CPR Resources

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

Letter to the Editor
Schools may want to share with their communities that they are providing CPR training to their students. A Letter to the Editor template has been created to help you spread the word about your training. The template can be filled out and submitted to the editorial contact at your local newspaper or other media outlet for release to the public. The letter explains the CPR in Wisconsin Schools program and its value to the community.

Be the Beat
Be the Beat is a website developed by the American Heart Association that provides free tools to help start and sustain CPR and AED training programs in schools. Through this site, teachers can download free resources such as sample lesson plans, posters, and flyers, to teach students hands-only CPR.

Recognition
City of Superior/Superior Middle School
Congratulations to the City of Superior Fire Department on being named the Wisconsin Emergency Medical Services for Children Program’s 2017 Pediatric Champion of the Year! This past January, Superior Middle School teamed up with the department to teach a CPR in Schools session. Over 300 students learned how to conduct hands-only CPR, first aid basics, and an AED introduction. The story can be found at http://tinyurl.com/ha47926. This is a fantastic demonstration of collaborating with a community partner to enhance CPR training in schools.

Program Updates

Teacher Training Sessions and School Recruitment
The next round of teacher training dates has been scheduled. A list of these training dates is below. If a teacher at your school would like to attend, please contact Kelli Mincheski, at kmincheski@cesa7.org. Even if your school already has CPR equipment, please contact Kelli and join our network to obtain resources and information.

- CESA 8: 10/12/17, 9-10:30 am
- CESA 5: 10/18/17, 9:30-11 am
- CESA 7: 10/27/17, 8:30-10 am
- CESA 1: 10/30/17, 10-11:30 am
- CESA 2: 11/8/17, 10:30 am – 12 pm
- CESA 6: 11/10/17, 9-10:30 am
- CESA 4: 11/15/17, 1-2:30 pm
- CESA 10: 11/27/17, 1-2:30 pm
- CESA 12: 11/29/17, 1-2:30 pm
- CESA 9: 12/6/17, 1-2:30 pm
- CESA 3: 12/11/17, 1-2:30 pm
- CESA 11: 12/19/17, 1-2:30 pm

CPR in Wisconsin Schools Progress

<table>
<thead>
<tr>
<th>Participating Schools</th>
<th>Students Trained</th>
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<tbody>
<tr>
<td>166</td>
<td>2,071</td>
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CPR in Wisconsin Schools Newsletter
September 2017

Visit our website for more information: www.mcw.edu/cprinwischools
Follow our Facebook page for program updates: https://www.facebook.com/cprinwischools/

CPR in Schools Coordinator: Kelli Mincheski (kmincheski@cesa7.org)
Tips and Tricks

- The CPR in Schools kit includes a lesson plan that can assist you in planning your training session. The lesson plan includes suggested times for each portion to help with creating a training schedule.

- The CPR in Schools training DVD contains a closed captioning feature which can be utilized if students in your training session have hearing loss or impairment.

- Prior to beginning a training session, make sure that the air stop is firmly closed on the manikin after it is inflated. This will help avoid students accidentally bumping it and causing the manikin to deflate. If this happens, it will need to be pumped back up, which takes your time away from working with students.

- There is a tab on the manikin that adjusts its firmness when performing compressions. If the tab is pushed all the way in, the manikin will not click. Make sure the tab is pulled out to the ‘hard’ setting so that the manikin will click and indicate when students are using the correct amount of force necessary for an adult cardiac arrest patient. However, the ‘soft’ setting can be used to help those who are struggling to get the manikin to click. Once they get the hand placement right to get the click on the soft setting, place it back on the ‘hard’ setting and have them do the same thing pressing more firmly to get the manikin to click.

- Finding a healthcare organization (e.g., fire or police department, EMS agency or hospital) within your community to assist schools with CPR training can be extremely valuable. A teacher who conducted a training last spring connected with a local hospital who sent two nurses to help teach CPR. It added real-life experience to the presentation; and the students got to see new faces in the classroom and interact with healthcare professionals.

Please be sure to contact Kelli after your training to share your experiences so we can 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 locally and 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.

**Post-Training Interviews**
Following a training session at your school, please contact Kelli to provide feedback on the training, suggest tips or warnings to share with other teachers and ask any additional questions you might have. We will use this feedback as to improve our training program as well as to share with other schools through this newsletter.