

October 2021

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## Celebrate Sudden Cardiac Arrest (SCA) Awareness Month

In 2008, Congress officially declared October to be Sudden Cardiac Arrest (SCA) Awareness Month. According to the American Heart Association, over 350,000 Sudden Cardiac Arrests occur each year outside of the hospital. 88% occur at home and yet 70% of Americans reportedly do not know CPR/have significant lapse in their training. It can happen to anyone, anywhere. We implore you to think, if you were to witness a SCA, are you #ready to save a life? Click the picture below to learn more.

**YOU**

can help save lives in your school and community by encouraging others to learn CPR and AED use. You can also lead the charge to make sure that your school is HEART SAFE and **READY** to respond to a cardiac emergency!

visit  
[www.projectadam.com/heartsafeschools](http://www.projectadam.com/heartsafeschools)

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

## Meet our NEW Project ADAM Physician Director

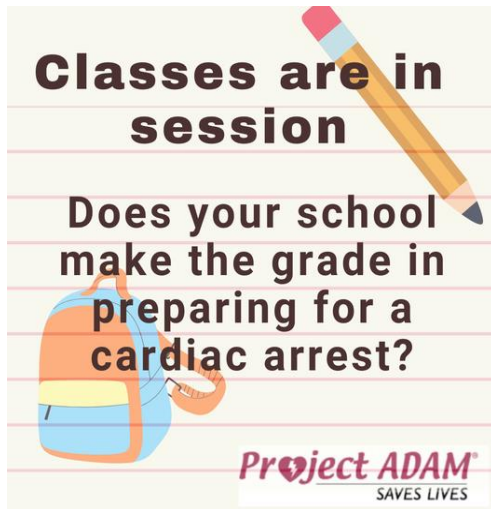
A change in the seasons brings a change in our Project ADAM program at Cook Children's. Cook Children's Project ADAM Medical Director, Dr. Matthew Dzurik, has been promoted to President of Cook Children's Physician Network and passed the torch to Dr. Danielle Moye, our new Project ADAM Physician Director. We thank Dr. Dzurik for his service and expertise as we look forward to the next chapter with Dr. Moye at the helm.



## Does your school make the grade in SCA preparedness?

Texas law requires that all public and charter schools have an AED, but does your school have an emergency response team that's CPR/AED trained and an emergency plan that addresses the AED? We encourage all schools to evaluate their emergency plan and ask these questions at the start of each school year:

1. Are all the emergency team members still there?
2. If not, do you need to replace/add anyone to the team?
3. Do you have new school construction?
4. Do you have any new AEDs that need to be placed? Check out our [AED Site Assessment](#) for guidance and direction.
5. When you're ready, download our [School Readiness Assessment](#) and give us a call. We'll look at what you have in place and discuss which area(s) you're ready to tackle next, be it CPR/AED training, AED drills, or evaluating and modifying your emergency plan.



## 10 year anniversary of our Project ADAM program at Cook Children's

2021 marks the 10 year anniversary of our Project ADAM program at Cook Children's. It's hard to believe we've grown to 521 Heart Safe Schools and 18 Heart Safe School districts with 26 documented saves since we first began. Today, we continue to raise education and awareness, provide lifesaving Heart Safe resources and training to our community, and empower families to advocate for their child through our referral program. We look forward to the next 10 years and beyond.



## Hero spotlight: Teen soccer player saved

Many of us spend weekends at our kid's soccer practice/game, not thinking twice about who's trained in CPR and if there's an AED close by. A recent save shows just how important it is to be prepared at all times. Tucker Paul had just scored a goal when his heart stopped beating and he collapsed suddenly on the soccer field. Fortunately for Tucker, with the help and quick response from a few nurses, athletic trainers, and the tournament director, CPR and 2 shocks from the AED saved his life. Read more about this Montana save below.

Team effort saves teen soccer player on the field

## Heart Safe School spotlight



Despite another challenging school year, we're proud to recognize our newest Heart Safe School, Lizzie Curtis Elementary in Northwest ISD. Lizzie Curtis is the 521st Heart Safe School in our Project ADAM program at Cook Children's. Congratulations to the school nurse and all staff involved!

# THANK YOU!

*We couldn't do it without you.*



We truly appreciate all our schools for building and maintaining their emergency response team, emergency response plan, and keeping up with regular AED drills on campus.

Thank you for your commitment to Project ADAM. Together, we can save more lives.

**Stay tuned to your inbox for our back to school 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:**

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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 521 Heart Safe Schools and 18 Heart Safe School Districts.

