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Community Outreach & Education

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COMMUNITY OUTREACH & EDUCATION



Mary McCormack, DNP, APRN, FNP-C and Carole Zarcione, DNP, APRN, ANP-C, Assistant Professors of Nursing, Molloy College, and Kendra Hoepper, DNP, APRN, PNP-BC, Assistant Professor and Director of Undergraduate Nursing, LIU Post

Mary McCormack, Carole Zarcione and Kendra Hoepper are doctorally prepared nurse practitioners who work in both the clinical and academic setting. They share a common passion for improving cardiac arrest survival rates and have dedicated a great deal of their personal time to providing community awareness, education and hands-only CPR training. Nationally, more than 350,000 episodes of out-of-hospital cardiac arrest occur annually, with less than half of the victims receiving bystander CPR. Initiation of bystander CPR has been noted to improve survival rates by two to three times. Although cardiac arrest can occur anywhere, it has been noted that the majority of episodes occur in the home followed by public settings. The national survival rate for out-of-hospital cardiac arrest is only about 10.4 percent.

Over the past three years, this team has provided hands-only CPR training to more than 300 students, faculty and staff members at Molloy College. The team

has committed to providing the life-saving training in communities outside of Molloy College as well. They expanded the training to students at a local middle school, volunteer fire department and Boy Scout troops. Their goal is to have Molloy College dedicated a "Heart Safe Community" by the Citizen CPR Foundation and to continue providing education to the community at large.

As part of their efforts to increase awareness, the team has shared their project findings at national conferences and have received awards and grants. In the spring they will be publishing an article detailing their work in a professional journal. The COVID pandemic initially halted their efforts but they quickly were able to pivot to an online virtual training environment. The online virtual training has been well received by participants and has maintained efficacy, and the team plans to continue providing virtual training even after the pandemic subsides.

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