

Project ADAM began in 1999 after a series of sudden deaths among high school athletes in southeastern Wisconsin, including 17-year-old Adam Lemel. Many of these deaths appeared to have been due to ventricular fibrillation. Adam's parents, Patty and Joe Lemel, along with a childhood friend of Adam's, collaborated to create this program in Adam's memory.



The Chain of Survival is designed to help all people survive a sudden cardiac arrest. It is comprised of four critical links:

1. Call 911
2. Perform CPR
3. Defibrillation
4. Advanced care

The chain of survival was missing a vital link the day Adam died. Adam might have been saved if a defibrillator had been available.

Unfortunately, it was not.

What is an Automated External Defibrillator (AED)?

An automated external defibrillator is a lightweight, portable device that analyzes the heart's rhythm and delivers an adequate electric shock to the heart, if needed. When the heart is in sudden cardiac arrest, this shock through the chest (which travels to the heart) can interrupt an abnormal, ineffective rhythm and enable the healthy rhythm to resume.

Project ADAM's commitment to schools

Approximately 20 percent of a community is in a school on any given day. By focusing our efforts toward schools, we are able to reach both young students and adult staff, as well as visitors to the schools, in a systematic and efficient manner. Likewise, by educating youth we are able to affect a cultural change in promoting the awareness of and response to sudden cardiac emergencies.



It is estimated that more than 2,000 young people have a sudden cardiac event each year, and national statistics for adults are seven times that rate.

Project ADAM provides:

Project ADAM provides everything schools need to plan, fund and develop their program, including planning templates, a comprehensive planning manual and access to pediatric health care professionals at Sacred Heart Children's Hospital of Spokane.

Consultation

Schools receive consultation that can help:

- Identify a site coordinator at your school.
- Implement the program and provide the information about acquiring CPR/AED training.
- Develop a school crisis team.
- Provide information about risk factors and symptoms of sudden cardiac arrest.
- Connect you with other schools served by Project ADAM to share best practices.

Materials

Schools receive materials that provide the steps necessary to develop their programs. The manual includes information, form letters and easy-to fill-out templates on receiving approval from school administrators and notifying parents of the need for the program. In addition to this CPR/AED training is provided as well as a list of mock drill scenarios.



Project ADAM staff provides support by answering your questions, listening to your concerns and providing direction to help make your program as efficient and effective as possible.



Funding Assistance

Project ADAM provides training grants in some states and other funding ideas to support you in implementing your program.

The heart must be defibrillated quickly because a person's chance of survival drops by 7 to 10 percent for each minute a normal heart beat is not restored.



Project ADAM Mission

Project ADAM's mission is to serve children and adolescents through education and deployment of life-saving programs that help prevent sudden cardiac death.

Project ADAM's work is carried-out primarily through partnerships with school systems.

Support for Project ADAM

Support for Project ADAM is provided through grant dollars received by the Sacred Heart Children's Foundation, as well as public and private contributions. You can help by making a financial contribution to the foundation. Visit our website at shmchildren.org for information.

Contact Us

We encourage your participation in this life-saving national initiative. To learn more, contact us.

Email: Ryan.Schaefer@providence.org

Visit our website
www.shmchildren.org
and click on services, then
"Project ADAM"

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SAVES LIVES

Project ADAM Inland Northwest

Start protecting the HEART of our future.



About Project ADAM

Project ADAM is a not-for-profit program of Sacred Heart Children's Hospital of Spokane, one of the leading pediatric heart programs in the United States. Project ADAM serves adolescents through education and the implementation of life saving programs to help prevent sudden cardiac arrest.

