

February 2023

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## Celebrate Heart Month

There are more than 356,000 out-of-hospital cardiac arrests every year in the United States and almost 90% are fatal. In some cases, we don't even know there's an issue until Sudden Cardiac Arrest occurs. It can affect anyone, anywhere, at any age. If you witness someone collapse and they are unresponsive, not breathing/not breathing normally with gasping/gurgling, they need your help. We challenge you to be proactive and invest the time to learn to save a life by taking a CPR/AED class. Click on the picture below to learn more about our resources and our Project ADAM program at Cook Children's.

**Can anyone  
perform CPR?**

**Yes!**

Place both your hands in the center of the victim's chest at the nipple line and push **hard** and **fast** at a rate of 100-120 beats/minute

**Project ADAM**<sup>®</sup>  
SAVES LIVES

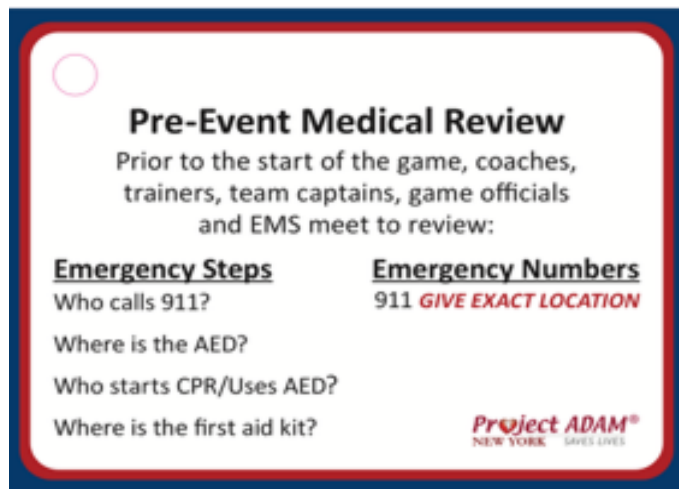
## Damar Hamlin's Cardiac Arrest: The Need for Cardiac Emergency Preparedness

When Buffalo Bills player Damar Hamlin collapsed suddenly on the field, we all held our breath in anticipation of what would happen next. Fortunately for Damar, they were ready, responded quickly with CPR and used an AED to restore his heartbeat before he even left the field. Today he's encouraging everyone to learn CPR with his #3forHeart CPR Challenge. Project ADAM Physician Director and Pediatric Cardiologist, Dr. Moye, shares some of the most commonly asked questions and concerns with cardiac arrest, CPR and the AED. Click her picture below to learn what you can do.



## Medical Time Outs: Is Your School's Sports Team Doing Them?

Ask if your school's sports team does a Medical Time Out prior to practice and games. And while you're at it, we encourage you to share this idea with them, compliments of Project ADAM New York. These Pre-Event Medical Review Cards are printed on durable plastic and can be attached to a coach's bag as a reminder to do a Pre-Event Medical Review (Medical Time Out) before a game. You can write directly on the card and include important phone numbers. Steal this idea for your school!



A rectangular card with a white background and a red border. In the top left corner, there is a small pink circle. The text on the card is as follows:

**Pre-Event Medical Review**  
Prior to the start of the game, coaches, trainers, team captains, game officials and EMS meet to review:

<b><u>Emergency Steps</u></b>	<b><u>Emergency Numbers</u></b>
Who calls 911?	911 <b>GIVE EXACT LOCATION</b>
Where is the AED?	
Who starts CPR/Uses AED?	
Where is the first aid kit?	

In the bottom right corner, there is the Project ADAM logo: **Project ADAM**<sup>®</sup> NEW YORK SAVES LIVES

## Hero Spotlight: Crowley ISD Save

When 16-year-old Crowley High School student Kamathi Long collapsed on the basketball court, his mother jumped the rail and ran to her son's side to start CPR. Two coaches and the athletic trainer immediately took over care, started chest compressions and applied the AED which shocked his heart. This story had a happy ending thanks to the quick action this Heart Safe School took. Click on Kamathi's picture below to learn more about what led to this heartwarming save and what's being done to save more lives.



## Heart Safe School Spotlight



It's been a busy start to the new year! Join us in congratulating our two newest Project ADAM Heart Safe School Districts, Poolville ISD and Midlothian ISD, and the following Heart Safe Schools who joined our Project ADAM program at Cook Children's:

Trinity Lakes Elementary  
Marine Creek Middle School  
Atwood McDonald Elementary  
Dunbar High School  
River Trails Elementary

Lake Country Elementary  
Oakwood Terrace Elementary  
Jeanette Hayes Elementary  
L.D. Bell High School  
Teravista Elementary

# THANK YOU!

*We couldn't do it without you.*



**Stay tuned to your inbox for our next newsletter!  
Have an idea, story, or picture to share? We'd love to hear it!  
Email us for a chance to be featured in one of our newsletters.**

**For questions/help with activities related to  
cardiac emergency preparedness, contact:**

**Sarah Mendoza Thieroff**

682-885-6755 phone

682-885-2329 fax

[projectadamtexas@cookchildrens.org](mailto:projectadamtexas@cookchildrens.org)

[projectadamtexas.org](http://projectadamtexas.org)

Project ADAM's mission is to educate school systems, nurses, coaches, trainers, parents, and others about pediatric sudden cardiac death. Project ADAM helps implement public access defibrillation programs (PAD) across Texas and the nation. Our goal is to increase awareness of sudden cardiac death and establish emergency programs that provide a timely and lifesaving response. Since 2011, our Project ADAM program at Cook Children's has recognized 602 Heart Safe Schools & 23 Heart Safe School Districts.

