



MI HEARTSAFE SCHOOLS NEWSLETTER

FEBRUARY 2019

INSIDE THIS ISSUE:

BEST PRACTICES 2**IN THE SPOTLIGHT 3****TURNING TRAGEDY INTO PURPOSE 3****MHSAA & NFHS DONATE AEDS 4****CPR/AED DRILL WEEK 4**

Congratulations to the 211 schools that received a MI HEARTSafe school designation for the 2017-2018 school year! This is the most ever in the program's five-year history.

Welcome to the second edition of the MI HEARTSafe Schools Newsletter. The purpose of this newsletter is to provide a forum for the Michigan Alliance for Prevention of Sudden Cardiac Death of the Young (MAP-SCDY) and our school partners to discuss and promote cardiac emergency preparedness within Michigan schools. One of our main goals is to encourage and work with all Michigan schools to become MI HEARTSafe Schools.

A MI HEARTSafe designation recognizes a school's efforts to prevent sudden cardiac death of the young (SCDY) by preparing for a cardiac emergency. Members of this school community know how to recognize the signs of sudden cardiac arrest and respond quickly by calling 9-1-1 and using CPR and an automated external defibrillator (AED) until EMS arrives.

The MI HEARTSafe School Award Program was started in 2013 by the MAP-SCDY. The MAP-SCDY works to prevent death due to sudden cardiac arrest by providing leadership, education, and resources to help encourage Michigan schools to provide the best possible response to a cardiac emergency.

Is your school HEARTSafe?

If someone in your school community suffers a sudden cardiac arrest, would you know what to do? Did you know that early recognition of a cardiac arrest, calling 9-1-1, bystander response with hands-only CPR, and the use of an AED greatly increases the chance of survival? Important questions for you to consider for the school year:

- Does your school have a cardiac emergency response plan?
- Can your staff and students recognize the symptoms of cardiac arrest and know how to get help "on the way, right away"?
- Who knows CPR in your school and is ready to use it when necessary?
- Are the AEDs: Well marked and easily and readily accessible? Properly maintained and inspected? Do the staff and students know how to use them?
- Does your school have regular cardiac emergency response drills which include the use of an AED training unit?

Please visit <https://migrc.org/miheartsafe> for more information about the MI HEARTSafe Schools Award Program and how to qualify and apply for the MI HEARTSafe designation. Schools meeting the minimum criteria will be awarded the MI HEARTSafe School designation, receive a HEARTSafe banner to display, receive a letter of commendation, and be spotlighted on the MI HEARTSafe School website, all at no cost to the school. Applications will be available for the 2018-2019 school year in January 2019. You can also email any questions to MDHHS-MI-HeartSafe@michigan.gov.

In this edition of the MI HEARTSafe Schools Newsletter you will find articles written by Monica Goble, MD, Kimberly Mihalik, RN and Mark Uyl, Michigan High School Athletic Association (MHSAA) Executive Director. The MHSAA is a major partner of the MI HEARTSafe School program. The MHSAA is a private, not-for-profit corporation of voluntary membership with over 1,500 public and private senior high schools and junior high/middle schools. It serves to develop common rules for high school athletic eligibility and competition. No government funds or tax dollars support the MHSAA, and it was the first such association nationally to not accept membership dues or tournament entry fees from schools. Member schools abiding by MHSAA rules are permitted to participate in MHSAA tournaments, which attract approximately 1.6 million spectators annually.

BEST PRACTICES—BY MONICA MARTIN GOBLE, MD UNIVERSITY OF MICHIGAN CONGENITAL HEART CENTER—LANSING PEDIATRIC CARDIOLOGY

SUDDEN CARDIAC ARREST VERSUS HEART ATTACK DO YOU KNOW THE DIFFERENCE? HOW ABOUT THE DIFFERENT RESPONSES?

SUDDEN CARDIAC ARREST (SCA)

SCA is an electrical problem and can happen at any age. The heart rhythm goes from normal to suddenly abnormal. It is as if someone switched off a light. For no apparent reason, the person suddenly drops to the ground, because the heart stops effectively pumping blood to the body. The person is unconscious and may twitch. The breathing may be abnormal (maybe gasping) or absent. The heart itself may be otherwise normal (or in some cases there may be an underlying structural abnormality), but the blood is not circulating to the body because of this suddenly very erratic heart beat. This heart beat, untreated, may deteriorate rapidly to no heart beat. In addition to calling 9-1-1 and starting CPR to help circulate the blood, an AED should quickly be applied. The AED will analyze the heart beat and decide if a shock would help reset the electrical system so it returns to normal. The sooner the AED is applied, the higher the chance for recovery. Minutes matter.

HEART ATTACK (MEDICAL TERM: MYOCARDIAL INFARCTION)

A heart attack is very different from a SCA, even though the words may seem similar. It is more common later in life and results from a heart blood vessel blockage resulting in impaired blood flow within the heart. It is considered a “plumbing problem.” The coronary arteries within the heart become clogged over a lifetime and aren’t supplying enough oxygenated blood to the heart muscle. Chest pain and other vague symptoms result. The person needs to seek care in an emergency room as soon as possible. If a heart attack is suspected the person may need to urgently have the arteries opened up (perhaps by stenting or a bypass operation).

5 MYTHS ABOUT SUDDEN CARDIAC ARREST (SCA)

From: www.adamssafety.com/debunking-5-myths-about-sudden-cardiac-arrest/

Five myths about sudden cardiac arrest that may act as barriers to bystander action:

- **Myth #1: SCA occurs only in elderly adults:** SCA occurs in all age groups, including children, teenagers, athletes, and non-athletes.
- **Myth #2: SCA and heart attack are the same:** In SCA, victims lose consciousness immediately, which can cause brain damage if not treated within the first few minutes. However, in a heart attack, the patient has symptoms and usually time to get to a hospital for treatment.
- **Myth #3: Waiting for emergency medical services (EMS) professionals to arrive may be a better option:** EMS professionals generally take on average 8-12 minutes to arrive. Bystander intervention before they arrive may make a difference between life and death for the victim.
- **Myth #4: I am not qualified to perform CPR:** A SCA victim’s chance of survival may depend on CPR and AED use. The American Heart Association encourages all Americans to learn Hands-Only CPR, which is simpler and as effective for SCA as compared to conventional CPR. Even people without any training can do CPR and apply an AED to save a life during an emergency. 9-1-1 dispatchers and the AED itself can provide prompts.
- **Myth #5: I may hurt the patient by using an AED:** Current-era AEDs are not difficult to operate, especially compared to older models. The AED analyzes whether or not a shock is needed to reset the heart rhythm and therefore the patient will not be hurt by applying the AED patches and turning on the AED. Revival within 5 minutes using CPR and an AED increases the chances for recovery and specifically recovery without loss of brain function.

Project ADAM Michigan—Saving lives in schools — www.mottchildren.org/projectadam

IN THE SPOTLIGHT—GRACE LUTHERAN CHURCH & SCHOOL, ST. JOSEPH, MI

BY KIMBERLY MIHALIK, RN/CPR INSTRUCTOR

Grace Lutheran Church and School has exceeded the standard criteria to qualify as a heart safe school in the past year. The church and school staff have proven in many ways that prevention of SCA in youth and adults is a top priority on our campus. After being declared a MI HEARTSafe School in 2018, Grace has integrated CPR and AED education into every area possible. With the help of a mom (who happens to be a nurse/CPR instructor), we introduced the lifesaving skill to the 7th and 8th grade students and congregation. CPR has become part of the PE curriculum to this group of eager, capable, and engaged students. Last year, Grace used the newly certified students to be part of the SCA drill. As expected, they demonstrated retention of valuable and critical information during drill week. This allowed them to calmly and competently perform the lifesaving skills they had been taught. Since both grades are combined, the 8th graders will be getting a refresher when the 7th grade students are instructed in 2019.

Our mission at Grace is to have as many able-bodied individuals trained to act in a SCA. Parents are reassured and grateful that when traveling to other schools, there is always someone who has been trained and ready. The Wes Leonard Heart Team gifted a portable AED to Grace when they travel to schools that don't have one on site. Thanks to the generous donation of a second AED, the campus now has two lifesaving devices strategically placed within the building. As a congregation, there is a specific cardiac emergency plan ready to be enacted if an SCA were to happen during a pew-packed service. The pastors, ushers, lunch moms, volunteers, and many church members have attended a CPR and AED class held at Grace. Sharing the response plan with these integral servants of Grace has been a task in which we take great pride. We believe the more people we have educated in these lifesaving skills, the better the chance our children, staff, and visitors will have at surviving a SCA. The AED coordinator is always available to answer questions and arrange any classes needed for new staff, volunteers, and congregation members. In these ways Grace Lutheran Church and School have made the safety of our students, members and community a priority. Their dedication is an excellent example of what a MI HEARTSafe School should mirror.

TURNING TRAGEDY INTO PURPOSE

The Wes Leonard Heart Team was established after the tragic death of Wesley James Leonard on March 4, 2011. Wes, a student and star athlete at Fennville High School, collapsed on the basketball court and later died after scoring the game winning shot in overtime, helping his team clinch a perfect season.

“The mission of the Wes Leonard Heart Team is to honor his life using a team approach, combining the efforts of his loved ones and other existing foundations in the pursuit of a common goal. The Wes Leonard Heart Team is committed to honoring the children who have lost their lives to sudden cardiac arrest and preventing other families and friends from feeling the pain of losing their loved ones. With this team approach we feel we can give others a chance at ‘just one more game’.” (www.wesleonardheartteam.org)

The Wes Leonard Heart Team (WLHT) has placed over 300 AEDs and is hoping to place another 15 AEDs this winter. They are currently planning their “Never Forgotten” Game, which is a big time rivalry basketball game between Fennville High School and Saugatuck High School. The two communities have really come together to help support the WLHT and help remember not only Wes, but others that we have lost too soon.

Through the hard work and dedication of the Wes Leonard Heart Team, others have been given a chance at “just one more game”.

If you would like more information on the Wes Leonard Heart Team or how you can help, please visit www.wesleonardheartteam.org.



Wesley James Leonard

1994—2011

MHSAA & NFHS DONATE AEDS TO MEMBER SCHOOLS

BY MARK UYL, MHSAA EXECUTIVE DIRECTOR

Over the past two years, the Michigan High School Athletic Association (MHSAA) has been able to donate, free of charge, 20 AED units to member high schools and middle schools. These AEDs came to the MHSAA from the National Federation of State High School Associations (NFHS), which is the national organization that the MHSAA, along with the other 49 state high school associations, is an active member. The NFHS has a foundation that has raised money and then used those funds to make athletics and activities safer in all 50 states through a variety of initiatives. Over the past two years, the NFHS Foundation has funded this AED program through a number of state high school associations and the MHSAA has greatly benefitted from this partnership.

In identifying the member schools here in Michigan that would receive the AEDs, the MHSAA has worked closely with the Kimberly Anne Gillary Foundation in identifying the MHSAA members schools on their “waiting list” for an AED, creating a win-win situation for both organizations. This has been a wonderful example of groups such as the NFHS Foundation, the MHSAA, and the Kimberly Anne Gillary Foundation all working together to make our school buildings and facilities safer for all. Often times we think of the athletes playing the game who will be safer with an AED unit in the facility; the reality is that everyone at the contest, especially the adults, are also safer in this situation. Many times, it’s the adult coach, referee, spectator, parent or grandparent that suffers a cardiac emergency while at an event, and the more athletic facilities with an AED onsite, the better the odds of a “save” being made.

A big thank you and kudos are richly deserved for the NFHS Foundation, the MHSAA and the Kimberly Anne Gillary Foundation on this special, life-saving partnership.



MICHIGAN SCHOOLS CPR/AED DRILL WEEK

The next CPR/AED Drill Week is scheduled for **February 4-8, 2019**. We are encouraging all schools to make a commitment to hold a practice drill during this time. Regular training is essential to hone the skills necessary to increase the probability of a student’s survival from a sudden cardiac arrest. Without the opportunity to practice, responders may not be able to perform at an optimal level when an emergency arises. Routine practice drills are also a great way to test the effectiveness of your emergency response plan.

Please contact the Kimberly Anne Gillary Foundation if your school district is in need of an AED Drill Kit. An AED Drill Kit consists of an AED training unit, a mannequin, a stopwatch, and an AED Drill pamphlet with some general instructions. The kit will be donated to your school district free of charge. The only requirement we have is that you make the AED Drill Kit available to all of the schools in your district so that they can perform regular practice drills.

Please visit www.AEDDrill.com for more information.

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HELPING TO PREVENT SUDDEN CARDIAC DEATH OF THE YOUNG

<https://migrc.org/miheartsafe>