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A *heartfelt* thank you

Project ADAM is a not-for-profit program of Herma Heart Center at Children's Hospital of Wisconsin. Our mission is to serve children and adolescents through education and deployment of life-saving programs that help prevent sudden cardiac death. We have strong programs in nine states nationally. Please see our website, projectadam.com, to contact the affiliate closest to you!

To our Project ADAM schools and supporters throughout the country, Project ADAM thanks you and wishes you a happy and healthy end to your school year.

If you know someone who could benefit from Project ADAM in their state or community, please contact projectadam@chw.org

Project ADAM medical directors

Note from Stuart Berger, MD, director, Project ADAM

I am honored to work with each and every one of you in our goal to save lives. There is little doubt that Project ADAM is expanding, and we are only beginning to see the fruits of our advocacy grow. Without all of the vigor and drive from all of you, we would not be where we are now. Although we still have lots of work before us, I am so very excited about the future and where we are heading. I am so very blessed to be associated with all of you. Thank you for all that you do.

-Stuart Berger, MD, medical director, Cardiology, Children's Hospital of Wisconsin; and professor of Pediatrics (Cardiology), the Medical College of Wisconsin

Positive stories from program affiliates

Dick Morgan has many people to thank after he survived cardiac arrest. The team of first responders and emergency crews who arrived at his house Feb. 10, the multitude of specialized medical crews who cared for him over the next week and the numerous community partners who came together to implement a program to instruct area high school students on CPR. This cardiac arrest victims "chain of survival" was initiated by his 15-year-old granddaughter.



Shelby Morgan had learned the life-saving skill just three days prior through a program adopted by her high school in Spokane, Wash. With help from the local fire department, Riverside High School has been hosting CPR and AED training for students for three years and now has a documented save to prove its worth.

-Ryan Schaefer, RN
Project ADAM coordinator, Sacred Heart Medical Center

Stories highlight lives saved

Project ADAM is celebrating 85 lives saved nationwide. In the event of a cardiac emergency, the chain of survival was put into place, and a quick response using the school's emergency action plan resulted in a life saved.

Check out these stories as a testament to our successes as a team and nation, building lasting partnerships with our communities. Together we can save lives.

- ['I wasn't nervous': Teen baseball player helps save umpire with CPR](#)
- [A life-saving call](#)

Documented: Not all AED save documentation is formally submitted to Children's Hospital of Wisconsin or Project ADAM. An event summary form is provided to Project ADAM school participants, although reporting of information is voluntary. Unless otherwise noted, all information has been provided to Project ADAM via the event summary form. Our criteria states in the event of a cardiac emergency, the chain of survival was put into place, and a quick response using the schools emergency action plan resulted in a life saved.

Tips on training: Practice is the key

The benefits of practicing your Emergency Preparedness Plan are priceless. Be sure to make the drill as realistic as possible. Consider doing a drill in the middle of the day, without children around, in an empty classroom. You also could look for opportunities on school grounds, like playgrounds or areas where parents are dropping off kids at school. For example, have someone lay down on the sidewalk with a sign that says, "I'm unresponsive and not breathing." Bus drivers and maintenance workers also will benefit from practice drills in their maintenance shop.



Remember your after-school program staff too. Are they prepared? Do they know what to do? How has the communication plan been affected if you've had some staff turnover? Are all of your athletic teams prepared during practice sessions? These are just a few of the questions that a practice drill will answer.

The answers generated by a practice drill will help build a strong team dynamic. I always think of the practice drill that documented a first shock at 4 minutes and 58 seconds. With this knowledge, the team made a change that the teacher closest to the AED would grab the AED and head toward the victim. A first responder, from the scene, would then retrieve the AED from the teacher. The shock time was decreased to 2 minutes and 37 seconds.

The lessons learned are priceless and the life being saved may be our own.

-Richard Lamphier, RN
Clinical program manager, Project S.A.V.E., Children's Healthcare of Atlanta

Is your school prepared for a cardiac emergency?

Practice drills are an essential part of your school's emergency response plan. They help keep skills fresh, identify potential problems with the response plan and, build confidence. They also can make the difference between life and death. It is normal to feel nervous about running a drill during

the school day. So run your first drill on a non-student attendance day or during a staff meeting. As you gain confidence, you can begin scheduling them during the school day. All you need is a manikin, a practice AED, and a stop watch. Put the manikin down and ask the first person you see what they would do if this was a real emergency. See how it goes and make sure to debrief afterward. It's OK to coach the team throughout the drill. After the first or second drill, they will have it down. Remember, practice improves response and response can determine life or death. So go for it and run an AED drill!

-Rebecca Neumann-Schwabe, BSN, RN
AED program coordinator, Milwaukee Public Schools HeartSafe Schools

Coronary artery conditions and sudden cardiac arrest

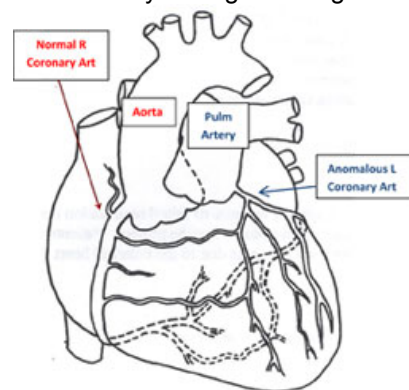
The coronary arteries are the blood vessels that supply the heart muscle, known as the myocardium, with blood. These blood vessels can get clogged up and damaged from cholesterol, high blood pressure and other factors that come with age and sometimes with poor health decisions. If they become clogged and keep the heart muscle from getting the blood it needs, chest pain and heart attacks are the result. Heart muscle that is deprived of blood flow cannot work well.

Normally, the right and left coronary arteries come off the aorta, the major artery from the heart to the body, at its very beginning. The arteries then divide into branches and capillaries to fully supply the heart muscle cells with blood. However, coronary arteries, like most other things in the body, can form abnormally, which becomes a type of congenital heart disease, or birth defect of the heart. It is quite rare, but when these abnormalities are present, it can jeopardize normal blood flow. In some cases, this can result in sudden cardiac arrest because the blood can't flow normally. When the myocardium has inadequate flow, oxygen isn't delivered adequately. The heart muscle ce

lls can't perform properly, and the irritable cells can begin to beat erratically. This means the heart will not pump blood sufficiently to sustain life, and cardiac arrest occurs. Enough blood may get to the heart muscle to work for some time, but there may be a point where the heart cells get into trouble due to inadequate blood flow.

Here are some of the ways coronary arteries can be abnormally developed and decreased blood flow to the myocardium may result:

- **Fistula** - An opening between one of the coronary arteries and the inside of a heart chamber. It may be easier for the blood to flow into the chamber instead of forcing its way through the beating heart muscle. Blood, taking the path of least resistance, may flow into a heart chamber. This means blood is diverted from the muscle.
- **Anomalous origin of a coronary artery** - One of the arteries starts from the wrong place. Most often this means that the left one comes off the pulmonary artery instead of off the aorta. **Anomalous left coronary artery from pulmonary artery (ALCAPA)** - It is much easier for blood to flow to the low pressure lung arteries than to force its way through beating heart muscle. That means blood is "stolen" from the heart muscle and diverted to the lungs. This can happen with either the right or left coronary artery.
- **Abnormal course of a coronary artery** - One of the arteries may have an abnormal path, meaning it may go between the aorta and the pulmonary artery. At a time when the heart is pumping vigorously, the aorta and pulmonary artery will be full and pulsating. A coronary artery going between them may become compressed and blood may not be able to adequately flow to the heart muscle cells.



There are other coronary artery abnormalities, but many of them do not severely interfere with blood flow to the heart muscle, so they are not as potentially detrimental. It is important to note that children born with normal coronary arteries who have an autoimmune disease, like Kawasaki Disease, can have changes to the coronary arteries that may increase their risk for future problems.

Project ADAM plays an important role for individuals with coronary artery conditions. Many of these problems will not appear in most types of screenings, like EKGs or echocardiograms. Being prepared with great CPR and AED planning are the best tools for preventing sudden death from coronary artery abnormalities.

-Gwen Fosse, BSN, MSA, RN, Project ADAM Michigan
Clinical outreach specialist, C.S. Mott Children's Hospital, University of Michigan Congenital Heart Center

Reference: Cardiovascular Disorders. In Hazinski, MF, editor: Care of the Critically Ill Child, 3rd Ed, St. Louis, 2013, Mosby-Elsevier.

In the news: Project ADAM featured

- Project ADAM participated in the Youth Sports Safety Summit in Washington, D.C., hosted by the National Athletic Trainers' Association. We participated in discussions about best practices for keeping America's young athletes safe and visited legislators asking for their support on the National Action Plan for Sports Safety.
- Run For Sarah 5K was held on April 5, in memory of Sarah Friend. Trimble Tech High School and Shannon Learning Center won AEDs for having the largest running teams.
- Nancy Brown, CEO, American Heart Association, addressed cardiac arrest in kids in her most recent blog. Brown highlighted Martha Lopez-Anderson, board president, Parent Heart Watch, and Project ADAM Florida's new coordinator.
- Read why every school needs a Project ADAM program, "[When a youngster's heart stops, their life doesn't have to](#)"

Legislation around the nation

Recently enacted and pending legislation: CPR, AED, Emergency Response Plan and SCA in schools

For informational purposes only

CT [SB 229](#) - To establish a sudden cardiac arrest awareness education program to educate students, parents and school staff about the dangers of sudden cardiac events during intramural and interscholastic athletics.

DE [HB 249](#) - This bill requires Delaware students to learn CPR to be granted a high school diploma from a Delaware high school beginning with the Class of 2017.

KY [HB 205](#) - Create a new section of KRS Chapter 158 requiring high schools to include CPR training in the health education curriculum.

IL [HB 3724](#) - Provides that training on how to properly administer CPR and how to use an AED shall be included as a basis for health education curricula in all secondary schools in this State and shall be a prerequisite to receiving a high school diploma.

IN [HB 1290](#) - Adds athletic trainers to the definition of "health care provider" for purposes of laws concerning hospitals and public health measures. Requires the department of education to disseminate guidelines, information sheets, and forms to school corporations, charter schools, public schools, and accredited nonpublic schools to inform and educate coaches, student athletes, and parents and legal guardians of student athletes of the nature and risk of sudden cardiac arrest.

MI [HB 4713](#) - Education; safety; reporting requirement for public school safety drills; provide for, and require cardiac emergency response plan. Amends sec. 19 of 1941 PA 207 (MCL 29.19).

MD [HB 427](#) - Requiring the State Department of Education, in collaboration with specified entities, to develop policies and to implement a program to provide awareness to coaches, school personnel, students, and parents or guardians of students on the risk of sudden cardiac arrest; requiring a county board of education to provide information and a notice to specified students and parents or guardians; requiring a student and parent or guardian to sign a specified statement; etc.

MD [SB 503](#) - Requiring a public school student to complete, as part of the health or physical education curriculum, instruction in CPR that includes hands-only CPR and the use of an AED, beginning with students entering grade 9 in the 2015-2016 school year; requiring each county board of education to provide specified instruction in every public school that enrolls students in any of the grades 9 through 12, beginning in the 2015-2016 school year; etc.

OK HB 1378 - Dustin Rhodes and Lindsay Steed CPR Training Act requiring that certain students receive instruction in CPR and other emergency assistance techniques between certain grade levels.

PA HB 974 - An Act amending the act of March 10, 1949 (P.L.30, No.14), known as the Public School Code of 1949, in school health services, further providing for automated external defibrillators.

SD SB 145 - Encourage schools to provide instruction in CPR.

UT SB 192 - Amendments to Automatic External Defibrillator Restricted Account

Project ADAM updates: new staff

Welcome, Martha Lopez-Anderson, Project ADAM, Florida

I would like to introduce myself, Martha Lopez-Anderson, originally from the Commonwealth of Puerto Rico. I moved to Central Florida in 1991.

My community involvement over the past twenty years spans to multiple municipal, county and state boards advocating on behalf of youth in education, health and safety.

After losing my ten year old son, Sean, to sudden cardiac arrest and learning of countless other deaths, I saw the need to educate our community about the importance of knowing CPR and how to use an automated external defibrillator (AED). I have facilitated the proper placement of these life-saving devices in hundreds of schools and other places where children gather. I am excited about expanding these efforts with Project ADAM and empowering communities to save lives. I have joined our Project ADAM Medical Director, Dr. Agustin Ramos, at the Florida Hospital for Children.

Since 2007 I have served as the Chair of the Board of Directors for Parent Heart Watch, a national organization solely dedicated to protecting youth from sudden cardiac arrest.

In my spare time, I am a foodie, enjoying great food, wine and supporting all things local.

I am the mother of two sons, Alan now thirty years old and Sean, deceased. I have been married to my husband Andy for twenty-one years.

-Martha Lopez-Anderson
Coordinator, Project ADAM, Florida



Welcome: Alli Thompson, Project ADAM, Wisconsin

I am humbled and honored to be a new administrator of Project ADAM here in Wisconsin. My first day consisted of joining our national team for the annual in-person meeting in North Carolina. The talent, passion and energy in the room on those days inspired me to drive our team forward, as well as reach our Wisconsin communities in unique ways.

I come to Project ADAM with six years of public and community health education, and program planning and implementation experience in schools and communities throughout Milwaukee. From teaching kids and families healthy habits, to serving as a child passenger safety instructor and technician, to serving and leading various coalitions and teams, my experiences have shaped who I am personally and professionally. My most recent experience included working towards coordinated school health efforts through educating and empowering staff, students and families in our Milwaukee Public Schools. I was and will continue to be an advocate for health education and injury prevention in our communities.



My husband Cory is a recreation administrator in our community, and we have a one-year-old son, Beau Joseph, who is our sunshine every day. We have transitioned our lives to that of parenthood, and love to be active, travel, and enjoy our family and friends. To unwind, I take a run, meet up with friends and family, and chase around my little guy.

I look forward to using my health education background to teach, empower and strengthen our Wisconsin communities to be prepared for a sudden cardiac emergency, and to create champions to carry our messages statewide. It's my pleasure to help drive our national team forward, continuing our growth in reach and programming around the country. My team members and the many Wisconsin partners and schools are my inspiration, and I will strive to give my all each day in this new position.

It takes a community to make a change. I look forward to educating school staff, students and families, and advancing our program, so that we can continue to save lives!

-Alli Thompson, BS, CHES
Administrator, Project ADAM, Wisconsin

Young lives affected by sudden cardiac arrest

April 1 - April 20, 2014*

- Wed., April 2 - [Walls 3rd grader collapses at school, is transported by paramedics](#)
- Thurs., April 3 - [Student who collapsed at WCCC Downriver Campus dies at hospital](#)
- Fri., April 4 - [Officials ID 18-year-old who collapsed, died at park in Lomita](#)
- Sat., April 5 - [Teammates Play to Honor 14-Year-Old Boy Who Died](#)
- Sun., April 6 - [Freshman football player at Saint Augustine's dies unexpectedly](#)
- Wed., April 9 - [CPR SAVES: Teen uses skills learned in class to save sister](#)
- Wed., April 9 - [Heroic teacher recognized for saving kindergartener](#)
- Thurs., April 10 - [Students, Staff Grieving After Sudden Death of Rugby Coach](#)
- Fri., April 11 - [Saved by screening, teen becomes advocate](#)
- Mon., April 14 - [Whittier High students rally to support Mason Tellez, still hospitalized after collapse](#)
- Tues., April 15 - [Two middle schoolers save friend's life](#)
- Wed., April 16 - [Former LHS Athlete Died of Heart Condition](#)
- Wed., April 16 - [Back from the dead, Elder student survives sudden death arrest](#)
- Thurs., April 17 - [Teen athlete meets his challenge](#)
- Thurs., April 17 - [6-year-old son of Shands nurse slowly recovers after cardiac arrest](#)
- Fri., April 18 - [Clay-Chalkville mourns death of football player; vigil tonight](#)
- Sat., April 19 - [FD, sorority meet AED life-saving goal](#)
- Sun., April 20 - [Soccer standout McAvoy collapses, dies](#)

*Additional news stories can be found at www.parentheartwatch.org under News
Parent Heart Watch is the national voice solely dedicated to protecting youth from sudden cardiac arrest and preventable sudden cardiac death. The organization leads and empowers others by sharing information, educating and advocating for change.



[Contact Cris Brown](#)



[Contact Johnneen Davis](#)



[Contact Richard Lamphier](#)



[Contact Danielle Main Haley](#)



[Contact Martha Lopez-Anderson](#)



[Contact Ryan Schaefer](#)



[Contact Karen Smith](#)



[Contact Laura Friend](#)



[Contact Gwen Fosse](#)

[Contact Debra Klich](#)

OR

[Contact Alli Thompson](#)

Wisc./National Administrators

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