

June 2022

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## Happy CPR & AED Awareness Week

Each year on June 1-7, we celebrate National CPR & AED Awareness Week with a special social media awareness campaign on Facebook and Instagram. Our posts aim to educate, inform and inspire others with various stories and fun facts. Check out this year's campaign by clicking on the picture below and expand your knowledge.

**DID YOU KNOW?**

- Over 350,000 people experience cardiac arrest each year
- Every minute of delayed help decreases a victim's chance of survival by 10%
- CPR and AED use can triple someone's chance of survival
- You can learn CPR and AED use and save a life!

**Project ADAM**  
SAVES LIVES

## In-person Training

It's been a tough two years since COVID first hit us, but we're pleased to announce that travel restrictions are lifted, we are back in-person at all DFW metroplex schools and available for CPR/AED training, AED drills, consultations, presentations, Heart Safe School recognitions and more! While many are out for summer, it's never too early to plan for back-to-school training in August. Our calendar is filling up fast. Give us a call/send us an email and let us know what your needs are.



## Project ADAM Referrals

Our Project ADAM referral system for our Heart Center patients has grown leaps and bounds since we first started connecting patient schools to necessary program resources. Texas law requires all public and charter schools to have an AED. Unfortunately, we've found that many schools don't have an emergency team and emergency plan in place to use it. The picture below is our handout given to parents at the time the referral is made so the school is aware when we make the call which patient attends their school and provides a big picture idea of how we can help. Look familiar? Still have questions? Click on the picture below to contact us.

## Here's what YOU can do to help:

My child, \_\_\_\_\_, has been diagnosed with \_\_\_\_\_.

**Establish a cardiac emergency response plan that includes your AED.**

Creating your own detailed plan is recommended. Should you need assistance, Project ADAM can provide you with several plan templates.

**Have a response team of 5-10 people, or 10% of staff, at opposite ends of the campus to ensure full coverage in case of emergency.**

The team/staff should be CPR certified or they can receive annual hands-only CPR and automated external defibrillator (AED) training with observed compression practice. For schools located in the DFW Metroplex, contact Project ADAM to schedule a FREE training today.

**For schools located in the DFW Metroplex, schedule an AED drill with Project ADAM to test your emergency response.**

Project ADAM can bring in a mannequin and an AED trainer for team members to practice compressions and apply the AED pads in a relaxed setting. The drills takes less than 10 minutes with minimal disruption during regular school hours.

**Place your school's AED(s) no more than 3 minutes away from the farthest part of campus.**

For every minute without defibrillation from an AED, survival decreases by 10%. Ask Project ADAM for an AED site assessment to help choose the best location(s) for your AED(s).

**Ensure that ALL staff members are aware of your school's emergency response plan and are ready to act.**

Always be prepared. Having a trained team and a staff that knows your school's plan are critical to survival. Project ADAM is here to help you prepare and can answer any of your questions.



Project ADAM saves lives, but only with help from parents like YOU.  
Please share this with your child's principal, school nurse and  
any other school staff members. Together, we can make sure your school is  
*a Heart Safe environment for all.*

To learn more, contact 682-885-6755 or [projectadamtexas@cookchildrens.org](mailto:projectadamtexas@cookchildrens.org).

## Hero Spotlight: Weatherford High School Save

When Weatherford High School student Dirk Green suddenly collapsed, his school came to the rescue. Thanks to the heroic efforts of school nurse Echo White and the Weatherford High School emergency team, Dirk is here with us today. What's even more special about Dirk's story is the fact that he was saved twice by an automated external defibrillator (AED), despite having an implantable cardioverter-defibrillator (ICD). Read more about this miraculous school save below.

15-Year-Old Boy Revived by AED on 2 Separate Occasions

## Heart Safe School Spotlight



School's out for summer and we're proud to recognize the following 7 Heart Safe Schools who finished the school year with a bang and entered our Project ADAM program at Cook Children's in 2022. Please join us in congratulating our newest Project ADAM Heart Safe School District, Northwest ISD, and the following Heart Safe Schools:

Clara Love Elementary  
NISD Special Programs Center  
Westpark Elementary

Sendera Ranch Elementary  
Berkshire Elementary  
Viridian Elementary  
Austin 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

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

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 532 Heart Safe Schools and 19 Heart Safe School Districts.

