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Welcome

Hello and welcome to our 1st official Project ADAM led by Cook Children's newsletter! While so much is different this school year due to the COVID-19 pandemic, we hope you find inspiration and guidance in the way of cardiac emergency preparedness. As you read, we encourage you to consider how this can help your school, child or simply enhance your life for the better. Know that Project ADAM is here for you and we are now available for in-person CPR/AED training, AED drills, meetings, presentations and otherwise for schools in the DFW metroplex. Call/email today to schedule. For additional resources, click on the link below to visit our Project ADAM program at Cook Children's website. Happy reading!

Project ADAM at Cook Children's

COVID-19 resources for schools

In collaboration with Project ADAM National, our team has put together a special landing page of articles, organizational web links and additional resources for schools during the COVID-19 pandemic. Click on the link below to learn more!

COVID-19 Resources for Schools

Virtual training

In-person training has become a challenge and now more than ever, folks are utilizing virtual training. To that end we have several training videos on our NEW Project ADAM YouTube channel. Check it out below for a variety to choose from, including our newest Zoom AED drill video for schools who need a virtual drill option. Don't see what you need or have an idea for additional virtual training? Contact Project ADAM and let us know what you're thinking!

Project ADAM YouTube Channel



AED donation to Prosper Multispecialty Clinic

Cook Children's Heart Center & Project ADAM teamed up to deliver 3 brand new Cardiac Science AEDs and cabinets to our newest facility, Prosper Multispecialty Clinic. Staff were trained how to use the AED by Project ADAM Coordinator, Sarah Thieroff. Dr. Lauren Acres, Steph Duran and her clinical staff are

working with physicians to recruit an emergency response team for the crash cart AEDs. Members will consist of nurses, medical assistants and physicians at the multispecialty clinic. In addition, Project ADAM is engaged with the local school district and excited to work with them to help establish emergency response teams, emergency response plans and AED drills in all the Prosper ISD schools.



Heart Safe School activities during the pandemic

If you are able to work on cardiac emergency preparedness planning for your school, consider these ideas/resources:

- Review your school's emergency response plan. Don't have one? Click [here](#) for some examples.
- Check your cardiac emergency response team's CPR certifications and education. We recommend every member on the team be CPR certified, but as a minimum they must have annual Hands Only CPR/AED training with observed compression practice.

- Plan your AED drill(s): Click [here](#) for our Cardiac Emergency Response Drills document. AED drill videos can be found [here](#) and [here](#). Consider doing your drill on a staff development day. Less people will be around which makes it easier to social distance and practice your emergency response. [Download our editable AED Drill Checklist](#), print and fill it out during your drill, then type your text in the document and save to your computer for easy record keeping.
- Already a Heart Safe School in our program? Take a look at the annual requirements [here](#). If you run into challenges getting any of these done by the December 31st banner sticker deadline, contact us and we'll work with you. The link to receive your banner sticker and complete our online annual Heart Safe School form is [here](#).
- **Online CPR** instruction: [Click here to view these local Hands Only CPR & AED training videos](#). School nurses, consider showing these videos over Zoom/sending them out to staff to watch independently, then have them come to your office for compression checkoff. It's a nice alternative to in-person training.
- [Check out this helpful handout from American Heart Association on COVID-19 and adult CPR](#).
- Offer a virtual/in-person all staff awareness training. It can be as simple as using [this all staff training script](#) or asking your principal for 10-15 minutes at the next Zoom/in-person meeting to go over your school's emergency plan, emergency team, how to recognize and how to communicate an emergency.
- Watch this cute [AED training video on YouTube](#).
- Become a Heart Safe School! Follow these steps to start the process:

Step 1: Go to www.projectadam.com/heartsafeschools

This website is full of amazing resources to prepare your school for designation. Follow the steps, submit your paperwork to

ProjectAdamTexas@cookchildrens.org and ensure your school is Heart Safe should an emergency arise.

Step 2: In collaboration with your school's administration, conduct a [Cardiac Emergency Preparedness Assessment](#) for your school and email it to ProjectAdamTexas@cookchildrens.org.

Step 3: After the assessment, turn any "Nos" to "Yeses" by following the steps in the [Heart Safe Toolkit](#). We're here for any questions or assistance you might need.

Step 4: Practice your AED drill using this [Cardiac Emergency Response Drills document](#) and [AED drill instructional video](#) to help you plan and execute your practice drill.

Once you've completed the steps and are ready for designation, email these forms to ProjectAdamTexas@cookchildrens.org:

1. [Final Heart Safe School Checklist](#)
2. [AED Drill Summary Checklist](#)

Upon receipt of both checklists, we'll send you an email confirmation to request any additional information if necessary, confirm your school name, order your banner and schedule a time for your Heart Safe School recognition.

Heart Safe School Spotlight

Now is the time to celebrate. Please join us in congratulating our newest Project ADAM Texas Heart Safe School District, Mansfield ISD, and Heart Safe School, Lance Thompson

Elementary School! Mansfield ISD became the 16th recognized Heart Safe School district and Lance Thompson Elementary School just became the 483rd Heart Safe School in our Project ADAM program at Cook Children's. We truly appreciate the steps Mansfield ISD and Lance Thompson Elementary School have taken to build emergency response teams, emergency response plans and incorporate regular AED drills to test their emergency response. Congratulations!



Stay tuned to your inbox for November's newsletter! Have an idea, story or picture of you and your team in action? We'd love to see it! Email us for a chance to be featured in one of our upcoming newsletters.

For questions/help with any activities related to cardiac emergency response preparedness, please 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 the awareness of sudden cardiac death and establish emergency programs that help to provide a timely and lifesaving response.

