

Project ADAM®

SAVES LIVES

Project ADAM e-NEWS

Our Programs Project ADAM is a not-for-profit program of The Herma Heart Center at Children's Hospital of Wisconsin, whose 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 9 states nationally. Please see our website, www.projectadam.com, to contact the affiliate closest to you!

In This Issue Greetings and a *heart*felt thank you to all our schools and partners! We appreciate your dedication to our mission of saving lives!

- *Project ADAM & Congenital Heart Disease*
- *Hands Only CPR & Cardiac Chain of Survival*
- *Parent Heart Watch, young lives affected by SCA*
- *Our Heart Month recipe to you!*

To all our Project ADAM schools and supporters from Texas, Alabama, Georgia to Florida and Tennessee all the way up to Pennsylvania, Wisconsin, Illinois, Michigan and Washington! Project ADAM thanks you, and wishes you a Happy and Healthy *Heart* Month!

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

Project ADAM National Affiliate Meeting, North Carolina 2014



Left to right: Alli Thompson (WI), Martha Lopez-Anderson (FL), Gwenn Fosse (MI), Ryan Schaefer (WA), Alison Ellison (GA), Stuart Berger, MD (WI), Danielle Main Haley (PA), Richard Lamphier (GA), Laura Friend (TX), Karen Dean Smith (TN), Cris Brown (AL)-*Not pictured: Debra Klich (WI), Johneen Davis (IL)*

Heart Month: Connecting Project ADAM and Congenital Heart Disease

The term congenital heart disease (or defects) (CHD) refers to heart problems that are present at birth – the most common type of birth defect. We typically think of birth defects of the heart where the heart didn't form correctly – a hole in the heart, an absent valve and things like that. But sometimes heart defects are not so “visible” - but instead there can be problems with the electrical system of the heart that organizes our heart beat. These are the kinds of problems we hear about often with sudden cardiac arrest in the young. Although nobody may know about them, these problems are often there at birth. Regardless, of the type of heart problem, structural or electrical, people with CHD may be at a bit higher risk for sudden cardiac arrest. Therefore, the efforts of Project ADAM benefit all of these children and adults by increasing the ability of schools to respond to a heart emergency.

There are many organizations focused on CHD who work to raise awareness about CHD. That is especially true during February, Heart Month, when many groups around the country have events for **Congenital Heart Defect Awareness Week**. What a great time to also raise awareness about **Project ADAM** and the lives that have been saved with CPR and AEDs in schools!

For more information about CHD and the Awareness Week here are a few sites:

- **Congenital Heart Information Network** <http://www.tchin.org/>
- **Children's Heart Foundation (CHF)** <http://www.childrensheartfoundation.org/>
- **Mended Little Hearts (MLH)** <http://mendedlittlehearts.org/>



What a great way to get involved, spread the word about Project ADAM, & SAVE LIVES!

Submitted by Gwen Fosse RN BSN MSA, Co-Coordinator, Project ADAM

Project ADAM[®]
SAVES LIVES

Hands-Only CPR

Sudden cardiac arrest is a leading cause of death. Nearly 400,000 out-of-hospital cardiac arrests occur annually in the United States. Unfortunately, most people (89%) who experience a cardiac arrest at home, work or in a public location die because they don't receive immediate bystander cardiopulmonary resuscitation (CPR). As a bystander, don't be afraid, your actions can only help.

Here's what to do:

If you see a teen or adult suddenly collapse, call 9-1-1 and push hard and fast in the center of the chest to the beat of the classic disco song "Stayin' Alive." CPR can more than double a person's chances of survival, and "Stayin' Alive" has the right beat for Hands-Only CPR.

Hands-Only CPR is CPR without mouth-to-mouth breaths.

1. Call 9-1-1 (or send someone to do that)
2. Push hard and fast in the center of the chest.

When you call 911, you need to stay on the phone until the 911 dispatcher (operator) tells you to hang up.

Here are some great websites to help you learn Hands-Only CPR:

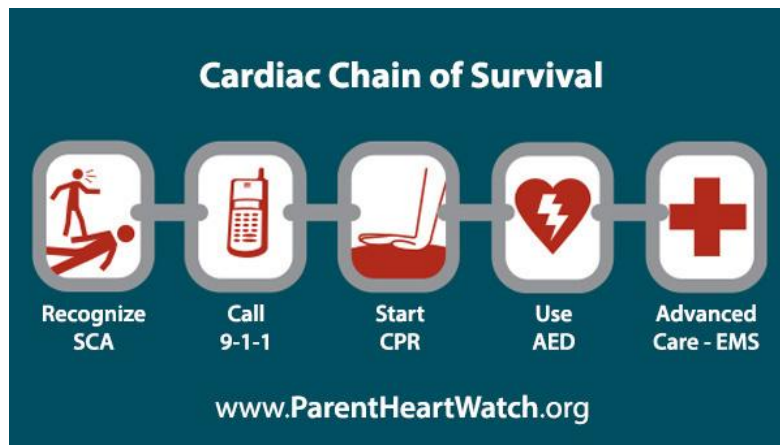
- <http://heart.arizona.edu/learn-cpr>
- www.heartrescuenow.com
- www.heart.org/handsonlycpr

Reference American Heart Association. (2012). 2012 Hands-Only™ CPR Fact Sheet. Retrieved from http://www.heart.org/idc/groups/heart-public/@wcm/@ecc/documents/downloadable/ucm_441302.pdf

Submitted By: Danielle Main Haley, Youth Heart Watch CHOP

 **Youth Heart Watch**
at The Children's Hospital of Philadelphia
An affiliate of Project ADAM[®]

Chain of Survival



Sudden Cardiac Arrest & Death Headlines *January 1 – January 31, 2014**

RIVERSIDE: Boy who died on soccer field lifted others - Friday, January 31, 2014

NBA hopeful collapses of rare heart condition on the Suncoast, local docs save his life - Friday, January 31, 2014

Jackson teen dies of heart attack after playing basketball; friends of family raising money for funeral - Thursday, January 30, 2014

Cement, Okla. high school basketball player collapses, dies in Tuesday game - Wednesday, January 29, 2014

Heart of a Champion: Swartz Creek's Marquavian Stephens already beat death, Fenton is next - Wednesday, January 29, 2014

St. Joseph senior survives life-threatening medical condition on the basketball court - Sunday, January 26, 2014

Football player sidelined with heart condition gets to meet heroes as part of Make-A-Wish - Sunday, January 26, 2014

'Team effort' rescues 15-year-old basketball player stricken by heart attack during game - Saturday, January 25, 2014

Student collapses during cheer practice, dies at hospital - Friday, January 24, 2014

Death of seemingly healthy, soccer-loving Sanger boy stuns family - Thursday, January 23, 2014

Arkansas Basketball Player Dies After Passing Out During Game - Wednesday, January 22, 2014

Fort Bend ISD student in ICU after collapsing in school gym - Wednesday, January 22, 2014

Her life saved by 3 strangers, young woman says thank you and voices a wish - Tuesday, January 21, 2014

Joint school effort saves student's life - Monday, January 20, 2014

Athlete dies during Marine training camp - Saturday, January 18, 2014

Cardiac arrest survivor credits CPR with survival, now organizes training classes - Saturday, January 18, 2014

Godby student dies after collapsing on track - Tuesday, January 14, 2014

Billericia takes initiative on defibrillators, and a man's life is saved - Sunday, January 12, 2014

Concord: Nurse's quick thinking saves child at Highland Elementary School - Wednesday, January 08, 2014

Cardiac arrest survivor learns CPR from his lifesaver - Wednesday, January 01, 2014

Wis. snowboarder meets heroes who saved his life at Afton Alps - Wednesday, January 01, 2014

**Additional news stories can be found at www.parentheartwatch.org under News*

Submitted By: Martha Lopez-Anderson, Project ADAM Florida



Our Heart Month recipe to you!

Julia's Divine Red Velvet Cake

Julia Ball, R.N., is a beloved Knox County school nurse and popular CPR instructor. She turns each class into a party with this wonderful cake!

CAKE

2 eggs	1 tsp. butter flavoring	2 ½ C. self-rising flour
½ cup sugar	1 tsp. baking soda	
1 ½ C. vegetable oil	1 C. buttermilk	
1 tsp. white vinegar	2 tsp. cocoa	
1 tsp. vanilla extract	1 ½ bottles red food coloring	

DIRECTIONS

Preheat oven to 350. Line 3 round cake pans with wax paper. Spray paper and sides of pan with Pam or Baker's Joy.

Mix ½ cup sugar with eggs and vegetable oil, beat until fluffy. Add white vinegar, vanilla extract and butter flavoring. Sift flour and baking soda together.

Add dry ingredients and buttermilk to egg mixture, alternating, beginning and ending with dry.

Add cocoa and food coloring. Mix well. Divide evenly among 3 prepared cake pans. Bake for 23-27 minutes until toothpick comes out clean from center of cake. Cool completely. Remove carefully from

pans and gently remove wax paper from each cake, using a sharp knife if necessary. Frost and stack layers.

FROSTING

2 sticks salted butter

2 (8 oz.) pkgs. Cream cheese

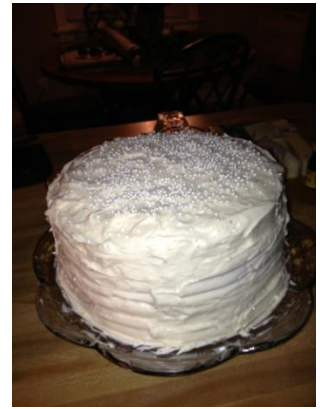
2 tsp. butter flavoring

Mix butter, cream cheese, flavorings together. Add confectioner's sugar and mix until creamy smooth.

2 tsp. vanilla flavoring

4 C. confectioner's

sugar



Submitted By: Karen Smith, Project ADAM Tennessee

TENNESSEE
Project ADAM[®]
SAVES LIVES