

# Cardiac Emergency Response Protocol

Follow these steps in responding to a suspected cardiac emergency:

## 1. Recognize the following signs of sudden cardiac arrest and take action in the event of one or more of the following:

- The person is not moving, or is unresponsive, or appears to be unconscious.
- The person is not breathing normally (has irregular breaths, gasping or gurgling, or is not breathing at all).

\*\*The person may appear to be having a seizure or is experiencing convulsion-like activity. (Cardiac arrest victims may appear to be having convulsions).

*Note:* If the person received a blunt blow to the chest, this can cause cardiac arrest, a condition called commotio cordis. The person may have the signs of cardiac arrest described above and is treated the same.

## 2. Facilitate immediate access to professional medical help:

- Call 9-1-1 as soon as you suspect a sudden cardiac arrest. Provide the school address, cross streets, and patient condition. Remain on the phone with 9-1-1. (Bring your mobile phone to the patient's side, if possible.) Give the exact location and provide the recommended route for ambulances to enter and exit. Facilitate access to the victim for arriving Emergency Medical Service (EMS) personnel.
- Immediately contact the members of the Cardiac Emergency Response Team.
  - Give the exact location of the emergency. ("Mr. /Ms. \_\_\_\_\_ Classroom, Room #, gym, football field, cafeteria, etc.").
    - Be sure to let EMS know which door to enter.
    - Assign someone to go to that door to wait for EMS responders and escort them to the exact location of the patient.
- If you are a CERT member, proceed immediately to the scene of the cardiac emergency.
- The closest team member should retrieve the automated external defibrillator (AED) in route to the scene and leave the AED cabinet door open; the alarm typically signals the AED was taken for use.

## 3. Start CPR:

- Begin continuous chest compressions and have someone retrieve the AED.
- Here's how:
  - Press hard and fast in center of chest. Goal is 100 compressions per minute. (Faster than once per second, but slower than twice per second.)
  - Use 2 hands: The heel of one hand and the other hand on top (or one hand for children under 8 years old), pushing to a depth of 2 inches (or 1/3rd the depth of the chest for children under 8 years old).

- The 9-1-1 dispatcher may give instructions. Follow them if provided or let them know someone is doing CPR.

#### **4. Use the nearest AED:**

- When the AED is brought to the patient's side, press the power-on button. Follow the AED's audio and visual instructions. Attach the pads as shown in the diagram on the pads.
  - If the person needs to be shocked to restore a normal heart rhythm, the AED will deliver a shock and prompt you back to CPR.
  - The AED will only deliver shocks if needed; if no shock is needed, no shock will be delivered and the AED will prompt you back to CPR.
- Continue to follow the AED audio and visual instructions until the patient is responsive or a professional responder arrives and takes over.

#### **5. Transition care to EMS:**

- Transition care to EMS when they prompt you to do so.

#### **6. Action to be taken by Office / Administrative Staff:**

- Confirm the exact location
- Activate the Cardiac Emergency Response Team and give the exact location if not already done.
- Confirm that the Cardiac Emergency Response Team has responded.
- Confirm that 9-1-1 was called. If not, call 9-1-1 immediately.
- Assign a staff member to direct EMS to the scene, if not already done.
- Perform "Crowd Control" – directing others away from the scene.
- Notify other staff: principal, school nurse as per school policy.
- Ensure that medical coverage continues to be provided at the athletic event if on-site medical staff accompanies the victim to the hospital.
- Consider delaying class dismissal, recess, or other changes to facilitate CPR and EMS functions.
- Designate people to cover the duties of the CPR responders.
- Copy the patient's emergency information for EMS.
- Notify the patient's emergency contact (parent/guardian, spouse, etc.) following school policy.
- Notify staff and students when to return to the normal schedule.
- Contact school district administration.

## AED LOCATIONS

Outside southwest gym doors, closest to the principal's office
Snack shack at the baseball fields