CPR Resources

*Note: All links and additional resources can be found through the program website. Visit: www.mcw.edu/cprinwischools

American Heart Association
Have you ever wondered what the difference is between sudden cardiac arrest and a heart attack? The American Heart Association developed a resource for learning how to differentiate between these two conditions, and understanding how to help a victim in each situation. Visit this page for more information that can be incorporated into your class training sessions.

Web-Based Videos
Project ADAM created a four-part series on sudden cardiac arrest preparedness and how to be ready in case of a cardiac emergency. Check out the training videos here. North Shore Fire and Rescue in Milwaukee County helped create a hands-only CPR training video in which viewers learn to perform chest compressions and utilize an AED. Teachers looking for a web link that can be viewed by students on individual iPads, instead of projecting the DVD that comes with the CPR training kits, should consider these two resources.

Increased Survival in Children due to Bystander CPR
In the United States, more than 5,000 children experience cardiac arrest per year. A recent study in JAMA Pediatrics found improved survival among children when they receive bystander CPR. However, they also found that the rate of bystander CPR varied by socio-demographic factors. This is yet another reason why it is vital that we teach CPR to all Wisconsin students, thus ensuring that there are people in all communities who know how to help.

Program Updates

Teacher Training Sessions and School Recruitment
Spring teacher training sessions have concluded. Fall training dates are currently being scheduled. If your school would like to attend please contact Kelli Mincheski, at kmincheski@cesa7.org. Even if a school already has CPR equipment, please encourage them to contact Kelli and join our network to obtain resources and information.

Participating Schools 165
Students Trained 1,929

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Tips and Tricks

- Consider printing a PowerPoint presentation similar to the teacher training presentation so students can take notes during the course and have a reference for the training session. Amber Damitz of Antigo High School created a version for us to share.

- When planning for your training be sure to allow for 1-2 days of preparation to move furniture to make space in your classroom, and to inflate the manikins. This prep time may vary depending on the length of your training (one class period vs. multiple days).

- Consider using an extended 90-minute class period for the training to allow more time for students to practice on manikins; or spread the course over several sessions.

- Students who are smaller/not as strong may have trouble pushing down on the manikin hard enough to hear the click. For those students consider adjusting the manikin setting to be slightly softer so that they can receive positive reinforcement for their hardest compressions. However, do this sparingly since compressions on an adult will require the hardest setting.

- Remember it is important for students to practice several cycles of compressions at a time to demonstrate the physical demands of administering compressions.

Please be sure to contact Kelli after your training to share your experiences. We want to share your tips and tricks with others.

Reminders

**Student Evaluations**
Students should complete the standard American Heart Association pre and post-tests as part of the CPR training so we can evaluate the effectiveness of trainings statewide:
Pre-Test: [http://tinyurl.com/cprpretest](http://tinyurl.com/cprpretest)
Post-Test: [http://tinyurl.com/cprposttest](http://tinyurl.com/cprposttest)

**School Registration**
If you represented a school at one of our teacher training sessions and have not yet registered your school in our database, please go to [https://is.gd/schoolcontacts](https://is.gd/schoolcontacts) and fill out the form for your school.