

Cardiac Emergency Response Plan

Dupo Community School District #196

The **Cardiac Emergency Response Plan (CERP)** provides direction on how to respond to a **Sudden Cardiac Arrest (SCA)**. This plan outlines recognizing the signs of a SCA, activating the **Cardiac Emergency Response Team (CERT)**, calling 9-1-1, retrieving an AED, and starting hands only CPR. **Immediate** response and action is critical for the best chance of survival.

Follow these steps: ACT **Assess-Call-Treat**

A: Assess the surroundings for safety and assess person for responsiveness

1. Check around you and make sure you will be safe responding to help
2. When reaching a person in need: Shout are you okay?
3. Recognize the signs of Sudden Cardiac Arrest (SCA)
 - a. Sudden collapse: not moving, unresponsive or unconscious.
 - b. No signs of breathing or having irregular/gasping breaths.
 - c. May appear to be shaking like having a seizure.

B: Call 9-1-1 and delegate someone to get the AED

1. Call 9-1-1 if you suspect a sudden cardiac arrest to get access to emergency medical help. Provide patient information, school address (and specific location). Remain on the line with 9-1-1 until EMS arrives.
2. If during school hours: Call the main office and have them activate the members of your Cardiac Emergency Response Team (CERT) by your school's designated communication system (overhead page).
 - a. Give the exact location of the emergency.
 - b. If you are a CERT member, go immediately to the location of the emergency.
 - c. The closest team member to the AED should retrieve it and take it to the emergency scene.
 - d. CERT team members each have a job. First priority is the patient in need with CPR and the AED.
 - Remove other students from the scene
 - Wait for ambulance and escort them to exact location
 - Keep record of time: event called, shocks given...
 - Keep students in the classroom until all is clear announced.
 - Rotate chest compressors every 2 minutes

3. After school hours/after school events: Follow steps 1 and 2 from above.
Contact administrator on duty.

- Recognize SCA
- Call 9-1-1 and get the AED
- Start CPR with chest compressions

C: Treat the patient - Start CPR with chest compressions. Apply the AED as soon as it arrives.

1. Use 2 hands (the heel of one hand and the other hand on top) and push hard and fast in the center of the chest. Pushing to a depth at least 2 inches (meet resistance) and compressions of 100-120 beats per minute.
 - When doing compressions, you may hear or feel a rib break. While it is scary, do NOT stop doing CPR. Broken ribs will heal. A broken heart will not without continued help.
2. When the AED arrives... do NOT stop compressions! The person that brings the AED is in charge of turning it on and applying the pads around you. The pads must be applied to a bare chest.
 - Minimize interruptions of compressions when applying pads to a person's bare chest.
 - Make sure person is lying flat on their back on a hard surface
3. When the AED arrives, turn on the machine and follow the AED's verbal instructions. Apply the pads to a bare chest. If the person needs to be shocked back into a normal heart rhythm, the AED will deliver one or more shocks.
 - Note: Putting the pads on will not shock you
 - The AED will only deliver shocks if needed.
4. If you are comfortable with giving breaths, use a barrier device and give 2 breaths after 30 compressions. If you are not comfortable, hands only chest compression is okay.
5. Continue CPR until the person is responsive or EMS arrives and takes over.
6. Once EMS arrives they take over care.
 - Summarize details of the event
 - What happened surrounding the event
 - How long CPR has been done
 - How many (if any) shocks were delivered

D: Actions to be taken by the office/administrative team.

- Confirm the exact location of the person in need
- Activate the CERT team and give the exact location
- Confirm that 9-1-1 was called. If not, call 9-1-1 immediately
- Notify other staff: School nurse, athletic trainer, SRO, etc..
- Designate people to cover the duties of the CPR responders
- Copy patient's information for EMS staff
- Notify patient's emergency contact (parent/guardian, spouse, etc.)
- Assign someone to direct "crowd control"
- Keep students in classrooms and out of the hallways until an announcement is made to resume normal activities

E: Debrief

1. Discuss the outcome of the cardiac emergency with all parties involved.
 - What went well?
 - What did not go well?
 - What can be done to improve a future response?
 - Do crisis counselors need to be called?

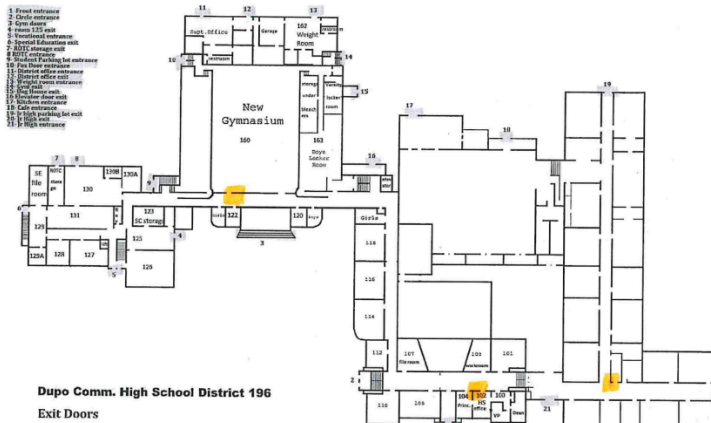
Cardiac Emergency Response Team (CERT) Members (Bluffview/Jr.High/Sr. High)

- School Nurse
- Principal
- Athletic trainer
- SRO
- Coaches
- Teachers
- Playground aids

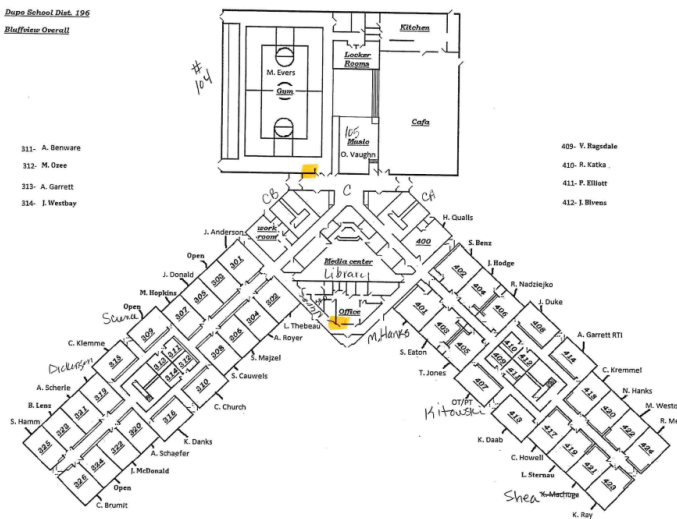
AED Locations

Bluffview	Main office; Main gym
Dupo Jr. High	Outside nurse's office
Dupo High School	Outside main office; outside main gym
Football field	In the concession stand
Baseball field	In the concession stand

Building Map



Dupo School Dist. 196
Bluffview Overcall



Act Now. Save a Life.

Follow these steps to take action.

