Top Ten Things To Know
Importance and Implementation of Training in CPR and AED in Schools

1. Sudden cardiac arrest (SCA) is a leading cause of death in the United States and Canada.

2. Bystander CPR is a significant determinant of survival from out-of-hospital sudden cardiac arrest, yet less than 1/3 of SCA victims receive CPR.

3. In a recent study, rates of survival doubled for victims of out-of-hospital cardiac arrest (OHCA) in areas where cardiac arrest emergency response plans were implemented and AEDs were available.

4. Although there are now laws or curriculum content standards in 36 states (as of the 2009-2010 school year) that encourage the inclusion of CPR training programs in school curricula, Iowa is the only state that currently requires rigorous psychomotor skill based CPR be taught prior to high school graduation.

5. Advantages of teaching CPR and AED use to secondary school students and increasing their awareness of sudden cardiac arrest:
   - Previous training of CPR is a strong predictor of providing CPR.
   - Risk of SCA in schools may be low, but teenagers spend 58 hours a month in malls. Shopping malls have the 3rd highest incidence of OHCA.
   - Schools provide good access to young citizens.

6. This paper includes effective teaching methods and strategies and approximate costs and potential barriers to implementation.

7. To achieve ideal chest compression, depth may be dependent on the size of the child.

8. This training has critical teaching points:
   - Recognition of the Urgency of the Emergency
   - Providing High-Quality Chest Compressions
     - Provision of high-quality chest compressions with minimal interruptions
     - Quality of chest compressions
   - Skills Practice
   - Critical Teaching Points in AED Awareness or AED Skills Training

9. Common program administration barriers are addressed:
   - Time to teach
   - Lack of funds
   - Instructor scheduling issues

10. The AHA recommends that training in CPR be a requirement for graduation from secondary schools.

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