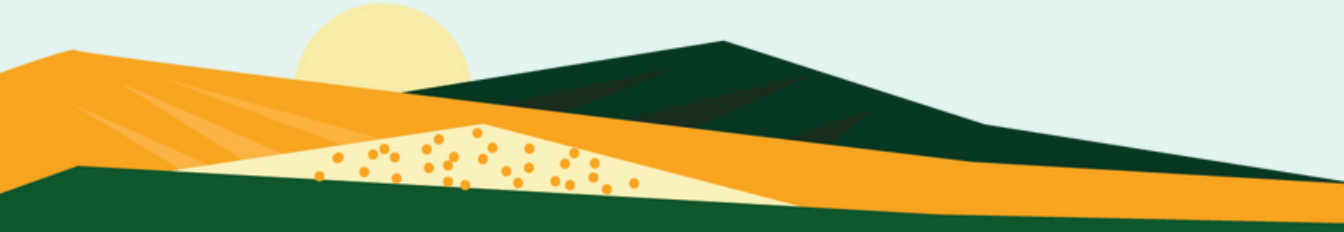
About Colorado

- Colorado has a population of 5.8 million people
 - 13% of the population, or 697,748 people, reside in rural counties
- The capital and largest city is Denver, the largest metro area is Denver-Aurora-Lakewood - Metropolitan Statistical Area
- The population of Colorado is White (68%), Hispanics or Latino (22%), African-American (4.6%), and Asian (3.5%)
- 17% of Colorado's population aged 65-84 and 40% of the population over 80 lives in rural areas
- Rural Colorado communities are diverse, with a total minority population of 23% compared to 21% in urban Colorado

CO Rural Schools Landscape

| | |
|---|--|
| <ul style="list-style-type: none"> • Eastern Central Colorado <ul style="list-style-type: none"> ○ 12 schools ○ Total of 7,669 students | <ul style="list-style-type: none"> • Southwestern Colorado <ul style="list-style-type: none"> ○ 42 schools ○ Total of 40,637 students |
| <ul style="list-style-type: none"> • Northeastern Colorado <ul style="list-style-type: none"> ○ 36 schools ○ Total of 37,801 students | <ul style="list-style-type: none"> • Western Colorado <ul style="list-style-type: none"> ○ 9 schools ○ Total of 24,017 students |
| <ul style="list-style-type: none"> • Northwestern Colorado <ul style="list-style-type: none"> ○ 6 schools ○ Total of 2,949 students | <ul style="list-style-type: none"> • Western Central Colorado <ul style="list-style-type: none"> ○ 5 schools ○ Total of 6,224 students |
| <ul style="list-style-type: none"> • Southeastern Colorado <ul style="list-style-type: none"> ○ 37 schools ○ Total of 12,790 students | <p>40 - Rural 1,001-6,500, (22%), K-12 107 - Small Rural <1000, (60%), K-12 147 - Total Rural Districts, 132,087, Students</p> |

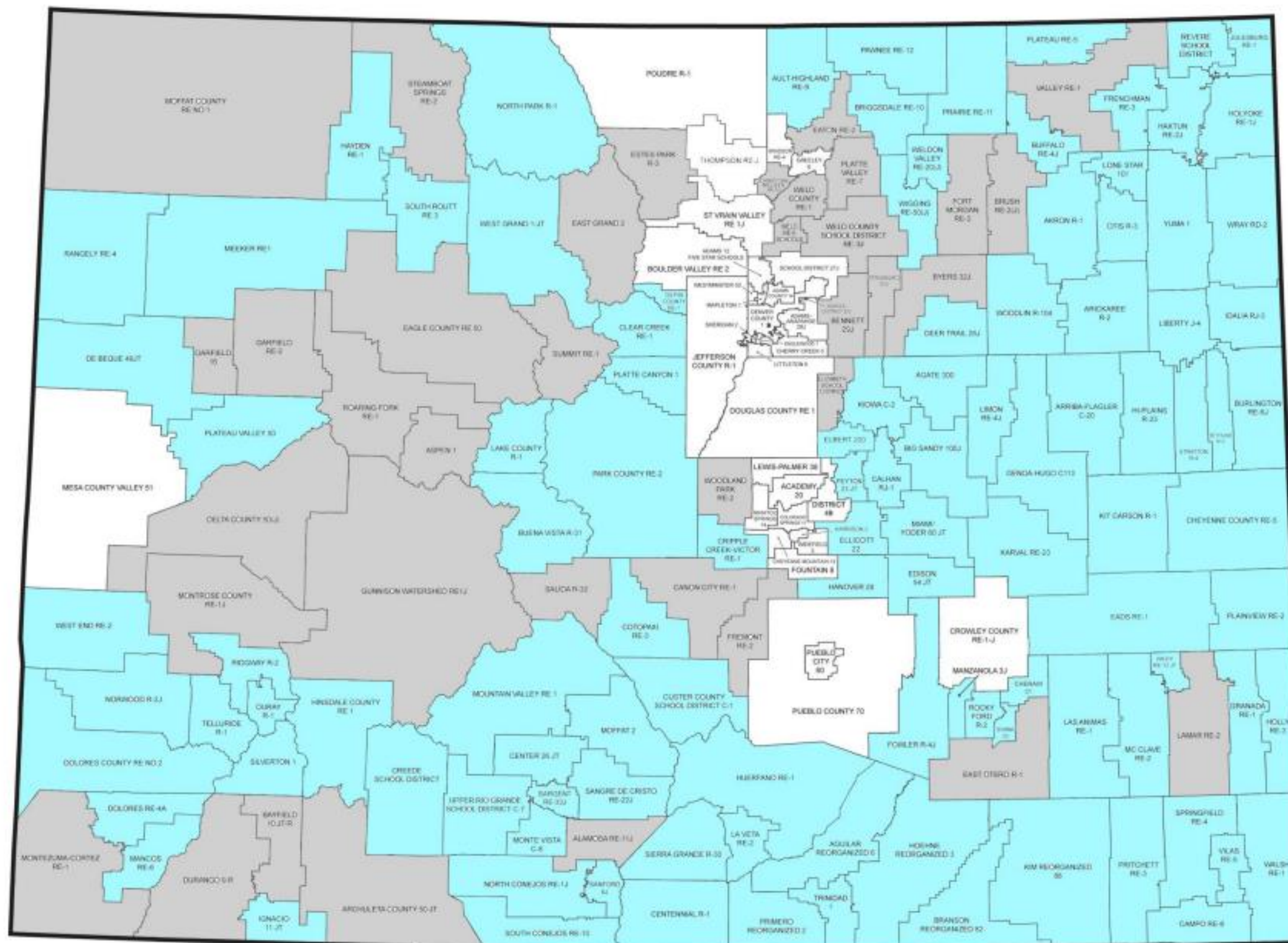
31 - Urban, >6,501 (18%), K-12, 178 - CO School Districts



The Colorado School Finance Project School Districts: Small Rural | Rural | Large

■ Small Rural Districts: K12 Enrollment <1,000 students (110 Districts)
■ Rural Districts: K12 Enrollment 1,000 – 6,500 students (37 Districts)

■ Large Districts: K12 Enrollment > 6,501 students (31 Districts)

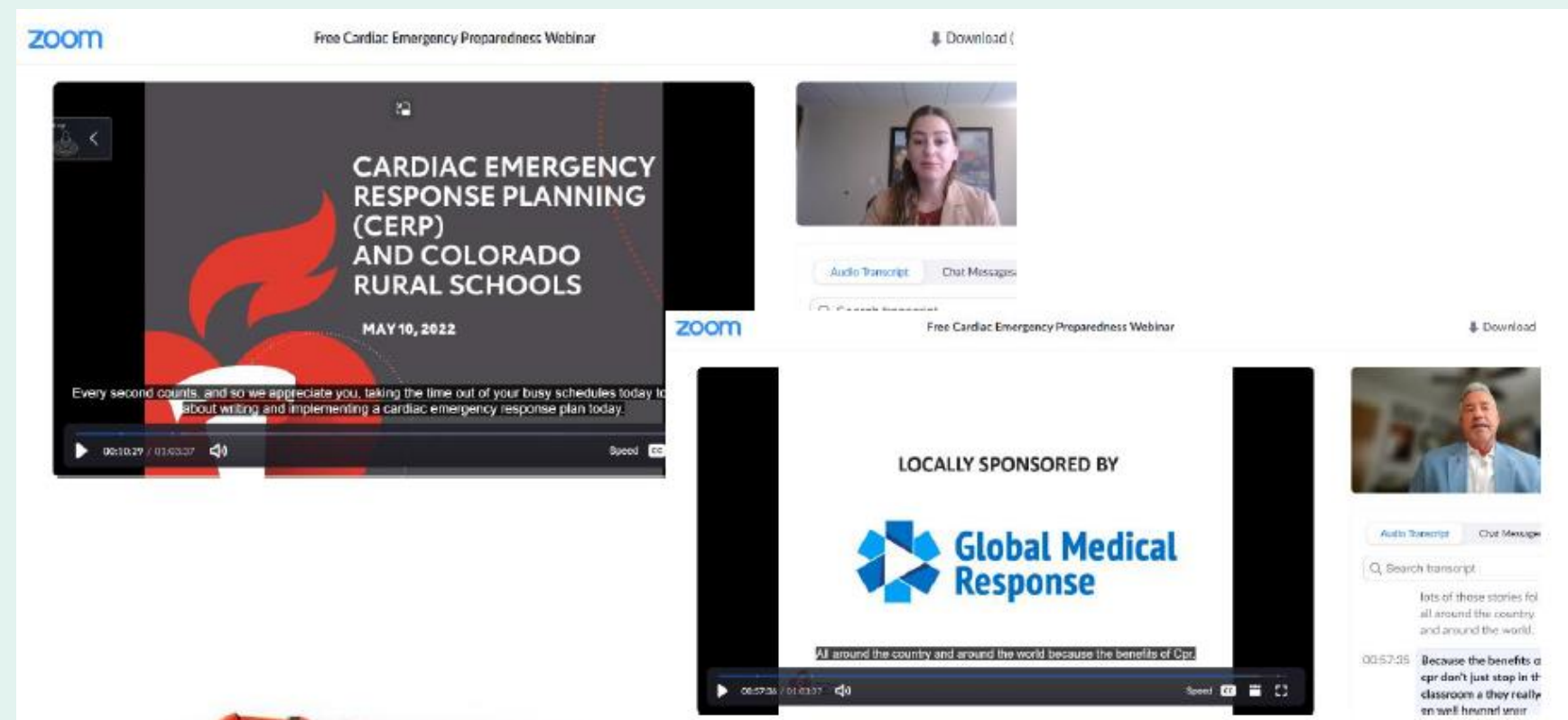


Closing the Gap on Rural Outcomes in Schools

- Our team determined the CPR in Rural Schools Initiative would kick-off by providing CPR resources to 115 of the 147 total rural Colorado schools districts over the next two years
- We knew, improving resuscitation outcomes by working with 115 rural school districts to adopt CPR training guidelines, execute cardiac emergency response plans, and providing critical CPR training as well as AED training and placement were such essential components of the initiative - to improve cardiac by-stander rates in CO, which is only about 30%



Steps to Closing the Gap in Rural Outcomes in Schools



zoom Free Cardiac Emergency Preparedness Webinar Download

CARDIAC EMERGENCY RESPONSE PLANNING (CERP) AND COLORADO RURAL SCHOOLS
MAY 10, 2022

Every second counts, and so we appreciate you, taking the time out of your busy schedules today to learn about writing and implementing a cardiac emergency response plan today.

00:10:29 / 01:03:07


zoom Free Cardiac Emergency Preparedness Webinar Download

LOCALLY SPONSORED BY

Global Medical Response

lots of these stories for all around the country and around the world.

00:57:05 Because the benefits of cpr don't just stop in the classroom a they really do well beyond that.



CPR in Schools TRAINING KIT

Mini Anne

AED

Following the webinar trainings, AHA provided CPR in School Kits to each of the rural schools trained. These all-in-one kits include everything a school needs to facilitate a CPR in Schools training, including 10 Mini Anne manikins, AED training simulators, and training materials.

1. Identify Leaders & Supporters
2. Develop Event/Invite Panel Experts
3. Invite schools to join Webinar (District Nurses, PE, Superintendents, etc.)
4. Conduct Webinar/Send Follow-Up Detailed Email
5. Ship CPR in School Kits
6. Follow-Up w/Additional 1:1s to begin CERP conversation
7. Follow CERP implementation steps
8. School creates team including community members & adopts CERP

Detailed Cardiac Emergency Response Plan Implementation

- Follow-up email is sent to all attendees with information on CPR, Kids Heart Challenge, and Tobacco Free Schools
- Additional email is sent offering 1:1 consultation for CERP implementation
- CI Director schedules 3 meetings with interested schools to expand the needs of rural community and the adoption of a CERP
 - Meeting #1: w/Superintendent and district health nurse to provide overview and review policy
 - Meeting #2: Convene stakeholders in the community, school leadership, EMS, recreational centers, etc. or any other community partner
 - Meeting #3: Executive Superintendent approval or School Board adoption of CERP



Progress Thus Far

- In year two, we've been able to provide 103/115 CPR in School Kits to rural Colorado Districts/Schools through 4 webinars, which represents **90%** of our goal!
- The kits already placed have the potential of reaching a rural student/faculty population of over 130,000
- Follow-up virtual meetings for training and CERP implementation are occurring through an "Office Hours" availability

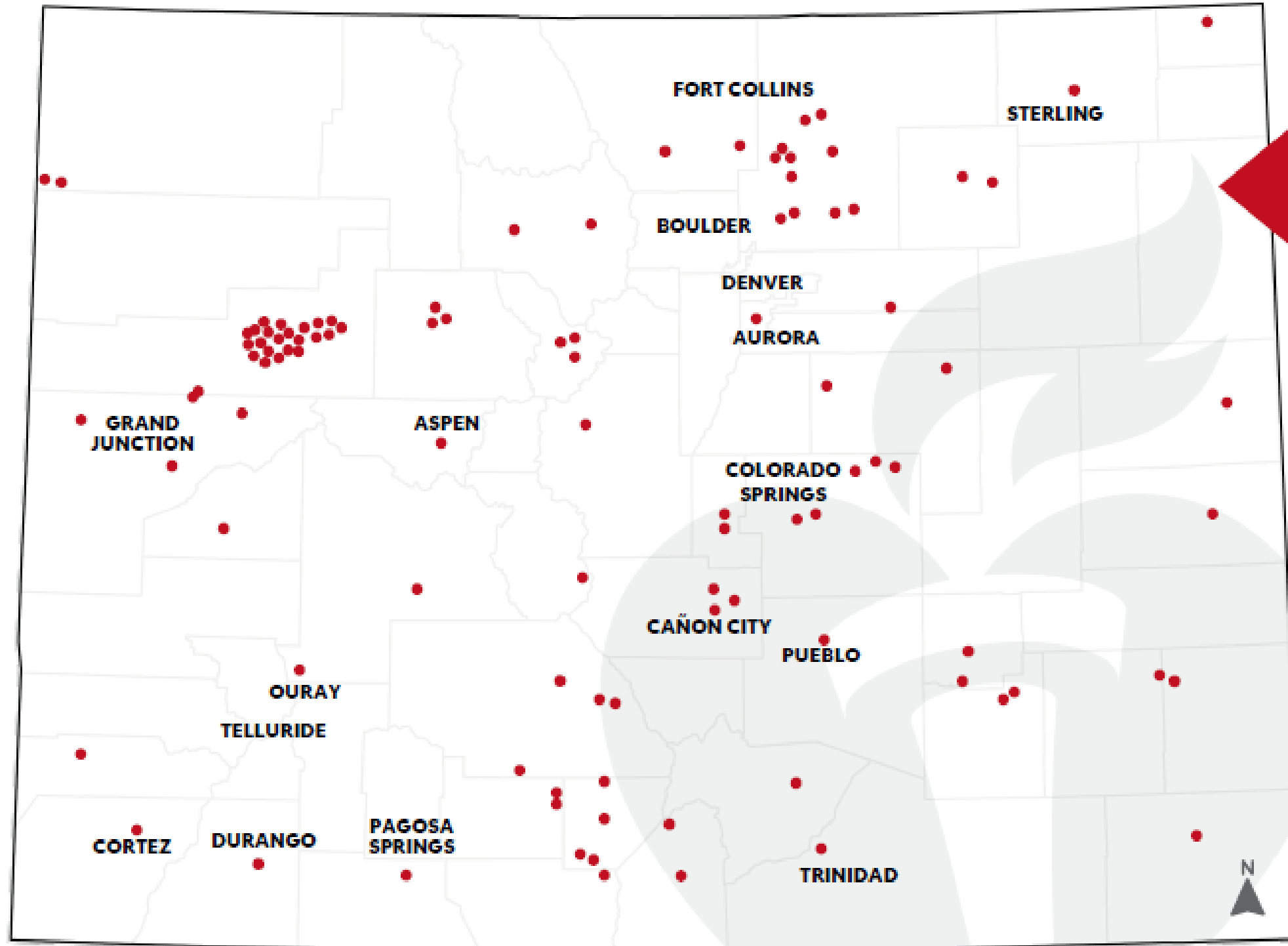




American Heart Association.

Saving Lives in Rural Colorado

This map indicates the ISDs in rural Colorado who have accepted the challenge of making their campus and community safer



More than 350,000 Out-of-Hospital Cardiac Arrests occur each year in the US. Of those, 70% OHCA's happen in homes/residences. Schools are often the hub of smaller communities, with approximately 20% of the local population gathered in one place on a regular basis. There often is no better place to formalize a Cardiac Emergency Response Plan and provide hands-only CPR and AED training for both staff and students. Through the generosity of GMR, this map indicates the ISDs in rural Colorado who have accepted the challenge of making their campus and community safer.

Locally sponsored by:



103



CPR Anywhere Kits have been placed as of May 8, 2023

Testimonials

“CPR for staff is something we have had to outsource. Now we can provide CPR for our entire district from within! Thank you again for the learning opportunity, resources, and the CPR kit.” **BRANDEE WATERS, RN, BSN; EAGLE - COUNTY DISTRICT SCHOOL NURSE**

“Thank you so much. I received it on the last day of school. It is happily residing at Roosevelt High school in Johnstown, CO. We are building a new high school and having a health careers classroom installed. The A&P teacher is getting her CPR instructor certificate this summer and her goal is to have all staff and seniors CPR trained!! We are so thankful to you for providing this and I promise, we are putting it to good use. The administration is SO excited to receive this. Thank you from the bottom of my heart.” **--Marlene Gebhart, School Nurse**

I did receive the kit! Thank you!!! I will be using it with our 5/6th grade classes this next year. I will send you pictures in the fall when school resumes.

😊 Tiffeny O'Dell - Teacher of scientifically minded 6th graders, At Byers Elementary School



Looking Ahead

The CO-CPR in Schools initiative is one of the first of its kind in the nation and is being used as a model in other states

Looking ahead, we can harness the momentum this initiative creates to continue elevating the conversation around sudden cardiac arrest. Possible thoughts include:

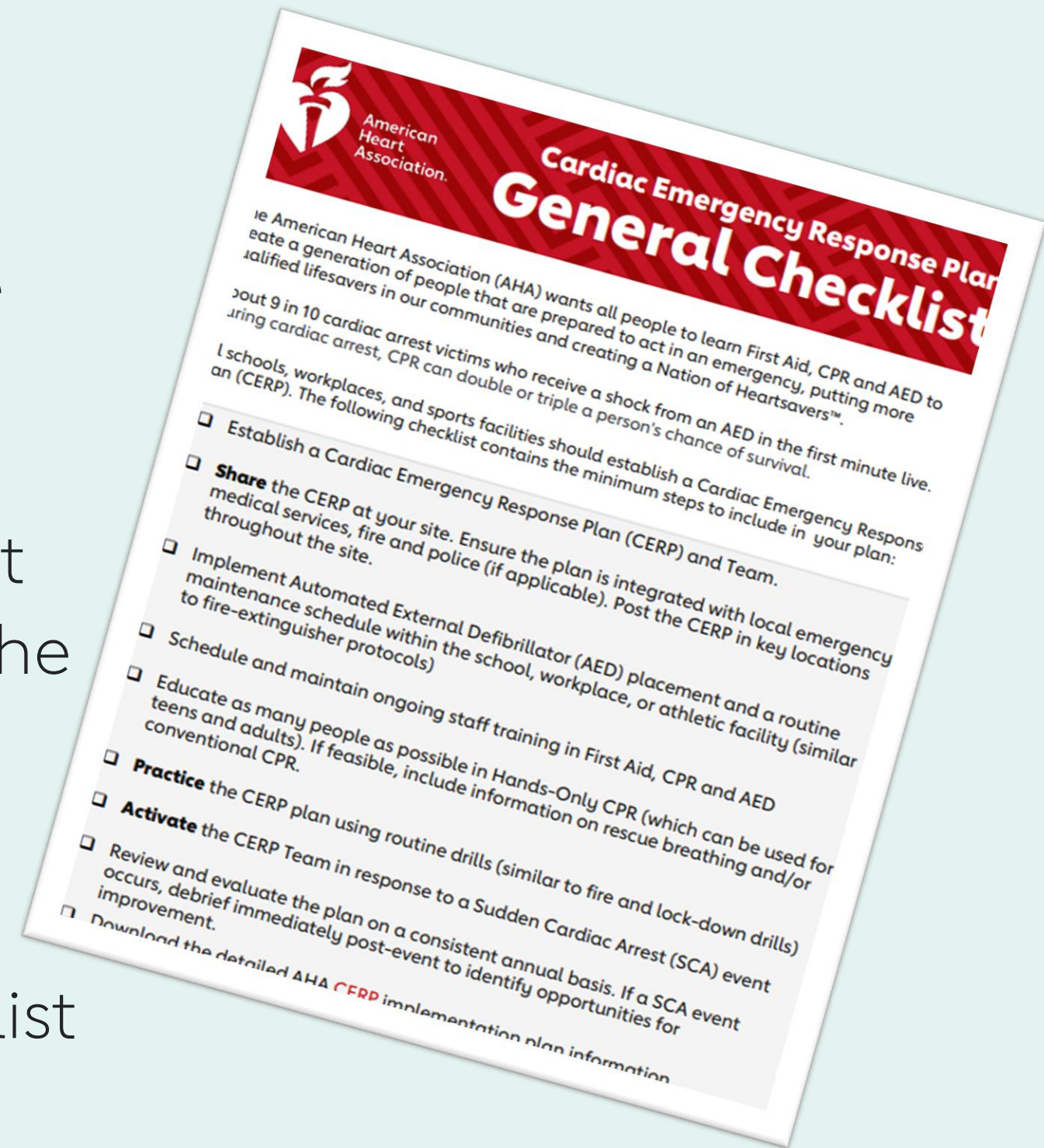
- Build a plan to mass-train in hands-only CPR to thousands of individuals across the state of Colorado and beyond, to create a next generation of life-savers
- Launch an awareness and marketing campaign to address disparities in CPR usage and encourage more individuals to learn and use hands-only CPR in a cardiac emergency
- Establish legislation for CPR requirement to graduate high school



Resources

The American Heart Association has developed three Cardiac Emergency Response Plan checklists for General workplace and community organizations, Schools, and Sports Facilities. Download the checklist that works best for your organization and establish the specific steps to reduce death from cardiac arrest in any setting.

- Get the Cardiac Emergency Response Plan Checklist
 - [General & Community](#)
 - [Schools](#)
 - [Sports](#)



Share



Practice

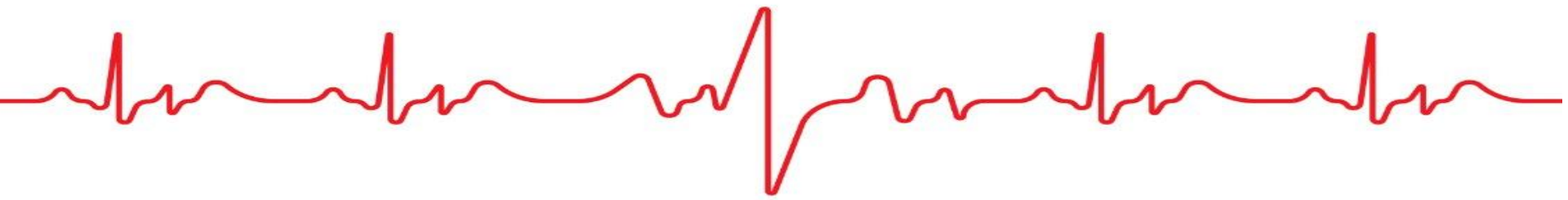


Activate



Aspen School District
Cardiac Emergency Response Team
Aspen, Colorado





In December 2022, **The American Heart Association** reached out to school districts on the Western Slope in Colorado encouraging adoption of a Cardiac Emergency Response Plan and creation of a Cardiac Emergency Response Team.



Photo courtesy of The Aspen Times

ASD Outdoor Education Program

Aspen School District already had many teachers trained in CPR.

For more than 50 years, the district has run a well established Outdoor Education Program, which had prompted the need for CPR training.

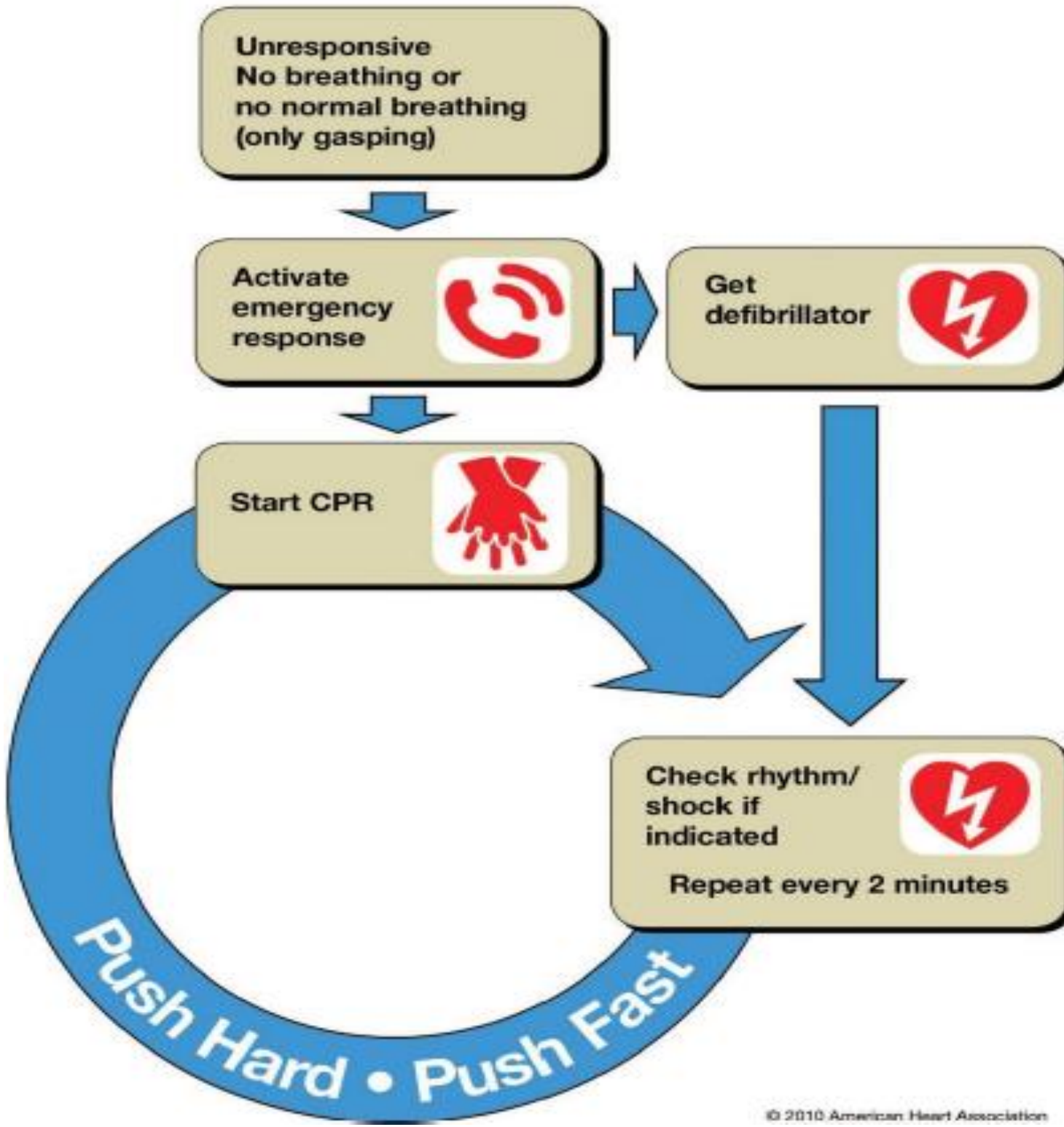
In 2003, the district required all staff to be certified in CPR and First Aid.

But Aspen wanted to do more and the district answered the American Heart Association's call to action.

Aspen School District Improving the Chain of Survival – Systems of Care & Community Response CARDIAC EMERGENCY RESPONSE TEAM PROTOCOL

The Cardiac Emergency Response Team and Plan were adopted by Aspen School District effective January 3, 2023.

The plan was reviewed and approved by Aspen School District Nurse Robin Strecker, RN, and Superintendent Dr. David Baugh.



Developing the Cardiac Emergency Response Team (CERT)

Aspen School District Nurse Robin Strecker and District Health Technician Tonie Richards took the lead.

They invited staff members, who are not classroom teachers, to be on the team. Thirteen employees volunteered. Team members include coaches, principals, IT, district office, health office, Exceptional Student Services, outdoor education employees and school resource officers.

They met and reviewed their CPR/AED skills and set the framework for communications and how the team would function.

Then, they practiced.



In a recent cardiac response drill, one member of the CERT team calls 9-1-1 and stays on the phone while bringing the nearest Automated External Defibrillator (AED) and joins the other team members, who have begun compressions.

All members of the Cardiac Emergency Response Team receive and maintain nationally recognized training, which includes a certification card with an expiration date of not more than 2 years.



Training in Cardiopulmonary Resuscitation (CPR) and Automated External Defibrillators (AED) Use

In addition to the CERT team, *all* ASD staff are trained in CPR and in the use of an AED to implement Aspen School District's CERT plan.

In ASD, our Human Resources Director is responsible for coordinating staff CPR training.

- Training is provided by an instructor, who may be a school staff member, currently certified by a nationally recognized organization to conform to current **American Heart Association** guidelines for teaching CPR and/or Emergency Cardiac Care (ECC).



There are 8 AEDs on Aspen's campus, including one in the district's bus barn and one at the district's athletic fields.

Training may be in a traditional classroom, online or blended instruction but should include cognitive learning, hands-on practice, and testing.

Aspen School District works with local emergency response agencies to coordinate this CERT Plan with the emergency response system and to inform local emergency response system of the number and location of on-site AEDs.



In April, all Aspen High School 9th graders were trained in CPR and First Aid.

Activation of CERT During an Identified Cardiac Emergency

Immediate action is crucial

- Call 9-1-1 immediately when a cardiac emergency is suspected.
- Notify CERT members of event and location when a cardiac emergency is suspected through the district's emergency app, RAPTOR.
- Proceed to the scene.
- Closest team member retrieves AED en route to scene.
- Start CPR.
- Stay online with 9-1-1 dispatcher.



CERT Activation Continued

- Use the AED.
- Continue CPR until the patient is responsive or a professional responder arrives and takes over.
- Transition care to EMS upon arrival so that they can provide advanced life support.



Practice, Practice, Practice

Cardiac Emergency Response Drills are an essential component of this plan.

Aspen School District performs a minimum of two Cardiac Emergency Response practice drills each school year.

A successful Cardiac Emergency Response Drill is defined as full and successful completion of the drill in 5 minutes or less.

After Drill debrief

- Review all procedures
- Discuss what worked and what needs improvement
- Amend protocols, if necessary

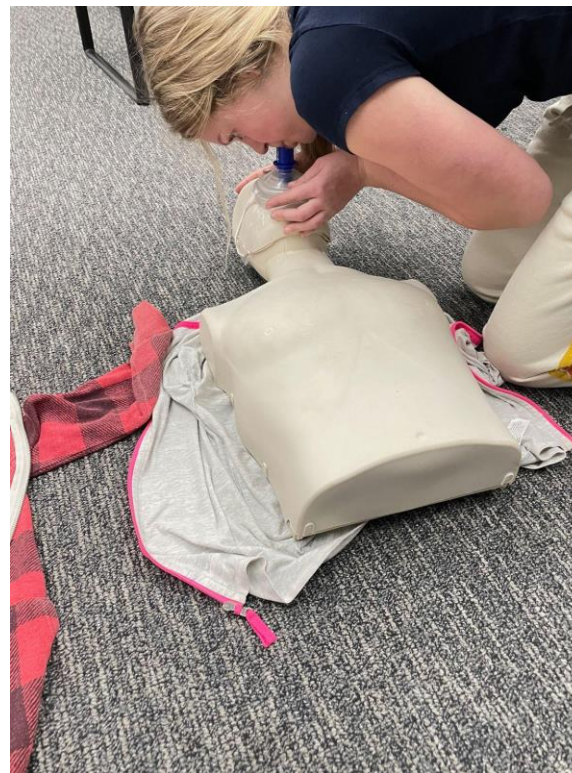
Practice, Practice, Practice

Key takeaways: We recommended when a team is first initiated, the first few drills should not be a surprise. Let the team know, so that they can prepare the things they need and then practice it. Then move to unannounced drills for more practice.

Next Steps and Action Items

Next Steps:

- Continue CPR training for all district employees
- Incorporate CPR and First Aid Training into high school Wellness classes to ensure all high school students are trained in vital life-saving skills



Action Items:

- Schedule and alert staff to *all* upcoming drills
- Ensure a district-wide protocol for communicating drills to staff/families/students
- Use our Safety App RAPTOR; but also ensure a radio communication protocol to use simultaneously
- Ensure all members of the CERT have keycard access to all buildings

Getting Started and Why Having CERT is Important

Aspen School District Nurse
Robin Strecker, RN



“This training and team is important for those who witness a medical event, so they are empowered to do something, to act and to notify Emergency Medical Services. We can fill in the gap of doing something to help until EMS arrives.”

— Aspen School District Nurse Robin Strecker



Conclusion: We live at 8,000 feet and spend so much of our school year in very active environments. It's so important for our employees to be trained in CPR and AED use.

We also believe it's important for our students to be trained in these life-saving skills. It's part of the Aspen School District mission to cultivate inquisitive, resilient and caring young people.

We are very pleased that our employees and students have embraced this citizen responsibility through continued training and practice.

We are putting our employees and students in a position to react instinctively in a cardiac emergency and potentially save lives.

Questions or Comments?

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