



**ECCU 2017 CONFERENCE & EXHIBITION • A CALL TO ACTION...AND ALL THAT JAZZ!**

# **San Ramon Valley Fire HeartSafe Committee 7<sup>th</sup> Grade CPR/AED Program**

*Joe Farrell, DPT M App Sc, FAPTA  
Survivor of SCA/Volunteer/Advocate*

# Presenter Disclosure Information

1. San Ramon Valley Fire Protection District Heart Safe Committee, San Ramon, California
2. Sudden Cardiac Arrest Foundation
3. Joe Farrell: Secretary/Board of Directors of PulsePoint Foundation. Advisory Board of Via Heart Foundation
4. “No relevant financial relationship (s) exist.”

# My Story Begins



August 23, 2007

# August 9, 2008



Sudden Death at a colleagues home in Rocklin, CA



# Continue to pay forward

- HSC 7<sup>th</sup> Grade CPR/AED program
- Sidewalk CPR
- AHA CPR/AED instructors
- PulsePoint Foundation
- Via Heart Foundation
- AHA Bay Area CPR Committee Chair



# Agenda

- History of HeartSafe Committee HSC)
- Partners in San Ramon Valley Fire Protection District (SRVFPD)
- Curriculum strategy: 7<sup>th</sup> Grade CPR/AED program
- Goals of the 7<sup>th</sup> Grade CPR/AED Program
- Logistics for program
- Example of our program

# History of HeartSafe: Beginnings

- The PAD Program 2004
- Engage stakeholders
- Secure Funding
- Integration with emergency dispatch
- Community awareness via PSA's and marketing



Captain/EMS Coordinator

# History of HeartSafe: 2011

- CCC as external oversight/development of HSC
- HSC: A community where Chain of Survival is in place, focused on CV health of all citizens
- “Heart Beats” to improve all elements of EMS system. E.g. EMS dispatch directed CPR, CPR/AED training, AED’s in community
- Eclectic approach to CV health and SCA survival



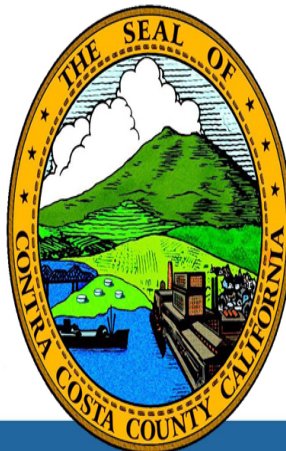
Pam Dodson: Contra Costa County  
Emergency Medical Service: Prehospital  
Coordinator



# San Ramon Valley Preparedness

- All police & fire vehicles equipped (72 AED's)
- AED's place in schools, churches, health clubs, community centers, office complexes, shopping centers, senior facilities and all public buildings (250 + AED's)
- School AED's: Stored in cabinets with direct line to Fire Dispatch Communication Center
- Prominent signage indicated AED location
- Funding of AED's: Rotary, Lions Clubs, AMR, Hospitals

# Partners 2017



# Curriculum Strategy

- Invited SRVSD to be member of HSC
- Decided which students to target (7<sup>th</sup> graders)
- Selling SRVSD to include CPR/AED program into 7<sup>th</sup> Physical Education program
- Piloted program at two middle schools in 2012

# Goals of 7<sup>th</sup> Grade CPR/AED Program

## Students will:

- Learn to recognize a Heart Attack, Stroke and Sudden Cardiac Arrest (SCA).
- Understand that it is not normal to see someone suddenly collapse.
- Learn they can help.
- Model the proper procedure for “Check, Call, Care.”
- Model the proper hand placement, cadence and depth of compressions.
- Articulate the location of AED’s in there schools and give examples of where other public access AED’s may be located.
- Practice “Check, Call, Care”, Hands Only CPR, deployment/setup of AED and meeting EMS personal through multiple practice drills.



# Logistics

## Equipment



## Gym Set Up



# 7<sup>th</sup> Grade CPR/AED Program



# Class Schedule within Physical Education Curriculum

## Class Schedule:

Set-up	7:30 – 8:00
Advisory Period	8:10-8:22 (Leader/Instructor briefing - Cliff)
Period 1	8:26 – 9:11
Period 2	9:15 – 10:00
Break	10:00 – 10:06
Period 3	10:10 – 10:55
Period 4	10:59 – 11:44
Lunch	11:45 – 12:18
Period 5	12:22 – 1:07
Period 6	1:11 – 1:56
Period 7	2:00 – 2:45



# 7<sup>th</sup> Grade CPR/AED Lesson Plan

## Lesson Plan:

Topic/Activity	Time	Lesson Detail	Notes
Welcome and Course Overview	0:02		
<b>Anticipatory Set:</b> Be the Beat Video	0:03	The "Be The Beat" video is a short visual representation of the steps one should take in the event they witness someone suddenly collapse. The video is geared towards the middle school age group and depicts a younger girl experiencing Sudden Cardiac Arrest.	
<b>Hands Only CPR Intro:</b> Science has shown that pressing hard and fast in the center of a person's chest is just as effective as the traditional compressions and breathing method. You no longer have to give breaths to save a person's life. Just doing the compressions will move air in and out. We will teach the "hands-only CPR" method now in just three simple steps:			
<b>Direct Instruction:</b> Hands Only CPR	0:05	<b>Check:</b> If you see someone collapse or find someone who had collapsed: <ul style="list-style-type: none"> <li>✓ Shake them gently – ask "are you ok?"</li> <li>✓ If there is no response and they are not breathing normally call 9-1-1.</li> </ul>	<b>Note:</b> sometimes someone who needs CPR will be unresponsive and gasping for air – "like a fish out of water".
		<b>Call 9-1-1:</b> Make sure that help is on the way! <ul style="list-style-type: none"> <li>✓ If you are alone – call first, if you can call from a mobile phone or cordless phone bring</li> </ul>	<b>Note:</b> If calling from a cell phone program the 10-digit local emergency number in your phone. San Ramon Valley Fire's emergency number is: (925) 838-6691



# I Saving a Life

San Ramon Valley HeartSafe Committee

Over 350,000 people die every year  
from Sudden Cardiac Arrest



# Misrepresented in the Public



# Recognizing A Stroke

## SPOT A STROKE



Stroke Warning Signs and Symptoms



# Heart Attack, Stroke & SCA

- Don't drive victim to hospital
- Call 911 immediately!
- Unlock front door of home
- Quickly start CPR if indicated
- Keep victim comfortable
- Have list of medications if a family member
- 80%!!!!



American Heart  
Association



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Helping citizens and communities save lives



Check



Call



Care

# Hands Only CPR



- Get the person on a hard surface.
- Find the center of the chest.
- Place the heel of one hand in the center of the chest. Place the other hand over the first hand.
- Make sure your shoulders are over your hands.
- Lock your elbows.
- Press hard and fast until help arrives.

# Small Group Practice



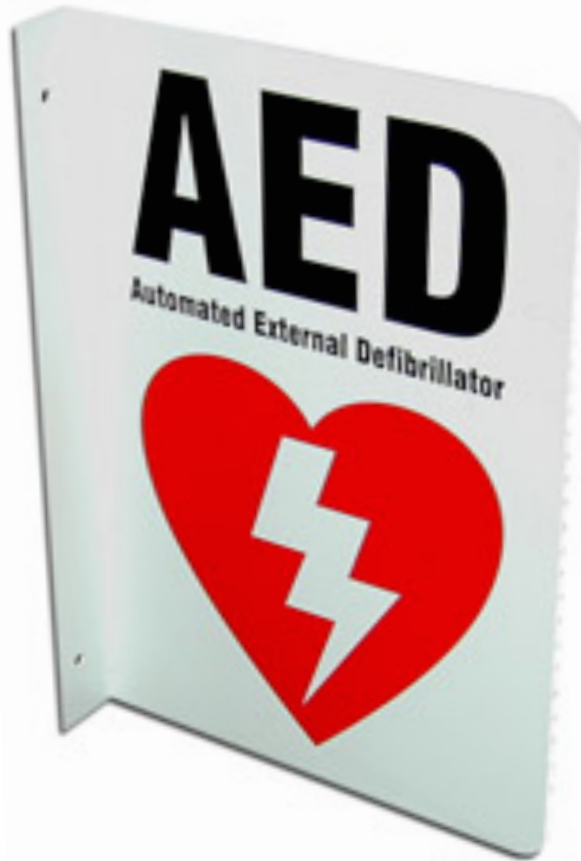
# The More Hands The Better

- If there are people to help, take turns.
- Limit the amount of time in between rescuers.
- Count them in by saying “3...2...1 switch!”



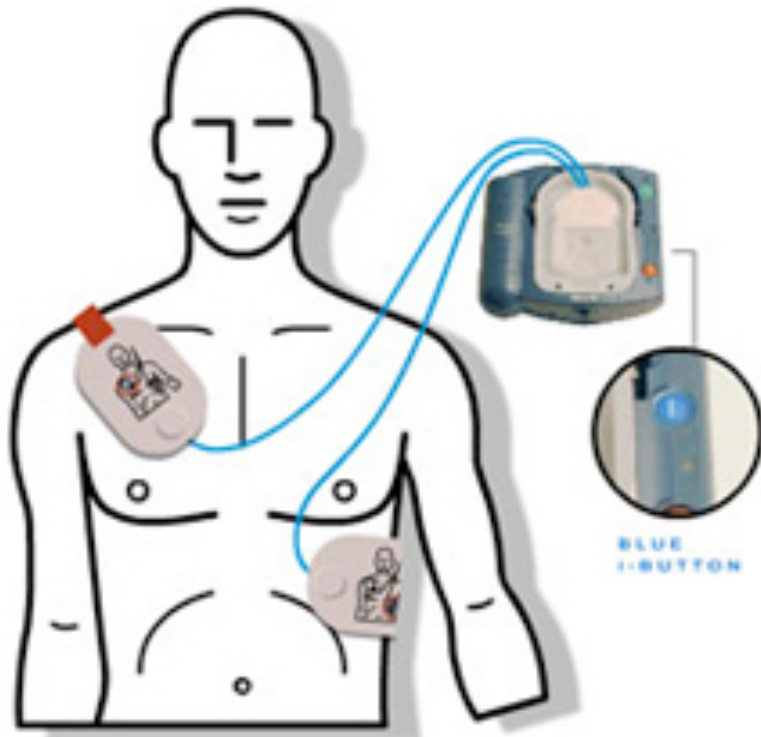
# Small Group Practice

# Automated External Defibrillator



- Easy to use.
- Located in Public Places.
- Send someone to get an AED.
- Bring it to the patient.
- Turn it on and follow directions.

# An AED Can Only Help

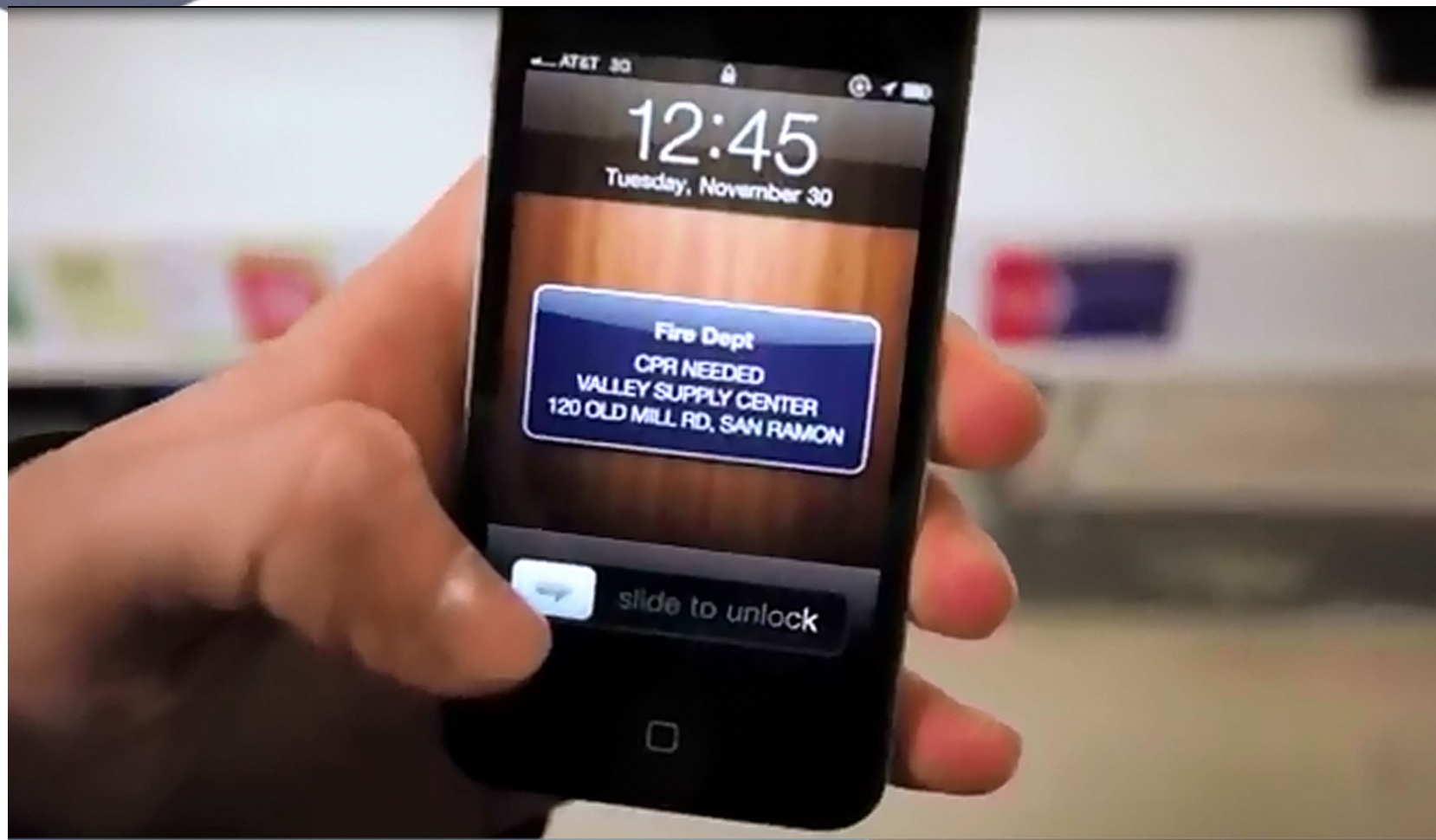


- Pads must be placed on bare, dry skin.
- Peel and stick one pad near right shoulder.
- Peel and stick second pad on left side.
- Follow directions from the AED.
- You can NOT hurt yourself or the patient using an AED.

# Small Group Drill with AED + Teamwork







# The numbers mean something!



- Since 2011: HSC has trained 23,406 citizens in CPR/AED
- HSC 2017: 4272 trained in CPR/AED
- Utstein SCA survival rate in 2011: 30.9%; 2014: 70.9%!!
- 2013-2016 Utstein SCA Survival rate was 47.6%.

# HSC 7<sup>th</sup> Grade CPR/AED Program



Transition into 9<sup>th</sup> Grade CPR/AED program in 2019

# Thank You!!!!



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# QUESTIONS

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